

COURAGE STRENGTHS

We all need to be brave in some way or another. People with courage strengths inspire the rest of us. Someone fighting an illness. Sports or war heroes fighting against the odds. Ordinary people putting their lives at risk to save others.

WHERE do you observe one (or more) of the COURAGE strengths at work in yourself or somebody else?
(See additional handout 4A2)

COURAGE

You have the courage to act according to your convictions rather than other people's expectations. You may feel fearful but you face the day with courage no matter what. You are of good cheer through pain, humiliations or illnesses. You are bigger than these.

ENTHUSIASM

You tend to become absorbed and fully engaged in what you do. You have a sense of excitement and ability to forget about you and merge with the task at hand. You feel inspired and look forward to engaging with challenges.

HONESTY

You are committed to what you believe is important. You speak the truth and you act according to your heart and mind. You are genuine and you unknowingly remind others of this quality.

PERSEVERANCE

You carry out work carefully and diligently. You keep going when others give up. Once you commit to something you see it through to the end. You enjoy the work without obsessing about perfection. You are ambitious in a good way.