PRACTICE EXERCISES

COURAGE

WEEK TWO

★ The number of stars represents the degree of difficulty. ★

You Gotta Hear This!

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Admiration is a powerful motivator. Scour the media to find a couple stories of everyday courage that impress you. No heroics. Just admirable acts of "doing good despite a fear of harm or loss." Pick one to write a synopsis of that act. But that's not all. Your final step is to **share the story of the person's courage** with friends, family or co-workers with the kind of enthusiasm you show when you've seen a good movie your want them to see.

Say Yes to Saying No

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Some things are more **important** than others. But some things feel more **urgent** even though they may not be more important. Often the reason many things seem urgent is due to the **expectations** of others.

It often takes courage to say no to the expectations of others in order to do what's really most important. You may make them mad. But you have to be able to say yes to saying no. Or else you'll be distracted, spread too thin, and unavailable for the important.

Write down three things you feel pressure to do because of the expectations of others.

Put a star beside the one that seems to keep you from doing something that is more important. What is that "more important" thing?

Your assignment is to have the courage to to say no to that "urgent" expectation and start focusing on what you say is more important.

But I Don't Know What to Say

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All around us are people going through tough times. Perhaps they just had a cancer diagnosis, or lost their job, got divorced, lost a loved one, feel depressed, or made a huge mistake.The list of human hurts and struggles is endless.

Too often when someone is going through one of those really hard times, we tend to pull back, because we don't know what to say to them. True, sometimes you don't need to say anything. Just be present with them. But don't use that as a cop out. Imagine yourself in their shoes and think what words might be helpful. Then take the risk of saying that to them. Carefully. Kindly. Don't press. Don't push. Just share humbly.

Write the name of a person below:

Summarize what you could say below:

Start with, "For what it's worth..."

Want all 30 courage exercises in our full-color 60 page workbooks? **bit.ly/courage-hardcopy** or scan the QR code.

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