



## Weekly Character Challenge

### COURAGE

brave ▪ confident ▪ determined ▪ resilient ▪ tenacious

*does the right thing even though it may be unpopular, actively discouraged, and/or result in a negative outcome; shows unrelenting determination, confidence, and perseverance in confronting difficult situations; rebounds quickly from setbacks*

#### MORNING

#### AFTERNOON

M

Part of courage is resilience, or the ability to bounce back quickly from difficult situations. Resilience can be improved when we take good care of our body. For the next week, identify something you can do to improve your body's resilience (e.g., getting more sleep, eating better, exercising, calling a friend).

For the next week, make a list of three things you did well, or that you are proud of at the end of each day. This will help you build confidence in your own abilities.

T

Identify a difficult conversation you've been avoiding. You don't need to do anything yet, but labeling and acknowledging your fear are two key steps towards becoming more courageous. Read some [tips about difficult conversations](#) to help you prepare yourself better.

Greater confidence can come from accepting yourself as you are (versus striving to be perfect). Is there some part of you that could benefit from more acceptance? Seek out role models who show confidence in similar areas.

W

Speak your mind during a meeting today if you feel strongly about something but fear others might not agree with you. You might be pleasantly surprised by the results!

Think of a professional goal you are working towards and take a step towards building a relationship with someone who can help you achieve that goal (e.g., reaching out to arrange a coffee chat with someone who has the job you are aiming for).

T

Voice your support for a cause that you stand behind or speak up about something that needs to be spoken up about (either at work, in your family, or among your friends).

Try a new skill today that you don't feel 100% confident about. For example, learn a new trick or function for a software you use at work and practice it today.

F

Do something that is a little bit outside of your comfort zone. Plan a daytrip to a new place on your own, go for a challenging hike, bake, or build something more complicated than what you've done before. Don't give up until you get the job done!

Think of something that you've "failed" at, or that didn't go so well in the past. Try it again!