

2023-01-26: Improving COURAGE

From The Art of Manliness website

1. **Do reconnaissance to remove aspects of the unknown.**
2. **Use relaxation techniques.**
3. **Get skilled.**
4. **Buddy up.**
5. **Carry a talisman.**
6. **Think of yourself less.**
7. **Lean into your role.**
8. **Exercise 20 seconds of insane courage.**
9. **Do something scary once a week.**

From Wholeness Dailly website

1. **Maintain A Healthy Perspective**
2. **Know Your Strengths**
3. **Examine Different Scenarios**
4. **Practice Leaving Your Comfort Zone**
5. **Welcome Failure**

From Psychology Today Website

Focus on the people or cause you're standing up for

Find courage in numbers.

Learn to attend to positive signals and to discount negative ones.

Find role models of quietly courageous people.

Get in the habit of deciding what you think about things and speaking from that place of conviction.

Notice every time you do something that you're scared to do—something your body is telling you not to do.

For this exercise, you will need a notebook and pen, as well as a quiet, uninterrupted space in which you can reflect. Beginning with the first definition of courage—"feeling afraid yet choosing to act"—answer the following questions:

Think of a situation as an adult when you felt afraid, yet chose to face your fear.

- What did you observe, think, and feel at the time? (e.g., "I saw the rollercoaster and felt butterflies in my stomach")
- What did you or the people around you say, think, and do to help you face your fear? (e.g., "I told myself that if little kids could go on it, so could I")
- At what point did your fear start to go down? How did you feel afterwards?
- Now, think back on a situation in childhood in which you faced your fear. How was it the same or different than the first situation?
- Finally, think of a situation you are currently facing that creates fear or anxiety. What are you most afraid of? (e.g., being fired if I ask my boss for a raise)
- Now, is there a way to apply the same skills you used in the two earlier situations to be more courageous in this situation? Remind yourself that you have these skills and have used them successfully in the past. What mental or environmental barriers stand in the way of using these skills? How can you cope with or get rid of these barriers?

Repeat this exercise over the course of a week, using each definition of courage above. On Day 7, come up with your own definition of courage that is most meaningful to you and repeat the whole exercise using this definition.