



The Virtues Project

COURAGE

Week beginning February 5/6

Courage is bravery in the face of fear. You do the right thing even when it is hard or scary. When you are courageous, you don't give up. You try new things. You admit your mistakes. Courage is the strength in your heart.

You are practicing courage when you...

Stay strong even when you are afraid

Are willing to try new things

Admit mistakes and learn from them

Make amends when you do something wrong

Do what is right for you even when it is hard

Ask for help when you need it

Affirmation

I have courage. I listen to my heart. I face my fears and am willing to try new things. I have the courage to do the right thing.