



*Why do schools need*  
**Courage?**

**We feel better.** People with a higher level of courage tend to have a greater sense of purpose and life satisfaction.

**We stand up for our beliefs.** Courage helps us speak up. When we have the courage to question the status quo, we can change the way we all feel about our schools and institutions.

**We navigate social and emotional challenges.** The practice of courage helps us to adapt in difficult situations—and to reach our personal and professional goals.

**We lead and build trust.** It takes courage to be our authentic selves with others and to be open and vulnerable.

**We do hard things.** We persevere through difficult learning task despite fear and challenges.

**Courage helps us be our best selves,  
full of strength, determination, and hope.**

