

## KINDNESS AT HOME™ JOURNAL

### COURAGE • Week 1 • Ages 13-Adult

We tend to think of courage and automatically associate it with bravery and standing up for things. However, when you are open with others and allow them to see the real you (vulnerability) and when you encourage others and share credit (humility), you show great courage.

Remember:

**COURAGE means being brave when facing new or difficult circumstances.**

Think about how you interact with others throughout your day:

- Are you open, or do you keep your thoughts to yourself?
- Do you encourage others or are you highly competitive?

### YOUR TURN

Journal Prompt this week:

**The focus this week is on vulnerability. Think about your friendships and the relationships you have at home. Do you let your guard down so that others can really get to know you? It takes courage to show the true you. Write about this below.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.