

COURAGE

DIANE ROGERS, PHD

SKILLS FOR LIFE

Courage is a life skill that helps people of all ages face moral challenges and ethical dilemmas.

Courage is what gives you the strength to:

1. Be honest
2. Go against the crowd
3. Confront fears
4. Speak up and speak out for the people and things you love
5. Accept yourself and others
6. Make new friends
7. Try something new
8. Say sorry
9. Keep going when things are hard
10. Forgive

"Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen." ~ Winston Churchill



WHAT IS COURAGE?

The word courage comes from the Latin word *cor*, meaning *heart*, and the old French word *corage*.

According to Chinese wisdom, **love is what gives us the ability to be brave**. That's because love is bigger than fear.

Courage is a kind of love that helps us stand up and speak out for the people and things that matter deeply.

Courage also gives us the physical and mental energy to help those in need. As adults, we can help children to think of courage as an inner muscle that gets stronger with practice.





Courage in Action

Having courage means you are able to act with love toward yourself and others.

Some of examples of courage are:

- Staying calm when you feel afraid
- Taking charge of your emotions and your behavior
- Speaking calmly when you are upset
- Thinking for yourself
- Staying true to what you believe and who you are
- Telling the truth even when it's hard
- Being bigger the bigger person
- Showing kindness to others when they are unkind
- Asking for help
- Admitting your mistakes and accepting responsibility
- Being willing to learn and grow
- Sticking with something even when you want to quit

GROWING COURAGE

Courage doesn't start out as a big act of bravery. In fact, most people say part of courage is feeling afraid. *But how do you learn courage when you're fearful?* When you feel afraid, the best thing you can do is stop and breathe deeply. Breathing helps slow your mind so that you can listen to your heart about what is right before you take action.

Practicing courage when you feel afraid means using self-control. When you act with courage you choose loving, compassionate actions.

Acts of courage will always bring out the best in you *and* the best in others.



“One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.” - Maya Angelou