

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.

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....)