

Showing Courage

Self-Management & Self-Care,
Module 2



AGENDA



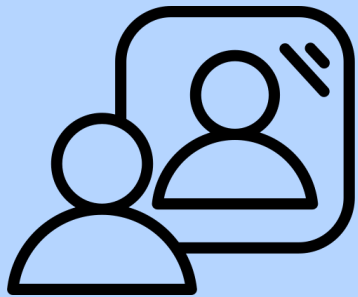
1. Brainstorm: What do you think it takes to be courageous?



2. Activity: Individually think of something you would like to do or achieve that seems difficult to you, use the “Courage Calculation” method to work through achieving this task.



3. Reflect: After listing the thing you would like to try to achieve, describe how you felt about it before and after you used the “Courage Calculation” method.



BRAINSTORM



What do you think it takes to be courageous?

Courage

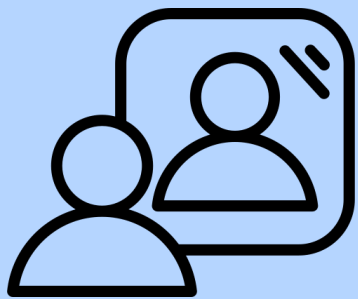
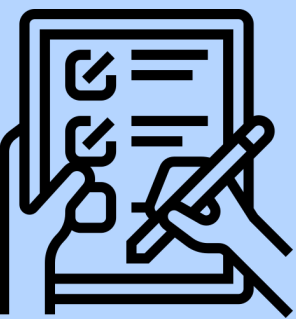
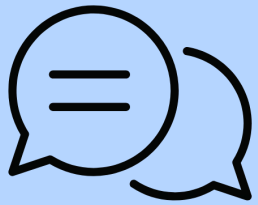
Courage is the ability to do something difficult or dangerous.

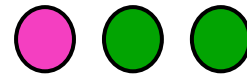
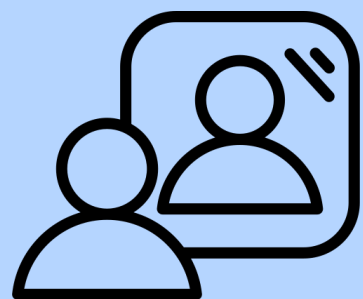
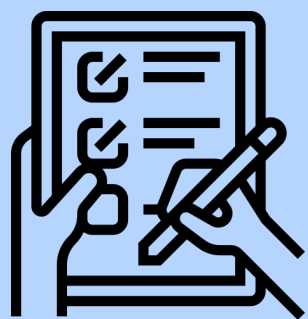
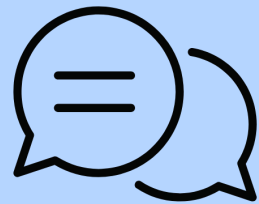


DISCUSS



What sort of emotion words might be included in the definition of courage?





DIVE IN



And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

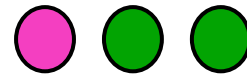
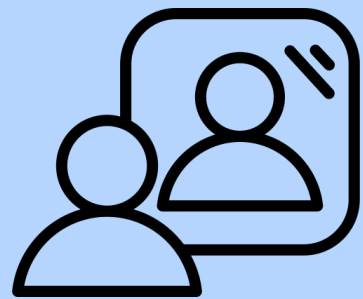
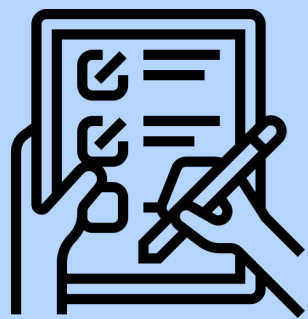
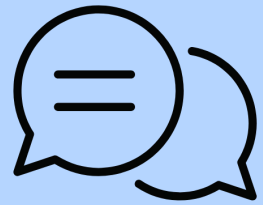
Steve Jobs, Stanford commencement speech, June 2005

It's not the size of the dog in the fight, it's the size of the fight in the dog.

Mark Twain

Passion is what drives us crazy, what makes us do extraordinary things, to discover, to challenge ourselves. Passion is and should always be the heart of courage.

