

10 Journal Prompts

What is courage to you?

Who is someone who is courageous? Why?

Reflect on this quote: "It takes a lot of courage to show your dreams to someone else." Erma Bombeck

What is the most courageous thing you have ever done?

Write about a time when your courage failed you.
What happened?

In what areas of your life do you want more courage right now?

What are your thoughts on the distinction between fear
and danger?

List 3 things you are afraid of.
What would courage look like in the face of these?

What is stopping you from being courageous?

Who can you ask for moral support on your courageous journey?