

# IF COURAGE COULD TALK

## BEHIND THE CHAPTERS



If *Courage Could Talk* is an illustrated quote book featuring 100 keep-it-real quotes from the imaginary mouth of courage to help readers check their fear and do their thing. This guide takes a look behind the chapters and offers activities to get more out of each page.

### \* CHAPTER 1: DO YOU, BOO. \*

In popular culture, “doing you” equates to exercising individuality and independence. It is listening to your gut, following your path, and freeing yourself from expectation. It can be as simple as nerding out on anime or as layered as representing yourself in a way that defies convention. If courage could talk, it would direct everyone to “do you, boo” – to recognize your dopeness, honor your potential, and showcase your uniqueness. The book begins with this chapter because a desire to “do you” is often the starting point on a journey to personal pursuits and daring dreams. And, the voice of courage addresses the reader in a pointed tone to question what their holdup is all about.

### //// CHAPTER 2: YOU SCARED? //////////////

Let’s be honest; “doing you” can be scary. That’s why the second chapter of the book focuses on the fear related to such a task. Individuals are wired to be sensitive to peer opinion, to use the decisions of others as shortcuts to navigate their life, and to go with the group. This means, doing your thing – especially if it is uncommon – takes intentional effort, consistent practice, and internal listening. But, the voice being listened to matters. Fear is loud, frantic and persuasive, which leaves the voice of courage little choice but to call fear out. But, the aim isn’t to shade fear’s primary purpose of serving up protection. The objective, instead, is to direct attention to its overbearingness and unreasonable nature. Courage wants to help readers pursue their goals and finds it appropriate to instigate curiosity about fear’s dominance in their own lives.

### ┌ CHAPTER 3: DON'T FRONT. CONFRONT. ┐

Acknowledging fear is important, but addressing it is essential. This chapter highlights two options for dealing with fear. Ignore it, or confront it. Ignoring fear offers quick relief to discomfort, but, in courage’s book, the action equates to fronting – which isn’t exactly a compliment. Fronting is misrepresentation of oneself, and when a person ignores fear, they misrepresent or underrepresent their purpose, abilities, and resolve. Choosing to turn away from fear undermines a person’s internal tools to challenge their doubts and limiting beliefs. So, the voice of courage urges them to find their fire and confront fear. Confrontation isn’t easy, but it is the necessary means through which courage is cultivated.

### CHAPTER 4: YOU ARE WORTH THE RISK. ● ● ● ● ● ● ● ●

The book wraps up with focus why the reader should invite discomfort and curiosity on the quest to “doing them.” The voice of courage understands that, too often, conformity beats out confidence and safety drowns out growth because individuals haven’t figured out that their way of being and biggest dreams are worth the risks of judgement, failure, and embarrassment. The straightforward tone of the chapter mimics the ones before it, but it softens at points to open space for the reader to reflect. “Don’t you want to know what you can become?” An overarching objective of the book is to help readers understand that they, themselves, are the worthy reason to take risks.

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## IDEAS TO ACTIVATE



The ideas here are a mix of conversation starters and short-term projects that you can quickly launch to bring If Courage Could Talk to life. Gather your group and select the activities that will make the most sense and impact for your needs. Feel empowered to customize these ideas so they work best for engaging your entire group.



### Quote Connection

Select a quote from the book that most resonates with you and share why.



### Personal Dictionary

Define what “do you” means to you, and think of a situation when “doing you” was easy and when it was difficult.



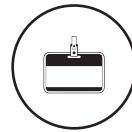
### Community Board

Select a quote from the book that most resonates with you and share why.



### A Risk a Day

Commit to taking one risk a day to help habituate yourself to fear. Be sure to keep a record of your risk-taking so you can look back and reflect.



### Name Your Fear

Pinpoint the biggest fear you have that prevents you from going after your goals, and give it name. Share the name with others, and use it when referring to your fear in the future.



### Internal Grocery List

Identify the internal ingredients you need to be able to confront your fear.



### Character Sketch

Make a personal connection with your inner courage by drawing a character sketch and writing a description for your character.



### If My Courage Could Talk

Think about what your courage would tell you if it could talk, and share with the group.



### Dear Fear

Write a letter to your fear to let it know how you feel about its impact on your progression toward your goals.



### One Word

Use one word to describe your relationship with courage, and share why you selected that word.



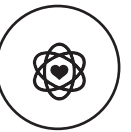
### Comfort Zone or Danger Zone?

Name the biggest opportunity you've taken advantage of inside your comfort zone. Then, name the biggest opportunity you've taken advantage of outside of your comfort zone.



### Self-Portrait

Paint a mental picture of the person you want to become, and share it with others.



### Values Clarification

Identify the top two values that you want to live your life by so you can start to align your actions with your values.



### Messing Up or Missing Out?

Discuss when it is better to try something and mess up or to not try something and miss out.



### Best and Worst

Name the best thing that can happen if you confront your fear. Then, name the worst thing that can happen if you confront your fear. Assess if the risk is worth the reward and whether you have the tools to deal with the risk.