

CouRage Challenge 2: Face your fears

Courage is defined as “the ability to do something that frightens one; bravery” and “strength in the face of pain or grief.”

This challenge is about exposing yourself to your fears. The more you do this with each fear, the more courage you will gain. It’s normal for the feelings of anxiety to still be there, but you will be braver and better equipped to deal with the situation.

It does get easier! If I can do it, you can do it!

> *“Feel the fear and do it anyway!”*
> **Susan Jeffers**

My chosen challenge is to

Starting on (DD / MM / YYYY)

My anxieties and worries about my challenge

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How it went. Did it go the way you imagined? Worse? Better? Do you feel stronger?

☐ *I did it! I CouRaged!*

Date

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