



WHAT DOES IT TAKE TO SPEAK UP?

THE COURAGE TO ACT

Knowing our capacity to act with courage prepares us for the times we are caught off guard, the times we are caught off guard and called to show up. In this exercise, identify what the Courage to Act entails for you so you can dive right in when the opportunity arises.

#1 In your own words, how do you define courage?

COURAGE IS

.....

#2 What are the conditions that you need to be courageous? For example, some people need anonymity, others prefer to write down their thoughts before taking action, and there are those who require being surrounded by love. To capture your conditions, complete the following sentence:

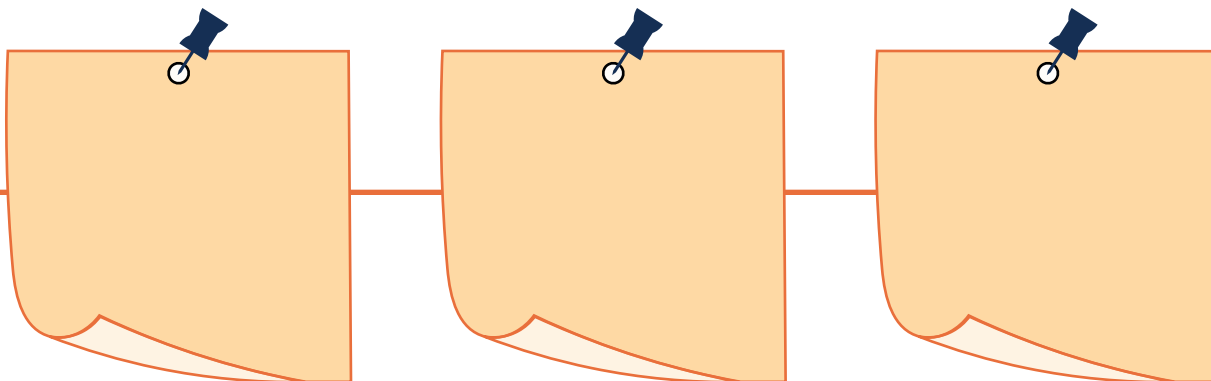
I CAN BE COURAGEOUS IF...

Three empty rounded rectangular boxes connected by lines, intended for writing conditions for being courageous.

#3

What does the Courage to Act entail for you? Jot down some notes, and when you're ready, articulate three responses to the prompt in the space below:

FOR ME, THE COURAGE TO ACT WILL ENTAIL:



#4

When is it hard for you to be courageous? (You may also want to jot down a few emotions that come up when you need to be courageous). Identify the difficulties in the space below.

FOR ME, IT IS HARD TO BE COURAGEOUS WHEN...

