



**BUILD
OVER TIME.**



**RECOGNIZE
YOUR
FEELINGS.**



**ACT
THOUGHTFULLY.**

**VISUALIZE
YOUR GOAL.**



**EXPLORE
NEW THINGS.**

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BUILD OVER TIME

Bravery doesn't have to happen all at once. Sometimes, the best way to build courage is to take a few brave little steps every day. If you do this for a while, you can build your bravery over time.



RECOGNIZE YOUR FEELINGS

When we feel unsure about things, it is normal to have lots of different feelings—some of them good, and some of them not so good. When building your courage, it is important to recognize which feelings you are having. You might feel afraid, sad, or nervous, but you also might feel a little excited or hopeful. Recognizing and talking about these feelings can help you build bravery and even solve problems.



ACT THOUGHTFULLY

Sometimes when we feel unsure about something, we might act in ways that are not helpful or hold us back. This is normal, and it is also something we can work on as we build our courage. When we need to be brave, it can be helpful to first take a quick break and ask yourself these three questions:

Question 1:
What actions can I
take in this situation?

Question 2:
What might happen
if I take those actions?

Question 3:
Are there any other
actions I could try?

— BEING —
BRAVE
IN THE FACE OF UNCERTAINTY

VISUALIZE YOUR GOAL

When you have a goal, especially if it is something a little scary or hard, it can be helpful to start by picturing yourself achieving that goal. The power of your imagination can actually help you unlock your courage! Athletes, artists, musicians, teachers, television stars, scientists, and experts in almost every area of life use this strategy to help build courage by imagining their success even before they have reached it.



EXPLORE NEW THINGS

Bravery takes practice and what better way to practice than to explore new things? When you stretch yourself to explore, you help yourself challenge your fears, learn new skills, and have more fun!