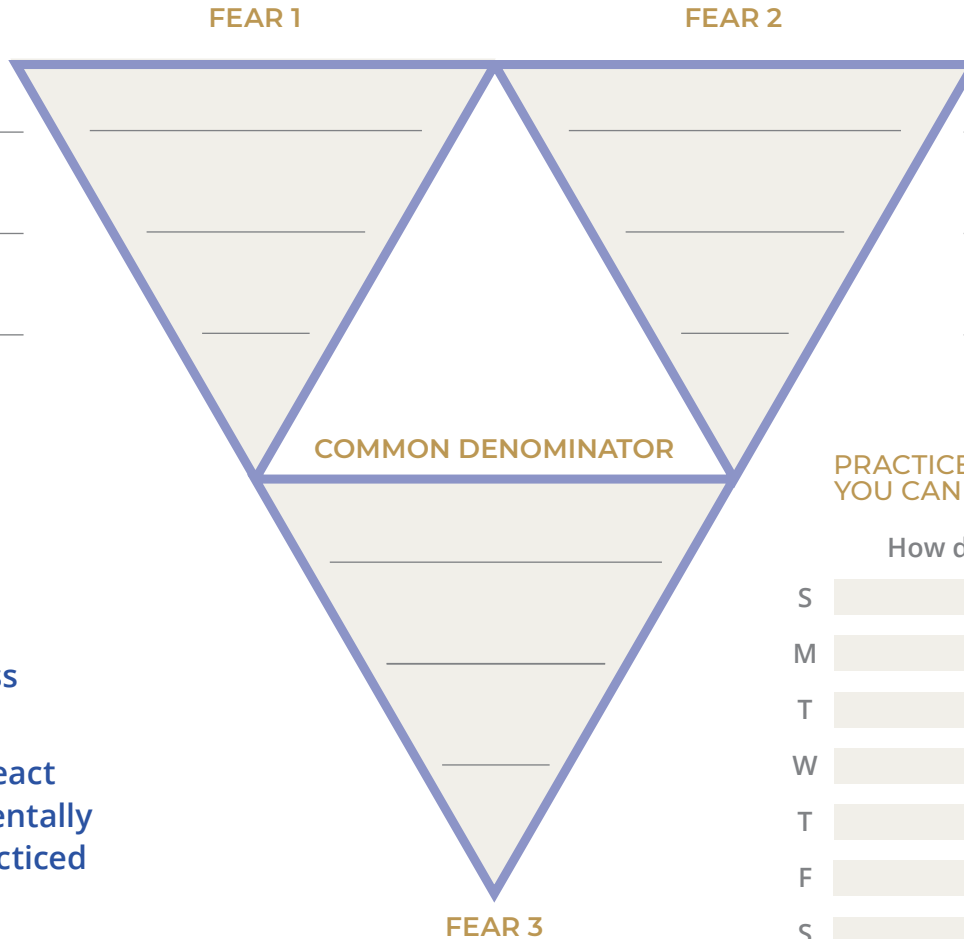


COURAGE EXERCISE

HOW TO OVERCOME



GUNNY TIP

1. You cannot be brave unless you are first scared.
2. Specific plans on how to react to a known fear can be mentally trained and physically practiced until the fear is overcome.

PRACTICE ONE FEAR DAILY UNTIL YOU CAN CONTROL YOUR REACTION

	How do you overcome	Fear LVL 0-10
S		
M		
T		
W		
T		
F		
S		

Write down your biggest fear at work and how to overcome it.



“COURAGE IS BEING SCARED TO DEATH BUT SADDLING UP ANYWAY.” – JOHN WAYNE

COURAGE RESOURCES

- Read *The Book of Courage* by Matthew Kelly.
 - Summarize each chapter in a paragraph and what stood out to you the most from the book.
- Read https://ww2.faulkner.edu/admin/websites/jfarrell/moral_courage_11-03-2001.pdf
 - Pay particular attention to the end of the article. Practice those three methods (distinguishing, studying, engaging) every day for one month.
 - Each week, log what you're struggles were and the lessons learned.
 - Share those with your supervisor during your next evaluation.
- Read *Moral Courage* by Rushworth M. Kidder
 - Summarize each chapter in a paragraph.
 - Share what stood out the most to you with a peer or friend and get their feedback.
- Read <https://www.forbes.com/sites/margiewarrell/2015/06/23/train-the-brave-why-daily-acts-of-courage-build-the-bravery-your-success-is-riding-on/#1b93f2c0994d>
 - Complete the drills within the article.
- Read *The Courage of a Samurai: Seven Sword-Sharp Principles for Success* by Lori Tsugawa Whaley.
 - Summarize each chapter in a paragraph.
 - Share what stood out the most to you with a peer or friend and get their feedback.
- Read <https://www.fastcompany.com/3029063/7-ways-build-your-courage-against-impossible-odds>
 - Identify which of the 7 areas you feel you are weakest in. Practice that area for one week, then write down any struggles or lessons learned. Review and repeat each week and share the results with your supervisor during your next evaluation.
- Identify one thing you've been struggling to attempt because of fear. For example, having a conversation with your boss about their behavior, confronting a peer about something they said that was offensive, applying for a new position at work, or learning a new machine or process.
 - Tell a friend about it and ask them to hold you accountable to accomplish it within one week. Then, attempt and achieve that task within one week. Follow-up with your accountability partner and let them know the results.
 - Take the lessons learned from that effort and apply it