

Reflection Page

COURAGE INVENTORY



Date _____

Take periodic inventory of your balance between the Four Universal Qualities of courageous leaders. If you have taken our [Gut Check Quiz](#), refer to your results before conducting this reflection. Work with one quality at a time.

THE 4 UNIVERSAL QUALITIES

Perseverance: Brave leaders are fully committed to their missions or visions. They do not expect to see results during their lifetime.

Altruism: Brave leaders put the greater good and well-being of others before their own.

Humility: Brave leaders consider other opinions and ideas before making a decision.

Composure: Brave leaders identify and manage their fears.

Quality I am reflecting on: _____

Where am I now? _____

Where do I want to be? _____

By when? _____

What action steps will I commit to in order to get here? _____

Adapted from *Journal to the Self*, © Copyright 1990, Kathleen Adams