

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #45: COURAGE POEM



“One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest.”- Maya Angelou

Here, Maya Angellou is exemplifying that courage allows us to have a basis for other positive traits. If we were baking a cake, courage would be a sturdy base that could be decorated with kindness and generosity described above. Courage does not simply appear. We must nurture it through purposeful experiences and activities. Through this poem activity, you will use words to find and exemplify your own courage. Courage is the act of doing something in spite of fear. Complimenting oneself, or writing about yourself or own experiences can be a daunting task for many people. However, with this poem you will learn to do that for yourself. During these stressful times it may be easy to forget just how courageous, we have been and continue to be. Use this activity to remind yourself of that.

Practice Courage Today:



1. GRAB A WRITING UTENSIL AND SOME PAPER OR AN ELECTRONIC DEVICE.
2. YOU CAN EITHER TAKE THE WORD COURAGE OR YOUR NAME AND WRITE IT VERTICALLY ON THE PAGE.
3. FOR EACH LETTER YOU WILL WRITE SOMETHING THAT REPRESENTS A TIME YOU SHOWED COURAGE. (EX. C- CAMPED OUTSIDE DURING A HIKING TRIP, O-OVERCAME STAGE FRIGHT AND PERFORMED DURING THE TALENT SHOW)
4. DO THIS FOR EACH LETTER OF YOUR NAME OR THE WORD COURAGE.
5. DECORATE AS DESIRED AND PRINT OR PASTE TOGETHER TO DISPLAY OR SAVE FOR FUTURE REFERENCE.

Parent Practice Tip:

Proudly display these poems somewhere in your home! It's a fun and easy way to have a visible reminder during feelings of “I can't do this!” and turn them into “I can do this” moments.

To Learn More:

[What is Courage?](#)

[Courage Exercises](#)

[Children's Books About Courage](#)

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