

COURAGE



Courage is doing the right thing, even if it may be hard. When you have courage it doesn't mean you aren't afraid. Having courage means you push those fears aside to do what is right. You make choices that help you be your best self, making life better for yourself and others.

Every day you can show courage in little and big ways. Here are some action steps to show courage in your life!

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION IN ACTION= CHOOSING LOVE

MON	TUE	WED	THU	FRI	SAT	SUN
Write down the word Courage and use words and images to show what it means to you.	Make a list of things you would do if you weren't afraid. 	Every day say an affirmation when you wake up such as, 'I am Courageous!' or 'I can do it!'	Watch this video on Courage: https://youtu.be/rkg-ffNGv_E Share it with others!	Pick one new thing to try to do today! 	Stand up for someone who needs strength and a voice!	When you make a mistake today, give it another try!
If you feel nervous or scared today, take a few deep belly breaths to calm down. 	Speak up....let your voice and ideas be heard!	Include someone who is left out! 	If you are frustrated today tell yourself, 'I can do it!'	Have the Courage to respect someone's opinion even if it is different from yours. 	Before you speak today ask yourself, 'Is it Necessary?', 'Is it Right?', 'Is it Kind?' 	Have the Courage to say NO today.
Make a list of your strengths to boost your Courage & Confidence! 	Even if something is hard for you, have the Courage to push through and keep trying! 	Have the Courage to change one angry thought into a loving thought today.	Don't be afraid to ask for help when you need it! 	Show Courage by trying to understand how someone else may be feeling.	Deal with angry feelings in a healthy way- breathe, read, draw, write, exercise, talk...	Notice when someone else is showing Courage and praise them for it! 
Show Courage by letting someone know how you feel today.	Have the Courage to help someone who is in need today.	Practice self-control... Stop and think before you act! 	Pick one new thing to try to do today!	Make the right choice even if it may be hard for you to do so. 	Give someone a boost when they need to have Courage.	Have the Courage to make a new friend today!
Have the Courage to be yourself and love yourself! Do something for you today! 	Face a fear today. Say, 'My fears won't stop me!' and go for it!	Today, if you see something is wrong, do something to make it right!	From this day on, Choose Love over Fear! 			