

1 **What Courage Means to Me**

Think back to a time when you or someone you know displayed an enormous amount of courage, consider how it felt, the circumstances surrounding it, and the impact it had on others, the change or action it created... what does showing up in the world with courage look like to you?

Write here...

2 **My Story of Courage**

Given what we've learned and heard so far, reflect on where you are today with your own personal story of courage; consider your work and personal life, think about recent moments of victory and moments of challenge... where have you recently leaned into your own source of courage and where might you have opportunity to be even more courageous?

Write here...

3 **Courage in Action**

Given what you've learned and where you have opportunity to be even more courageous, identify 3 things you can go do in the next 30 days that will move you one step closer to courage... don't forget to lean on others!

Write here...