

The Courage Continuum

“What gets measured, gets managed.”

-Peter Drucker

The quotation above is one of my favorites and a principle I wholeheartedly believe in and live by. One of the biggest pitfalls to success is not measuring progress along the way. Whether considering your individual goals, your organization’s DEI journey, or a child’s developmental milestone, measurement is key to understanding where you are at any point in time. Measurement allows us to celebrate significant milestones/wins and alerts us to when it’s time to pivot or re-strategize.

You may have never attached a rating to courage or other qualities you can possess. I hope that you will fully immerse yourself in this opportunity and be willing to challenge some of your previous conceptions about courage.

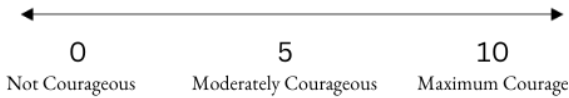
It is essential that you take the time to capture your current courage level to benchmark against later. On the following page and at the end of the book’s four parts, you will have an opportunity to do a courage check-in using the courage continuum chart. You will also be able to reflect on your last significant courageous choice

COURAGE CHECK-IN

**Measurement Time!*

DATE: _____

Courage Continuum Chart



1. Consider the last month. How would you rate your average courage level using the courage continuum chart?

Current Rating: _____

2. When was the last time you made a courageous choice that could be categorized as an 8-10 for you on the courage continuum? 10 (Maximum Courage) is the most fear-inducing type of courageous choice you can make. *What qualifies as a 10 for you will change over time as your courage level increases.*
