



## Practical suggestions...

There are many types of courage:

- **Physical Courage:** overcoming fears when you are required to do something physical, i.e. skiing down a new and challenging run for the first time.
- **Emotional Courage:** overcoming feelings of fear, i.e. standing up to a bully.
- **Spiritual Courage:** overcoming fears to act on values that are important to you, i.e. having the spiritual courage to take action against an injustice you see taking place.

## September Character Attribute : COURAGE

I will stand up for my beliefs and principles and face challenges, fear and difficulty with fortitude.

### WHAT IS COURAGE?

- Courage is demonstrated by people who stand up for what they believe in their heart to be the right thing to do, even when others don't support them and might try to convince them that they are wrong.
- **I WILL:** continue to do what I know to be right, even when it would be easier to follow another path.
- **I WILL:** ensure that my feeling of "I can" is stronger than my feeling of "I can't".
- **I WILL:** take risks to do the right thing, even when it might challenge the attitudes and behaviour of others.

***"Courage is never to let your actions be influenced by your fears."*** Arthur Koestler

Character Community Foundation of York Region

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