



Courage in a Christian context can be thought of as a resolute willingness to embrace discomfort that facilitates active engagement with God's work in the world and its associated challenges.

*What would you add or take away? Search for your own definitions of **courage** and write one below that best matches your current understanding.*

Virtue Quiz: Rate yourself on the statements below (1 = completely disagree to 7 completely agree). You will not receive a score, the point is to reflect on your own thoughts, feelings, and actions as they relate to the virtue of **courage**.

- 1. I act courageously in many contexts (e.g., school, work, relationships).
- 2. I do not let feeling scared stop me from doing what is right.
- 3. I bravely step out of my comfort zone to do the right thing.
- 4. I always face my fears rather than avoid them.
- 5. I speak the truth even when it's scary.
- 6. I am willing to embrace discomfort in order to do good in the world.

Self Reflection and Goal Setting

Consider your quiz responses and your experience taking the quiz. Write a brief reflection on your strengths and weaknesses as they pertain to ***courage***.

Identify a specific goal (a person, place, or situation) where you would like to improve in your ability to display ***courage*** and why.

Step 1. Define in your own words. Virtues allow you to think, feel, or act in alignment with a greater good (for yourself, others, or the environment) when challenges arise in your life. Define ***courage*** as it connects to your goal using the prompts below.

Courage allows me to (name a thought, feeling, or action):

When I experience (name an internal or external challenge related to the person place or situation you identified in your goal):

In order to (name the greater good the virtue helps you achieve):

Step 2. Practicing *courage*. Identify a concrete, achievable behavior that you can carry out to help you exercise your ***courage*** muscles. *This week, I will practice ***courage*** by:*

Step 3. Set a reminder to reflect on your progress. Create a reminder on your phone for one week from today. Take 15 minutes at that time to reflect on your progress.