



Courageous Leadership

Cultivating your courage garden

Worksheet

www.bcrqs.com

1. Cultivating a courage garden requires four key intentional steps - prepare, plant, nurture and harvest.
2. Follow the steps and sequence of questions below to cultivate, sustain and enjoy your personal garden of courage
3. Share your seeds of learning with others as you go so we can build a thriving community of courage gardens together

Additional Notes:

Harvest: What has my garden become?
and what has it produced?

Nurture: How will i nurture my garden?
The coaching needed? The projects needed?



Attribution-NonCommercial-NoDerivatives 4.0 International



Prepare: Where is the courage needed
and why?

Plant: What are the seeds of courage I
will plant today; what will they grow?