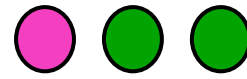
Midori Komatsu



DIVE IN



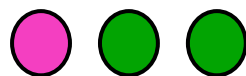
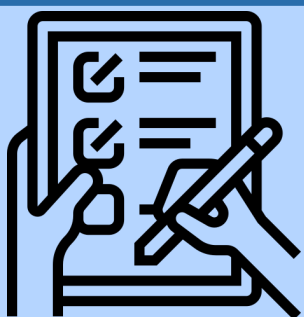
- Set Goals
 - What does success look like in this situation?
 - Is it attainable?
- Goal Importance
 - How important is it to achieve this goal?
 - If you don't take the risk, what is the downside?
 - Will you be able to look at yourself in the mirror? Is there a way to achieve some success with less risk?
- Power
 - How much do you have? Are there those who have more power than you that might help?



DIVE IN



- Risks vs Reward
 - Who might win? Who might lose? Or What might you gain? What might you lose?
- Timing is everything!
 - In emergency situations, brave people don't hesitate to act, but for every other situation, rushing to action is often fool-hardy. Why should I do this now? Am I prepared or should I take a bit more time? Pro/Con list for waiting.
- Have a back-up plan
 - Most people only make one attempt. Those that succeed have a backup plan in case their first attempt fails (or more than one backup plan).



ACTIVITY



Activity: Individually think of something you would like to do or achieve that seems difficult to you, use the “Courage Calculation” method to work through achieving this task.



High School

Worksheet

Name: _____

Date: _____

Showing Courage

Think of something that you would like to do or achieve that seems difficult to you.

What emotion do you associate with this activity? _____

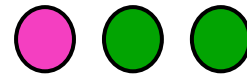
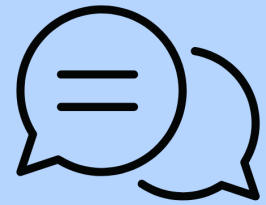
Courage Calculation

1. Set goals - What does success look like in this situation? Is it attainable?
2. Goal Importance - How important is it to achieve this goal? If you don't take the risk, what is the downside? Will you be able to look at yourself in the mirror? Is there a way to achieve some success with less risk?
3. Power - how much do you have? Are there those who have more power than you that might help?
4. Risks vs Reward - Who might win? Who might lose? Or What might you gain? What might you lose?
5. Timing is everything! - in emergency situations, brave people don't hesitate to act, but for every other situation, rushing to action is often fool-hardy. Why should I do this now? Am I prepared or should I take a bit more time? Pro/Con list for waiting.
6. Have a back-up plan - most people only make one attempt. Those that succeed have a backup plan in case their first attempt fails (or more than one backup plan).

After working through your calculations, should you take the risk? Yes/NO

Why or why not? _____

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REFLECT



After listing the thing you would like to try to achieve, describe how you felt about it before and after you used the “Courage Calculation” method.



Extend & Enrich

- How does courage relate to bullying? <https://www.standforcourage.org/>
- TEDWomen 2019 The beautiful balance between courage and fear - Cara E. Yar Khan



Home Connection



Home Connection

Showing Courage

Dear _____,

I'm excited to share that your student has been learning about the concept of courage in class. We explored the definition of courage as the ability to do something difficult or dangerous. We discussed the emotions that often accompany courageous actions, such as fear, passion, perseverance, and a sense of righteousness. Students learned that courage isn't just about fearlessness and taking action despite fear and other strong emotions.

We discussed quotes from notable figures like Steve Jobs and Mark Twain to illustrate different aspects of courage and examined how setting goals, assessing risks, and having backup plans can help us act courageously. The lesson emphasized that courage is a skill that can be learned and developed over time.

Please discuss this question with your student: Can you think of a time when you felt afraid but did something anyway? What emotions did you experience, and what helped you to take action? This will help reinforce their learning and encourage them to think about how they can develop their own courage.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



Take 5 minutes to consider: Who do you look up to for inspiration and guidance? What challenge do you want to overcome or take on that requires courage? Use the Courage Calculation to decide if the time is right for you to be courageous.





Further Study

How can we see courage depicted in our daily lives?

<https://www.psu.edu/news/research/story/meaning-courage/>





Lesson Complete!



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