# PRACTICE EXERCISES

# COURAGE

## WEEK ONE

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

### Couldn't Have Said It Better

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One way to keep your head in the "courage space" is by adopting a couple of famous quotations that can serve as a motivational "mantra." Your assignment is to scour the internet for quotations about courage. (Hint: just enter "courage quotations" in the search engine of your internet browser. Sometimes it's interesting to follow the link trail to get more background on the person.)

### Ways Courage Behaves

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People of courage inspire us. But courage behaves in many different ways. Your task is to read the descriptions of some ways courage behaves in the column to the right and identify a person who is an admirable example of courage in that way. Then, finally, come up with two more ways courage behaves and the people who are good examples of it.

Expressing a personal conviction or belief knowing you're among people who disagree.

Offering financial help to a person when you are not sure you've got enough money for yourself.

The ability to say no to a person who could retaliate in some way (e.g. a boss wanting you to lie or do something shady.)

Helping a neighbor load their moving van when you know your bum shoulder will be super-sore afterward.

Do two more of your own.

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### My Significant Other's Significant Other

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In the Person A box, write the name of a significant person in your life that you would help courageously if need be.

Now... rather than doing something like that for **your significant person**, do something that takes that kind of courage for **Person A's significant other**. Write that person's name in the box. For example, a close friend (Person A) has a daughter who works where you work. She's new on the job and is being ridiculed a lot, because she's made a few rookie mistakes. So you come to her defense and tell the others to back off. Think of some similar degree of courage you could show to help Person B and write it in the box.

Person A

Person B

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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