

**Topic:** **Courage**

**Raw format:** **Activity**

**Code:** Courage\_activity\_1\_identifying your perception of courage

**Title:** **Identifying your perception of courage**

**Associated uses:** Analysis , Assessment/self-assessment, Discussion trigger, Exercise, Introduction to topic, Personal profiler data sheet, Self-awareness exercise, Team-building activity, Warm-up exercise

**Associated words:** Bravery, Daring, Mettle, Valour, Heart, Guts, Stamina, Tenacity, Pluck, Fearlessness, Perseverance, Grit, Gumption, Stoutness, Gall, Backbone, Dauntless, Intrepid, Spunk, Fibre, Boldness, Audacity, Temerity, Determination, Nerve, Endurance, Resolution.

**Public:** Project managers, Managers, Directors, Entrepreneurs, Leaders, Masters+ university students

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## Identifying your perception of courage

Look at the following behaviours and qualities that may make up courage. What is important for you? Put the various elements into order of personal priority:

*I believe courage is:*

Criteria	My priority	Comments
The ability to look the truth in the face and dare to express it		
The capacity to explore unknown areas and reveal possible problems		
The capacity to take decisions when faced with risk or incertitude		
The capacity to make decisions without knowing all the details		
The will to regularly step out of my comfort zone		
The capacity to fix ambitious objectives and show perseverance in the face of adversity		

The capacity to impose rigour and discipline in myself (and my team)		
The ability to define my obligations and carry them out even if their benefits are not measurable in the short term		
The will to impose obligations even if some of your team see them as a constraint		
The ability to identify your fears and overcome them by confronting them		

From your evaluation, how can you:

- If you are a leader, formulate these criteria into a set of “game rules” or behavioural framework for your team(s) and team members?
- If you are a team member, how can you positively inform your manager of the way in which he/she can shape her management style towards you and become aware of your value?

**Notes/Action:**

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