



COURAGE

SELF - ASSESSMENT

On a scale of 1-5, authentically rate your current level of courage in each of these 6 areas. 1 being too petrified to be courageous. 3 being neutral, not afraid nor courageous. 5 being absolutely courageous enough for the courage statement to be true.

	1	2	3	4	5
PHYSICAL Courageous enough to keep on going with resiliency, balance, and awareness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOCIAL Courageous enough to be yourself unapologetically.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MORAL Courageous enough to do the right thing when it's uncomfortable or unpopular.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
INTELLECTUAL Courageous enough to learn, unlearn and relearn with an open & flexible mind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPIRITUAL Courageous enough to live with purpose and meaning through a heart-centered approach towards all life and oneself.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EMOTIONAL Courageous enough to be able and willing to feel and share your feelings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>