

SEPTEMBER 2015

# POWERFUL PROJECT

# COURAGE

Teens & Adults

First & Last Name: \_\_\_\_\_

Courage means “the willingness to face fears and challenges with determination.” Rather than focus on the general idea of courage this month, let’s zero-in on “1 Tough Task.” This might be something that you need to do to get to the next level, want to do to move you in another direction, thought of doing but the idea scares you or would love to do if you just had the courage to try. Now is the time. Choose 1 exciting or necessary Tough Task to do in honor of courage month. We’ll be cheering for you!

01

One action I’ve been wanting to take is: \_\_\_\_\_

02

One goal I would love to achieve is: \_\_\_\_\_

03

One task I have been putting off due to fear is: \_\_\_\_\_

04

One activity I would love to do (if I had the courage to do it) is: \_\_\_\_\_

## 1 Tough Task

The one tough task I am committing to do this month, despite fear, is:

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