

Courage Retreat®

Day 1 Journal



Facing Fears

Much of the Courage Retreat was spent talking about how we are all going through similar struggles and how we face similar fears. Take a couple of minutes to reflect on one of your biggest fears, and then in the spaces below write about how this fear makes you feel and act.

Example: A fear of mine is... not having any friends. This fear makes me feel... like I'd do anything to not be alone. This fear makes me act... sometimes in ways I know are wrong. For example, I have helped my friend cheat on his homework. It's really hard to say no.

1

A fear of mine is...

2

This fear makes me feel...

3

This fear makes me act...

Courage Retreat®



Day 2 Journal

Everyday Courage

Now that you are back to your school routine, fulfilling the Act of Courage you committed to at the Courage Retreat may seem daunting. However, practicing courageous behavior and following your heart in little ways every day makes the bigger challenges easier to face. In the space below, write down several ways you can act with courage today. Be specific; you are more likely to follow-through if you make these personal. Remember, these can be simple like raising your hand to answer a question in class, even if you aren't 100 percent sure of the answer. Take a risk, be real and be honest with yourself.