

## **Personal Coaching: Develop Your Courage**

**Developing courage is an ongoing process which begins with a keen awareness of your strengths and struggles.**

Using the questions below, identify areas where you can develop more courage. Check all that apply:

1. What type(s) of courage might you be lacking?
  - € Physical courage (willingness to risk physical pain, injury, or even loss of life)
  - € Professional or political courage (willingness to risk promotion, raise, job, or career)
  - € Reputational courage (willingness to risk prestige—your standing with your peers or community?)
  - € Relational courage (willingness to risk rejection, disappointment, emotional hurt, loss of relationship)
  - € Financial courage (willingness to stick to values and make tough decisions even when it entails financial risk or pain and personal sacrifices to get out of debt)
  - € Personal and emotional courage (willingness to take risks to grow as an individual by breaking old habits and learning new ones)

Devote considerable thought to each area you checked. What is the underlying cause of your undeveloped courage? For example, with respect to relational courage, does fear keep you from holding others accountable at work, demonstrating tough love to your children, or setting boundaries with your peers, your manager, or others? Write a statement that best describes the root cause(s) of why you're lacking courage in at least one area. \_\_\_\_\_

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2. When you find yourself in a situation where you lack courage, do you compensate by *withdrawing*, or *dominating* (e.g. fearful of giving up control, talking vs. listening etc.)? \_\_\_\_\_

In what specific situations/issues might you be *dominating* or *withdrawing* (e.g., by procrastinating) when you should be *engaging*? Make a brief list and be honest in your disclosure. \_\_\_\_\_

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- What are the doubts/fears associated with your withdrawing or dominating behaviors? \_\_\_\_\_
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- What underlying energy drives your doubts or fears? \_\_\_\_\_
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- What consequences are likely to develop if you continue to allow these doubts and fears to prevail? \_\_\_\_\_
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- What is really at stake? \_\_\_\_\_
3. What choices do you need to make in order to courageously engage issues you have been avoiding? \_\_\_\_\_
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**Bottom Line: Courage is an act of will. Choose what you know to be right even when it feels unnatural or unsafe. Trust yourself; honor your values, lean into your pain, and intentionally *engage* issues with strength and humility.**

<sup>1</sup>For help in discovering your unique talents, see [www.leadershipfreedom.com](http://www.leadershipfreedom.com) for information on the *N8Traits* Profile assessment.