

Courage and Risk Reflection & Practice Worksheet

Story Reflections & Mini-Challenges

Ancient: Leonidas and the Spartans at Thermopylae

Reflection: Where am I holding back because I fear I don't have enough?
Mini-Challenge: Take one step in an area you've been waiting for certainty.

Ancient: Hanuman's Leap in the Ramayana

Reflection: What leap am I avoiding because I fear falling short? Mini-Challenge: Take one leap this week where self-doubt has held you back.

Modern: Rosa Parks and the Bus Boycott

Reflection: What is one small courageous act I could take that might inspire others?
Mini-Challenge: Choose one small but visible act of courage this week.

Modern: Ernest Shackleton and the Endurance Expedition

Reflection: Where in my leadership am I avoiding a hard decision because I fear the risk? Mini-Challenge: Make one decision that prioritizes the wellbeing of your people over your own comfort.

Modern: Malala Yousafzai and Education Activism

Reflection: Where am I staying silent out of fear? Mini-Challenge: Speak one truth this week that feels risky but matters deeply.

The Courage Equation

Fear + Purpose + Action = Courage

Element	Self-Rating (1-5)	One Action to Strengthen
Fear (what am I avoiding?)		
Purpose (why does it matter?)		
Action (what step can I take?)		

Mini-Challenge: Choose one area where fear holds you back. Write down one step you will take this week.

Weekly Courage Tracker

Day	Act of Courage I Took
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	