



SESSION #4: COURAGE CHECKLIST

Where does courage come from? How do we start to gain more confidence and courage in our lives? The answers lie not only in moments of crisis, but in how we live each day of our lives. Consider the concepts below and respond to the questions.

Expressing our real thoughts, feelings, needs, and ambitions to others.

It takes courage to tell the world what you're about and how you're thinking. Doing it more consistently will forge a stronger confidence in your heart and social world.

If I'm honest, I haven't been communicating my real thoughts, feelings, needs, and ambitions to the following people... and it's costing me...

A person and situation I am dedicated to addressing in the next five days is... and this is why and how!

Consistently creating and responding to challenges in our lives by taking action.

A person of action develops a sure sense of who he or she is and is also more likely to be bold and resilient in tackling life's major challenges. Commit today to taking a few bold leaps forward in your life.

Three areas I'm going to take more bold action in in the next 60 days are...and here's what I'm going to do!

1.

2.

3.