



Please read through this worksheet as a family and then talk about what courage means to you and your family.

**Courage is the ability to act in the face of fear, or the ability to endure pain or hard times with strength.**

People often misunderstand courage. They might think it simply means “not being afraid”. But it is actually impossible to have courage without having fear. Fear is a very important emotion that can help keep us safe from dangerous situations. However, sometimes we develop “irrational fears” or even fears that do more harm than good. For instance, if you were afraid to talk to other people, then it would actually be more harmful than good. For this reason, we need courage. A good way to describe courage is “deciding that something else is more important than your fear”.

Think of two brothers going to the zoo. One brother, Timmy, is afraid of snakes, and the other brother, Jimmy, is not afraid of snakes. Both brothers are given the chance to hold a non-poisonous snake. Jimmy excitedly holds the snake, no problem. Timmy holds the snake, even though he is afraid. Which brother would you say has more courage?



Courage goes hand in hand with confidence. Confidence means “having faith” in something. Much like courage, people often misunderstand self-confidence, meaning they think that self-confidence means that you have to act and feel invincible or perfect all the time. Having self-confidence does not mean you know all the answers or can do something perfectly. Self-confidence just means you are willing to trust and have faith in yourself, even if you are wrong or you fail. To have faith in something doesn’t mean you have to KNOW it to be true. It simply means you TRUST it to be true enough to act as if it were true. Faith is something you have to give, in order to get. When you show self-confidence, your self-confidence improves.

Having courage means you are willing to take calculated risks, and sometimes make yourself vulnerable in order to gain something important. It is an act of courage to speak to someone new and introduce yourself, especially while looking them in the eye and smiling. This is because you are sacrificing your comfort zone and your fear of rejection in order to make a new friend.

It takes courage and confidence to be able to learn kung fu. The first time you do a move, you might do it wrong. You might even do it wrong for weeks until you get it right! Showing confidence means that you are okay with not being able instantly get it right. It is courageous because you are sacrificing your fear of “making a fool of yourself” in order to gain all the amazing benefits of kung fu training.

By the way, courage does NOT mean running across the street without looking. Putting yourself in danger for without a good reason is what we call “stupidity”. Remember that bravery and courage needs to be for a good reason.

**YOUR ASSIGNMENT IS ON THE BACK ---->**

# COURAGE ASSIGNMENT #1

Name: \_\_\_\_\_

Complete the assignment to earn 1 homework stripe on your belt.

## ***COURAGE JOURNAL***

Your assignment is to keep a log of 10 ACTS OF COURAGE that you will perform before this assignment is due. An ACT OF COURAGE can be anything that puts you out of your comfort zone. It can be standing up for something you believe in, going out of your way to introduce yourself to a new person, or raising your hand in class. REMEMBER: It's NOT an ACT OF COURAGE if it doesn't make you uncomfortable. Meeting new people is easy for some people. You'll have to specifically choose things to do that you normally wouldn't do because of fear or discomfort. Also, remember not to do anything that is potentially harmful to your health. If you are unsure, ask a parent or instructor for help. Share one ACT OF COURAGE in Leadership circle.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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9. \_\_\_\_\_

10. \_\_\_\_\_

