

Overview of the Virtue of Courage

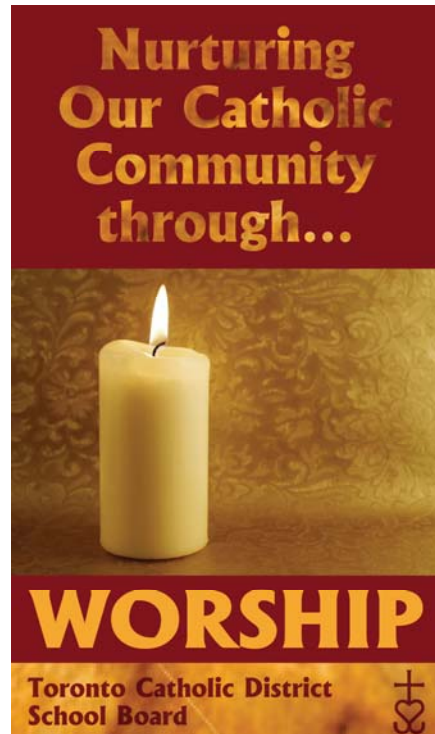
Courage also known as bravery, fortitude, will, and intrepidity, is the ability to confront fear, pain, risk/danger, uncertainty, or intimidation.

"Physical courage" is courage in the face of physical pain, hardship, death, or threat of death.

"Moral courage" is the ability to act rightly in the face of popular opposition, shame, scandal, or discouragement.

The virtue of courage helps us to take the initiative to make changes in our lives and/ or to accept changes brought before us. Courage can often lead us to a spiritual awakening and/ or enlightenment.

Courage can allow you to shed old patterns, especially those patterns that are harmful to your body or soul. This virtue allows you to reach new levels of being. No matter who you are, no matter what has already happened to you, no matter what you have done, it is still possible to have a "new beginning".



Exploring Your Inner Self: Why the Virtue of Courage Might Be For You

If you are feeling...

- Fearful and lacking in confidence
- Trapped in a moral dilemma
- Uncertain and intimidated
- Nervous and anxious
- Bullied and excluded or you notice someone else is being treated unfairly

Then you may wish to explore the virtue of courage....

- Courage allows us to make changes in our life
- Courage allows us to support others in need
- Courage allows us to take the first step in breaking a "bad" habit

- Courage helps to build our self confidence and strengthens our connections with others

Modelling the Virtue of Courage: The Catholic Community Award

Modelling Courage: The Catholic Community Award

The Catholic Community Award is a monthly award given to students who may be the “unsung heroes” of our community. They are the students whose daily efforts contribute to nurturing our Catholic school communities. The Catholic Community Award is based on the monthly virtues. As a suggestion, you may want to recognize these students in homeroom, at assemblies, during school liturgies, or in school newsletters, school websites. This can be a whole school project, a monthly initiative, or a nomination process by teachers and peers.

The Catholic Community Award: Criteria for the Virtue of Courage

- ✓ students who confront fear and pain
- ✓ students who persevere despite difficulties
- ✓ students who stand up against bullying and mistreatment of others
- ✓ students who embark on new projects/ are willing to try and learn new things