

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #13: DRAW YOURSELF AS A SUPERHERO



As Superman once said, "There is a superhero in all of us. We just need the courage to put on the cape."

Each day we come across situations that take courage. Courage is defined as the willingness and ability to work through obstacles despite feelings of embarrassment, fear, reluctance, or uncertainty. You can be courageous by trying something new or taking strides towards reaching your goals. Although these things may seem scary at first, practicing courage will help you overcome the fear and feel good about the actions you choose. By acting courageous, we are pushed to be the best version of ourselves, all the while inspiring others to do the same. So today, show your courage by putting on a cape, and drawing yourself as a superhero!

Practice Courage Today:



1. GRAB A PIECE OF PAPER AND A PENCIL OR MARKERS.
2. DRAW YOURSELF AS A SUPERHERO! BE SURE TO INCLUDE YOUR FAVORITE COLORS AND ADD AS MANY SUPERHERO DETAILS AS YOU WOULD LIKE.
3. AROUND YOUR DRAWING, WRITE DOWN MESSAGES THAT ENCOURAGE YOU TO SHOW COURAGE, SUCH AS "I CAN ACCOMPLISH ANYTHING I PUT MY MIND TO" OR "I BELIEVE IN MYSELF."
4. HANG THE DRAWING ON YOUR WALL NEAR YOUR BED TO REMIND YOURSELF EACH MORNING THAT YOU CAN BE A COURAGEOUS SUPERHERO EVERY DAY.

Parent Practice Tip:

Draw yourself as a superhero, too! Discuss with your child how it makes you feel to act courageous and tell them one courageous action you took recently and see if they can come up with their own.

To Learn More:

FOR THE HEROES
WHAT IS COURAGE?
SUPERHERO DANCE

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