

Seven Days Challenge: Courage

a) In order to develop the excellence of courage, every day I will practice:

b) My main motive or the reason why I want to develop courage is:

c) The fear I want to tackle with this:

d) One likely challenge I will face:

e) I will counteract the challenge by:

Seven Days Challenge Checklist

Day	Tick box if challenge was accomplished*	Message
1		"Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently." - Maya Angelou
2		"A ship is safe in harbor, but that's not what ships are for." - John A. Shedd
3		"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear." - Nelson Mandela
4		"Success is not final, failure is not fatal: it is the courage to continue that counts." - Winston S. Churchill
5		"Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas A. Edison
6		"Courage isn't absence of fear, it is the awareness that something else is important" - Stephen R. Covey
7		"He who is brave is free." Seneca