

# COURAGE

COURAGE IS THE MOST IMPORTANT OF ALL THE VIRTUES, BECAUSE WITHOUT COURAGE YOU CAN'T PRACTICE ANY OTHER VIRTUE CONSISTENTLY. YOU CAN PRACTICE ANY VIRTUE ERRATICALLY, BUT NOTHING CONSISTENTLY WITHOUT COURAGE. *Maya Angelou*

When we hear courage we tend to think in super brave and grand acts but in fact, courage can also be found in mundane things we don't pay much attention, like talking to a stranger in a grocery store or asking for what we want.

Let's take a look in our courage

If i had more courage i would . . .

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If i was the bravest person i could be what would i do?

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Small things i do tha make me feel brave:

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People i consider brave and inspiring and why

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Times i've been the bravest in the past

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What my parents expected from me

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