



Nurturing your courage characteristics

Worksheet

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Nurturing My Courage Characteristics

1. Follow the prompts below. First reflect on each statement and give yourself a rating between 1-5 (1 = low / 5 = High)
2. Think about ways you can improve each of the traits to take them to their next level of impact.
3. Identify an altruistic endeavor to use all your courage characteristics on.

Identify where there is opportunity to strengthen and explore your characteristics of courage:

Rating 1-5

Agreeableness (How well do I get along with others?)

Conscientiousness (How diligent am I at work?)

Resilience (How quickly do I bounce back after a failure/fall?)

Extraversion (How outgoing and social am I?)

Emotional stability (How even-keeled am I under pressure?)



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Risk Taking (How willing am I to take chances and try new things?)

Bringing all your courageous characteristics together, identify an altruistic endeavor you are willing to take a risk for :

Altruism (What is worth standing for and taking a risk on in a healthy and sustainable way?)

Notes

