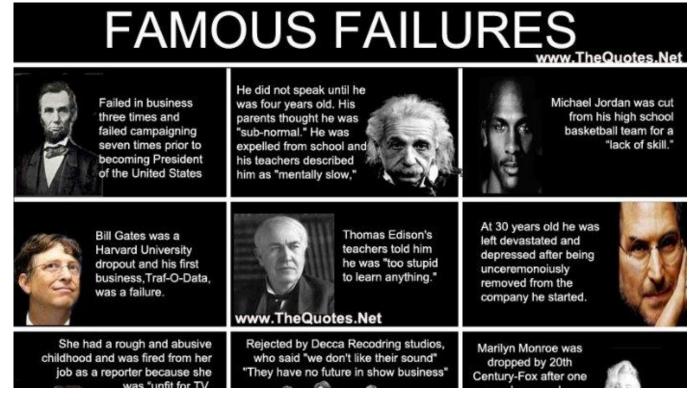
Courage Activity

Look at this list of "Famous Failures" and think about the struggles they had and how they showed tremendous courage to overcome their challenges.



Pick one person and answer the following questions:

- 1. How do you think he felt during his struggle and initial failures?
- 2. What do you think enable this person to keep going...to work through the struggles?
- 3. What kind of mindset do you think this person had?
- 4. Do you think this person showed a lot of courage? And if so, explain.
- 5. What lesson can you learn from this person's struggles and from his successes?

Alternative Activity

Find a successful woman who learned from her failures and complete the same questions
Or

Watch this video of successful recording artist <u>Sara Bareilles - Brave</u> video on YouTube. How do you feel when you watch the video?

What would happen if you could, "Say what you want to say and let the words fall out?"

How big is your brave?