



Rate Yourself:

Being Courageous



Need to Work on it.....OK.....Average.....Good.....Excellent

1

2

3

4

5

1.) Rate yourself on each of the 'courage' skills listed.

2.) Circle the ones you feel you could improve upon.

Write a goal about how you could change the ones that you circled that would benefit you.

_____ Make new friends

_____ Stick to morals/
principles

_____ Stand up to bullies

_____ Stand up for others

_____ Admit and learn from
mistakes

_____ Speak in front of a group

_____ Don't cave to peer
pressure

_____ Offer to help others

Large rounded rectangular area for writing goals.