

## Increase your COURAGE STRENGTHS

**4A2**

(look at the detailed descriptions on the previous page)

WHERE do you see some of these COURAGE strengths at work in your life – is there something you need to be brave about? Something you believe in that you want to commit to? Do you need to persevere and be persistent in certain areas of your life?

(e.g. I have to be brave about promoting the well-being skills, be prepared to travel and keep presenting my work)

Where do you see some of the Courage strengths at play in other people's lives? (e.g. I notice courage in my stepmother's life when she was dying and she said goodbye to everyone and said she was ready for that final step of her journey)

Which aspect of Courage might you like to develop more in your life? Somewhere you would like show more enthusiasm, commit yourself or be more honest? (e.g. I would like to be more enthusiastic in the morning when I wake up and it is wet or windy)

This is what I will do to develop myself more in this area:

(e.g. I will be thankful for all the sunny days and remember that the sun is just behind the clouds, that we need rain to help the trees and plants grow – we need a store of drinking water. Water....)