

My courage deepening exercises

1) For me Courage is....

2) I feel courageous when...

3) In which specific three situations did I act courageously recently?

4) I need courage especially in these situations...

a. Do you see any pattern here? Are there any comparable situations or are they all different?

b. Which factors cause you to lose your courage in these situations? Topics/subjects, people, environment...

If you want to investigate these questions in more depth, or if you need additional encouragement, take heart and get in touch with us. It is far easier to become courageous together ...

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