



High School

Name: _____

Date: _____

Showing Courage

Directions: Think of something you would like to achieve, write it down and then work through the courage calculation questions.

Think of something that you would like to do or achieve that seems difficult to you, write it here:

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 loose? 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).*



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

Why or why not? _____