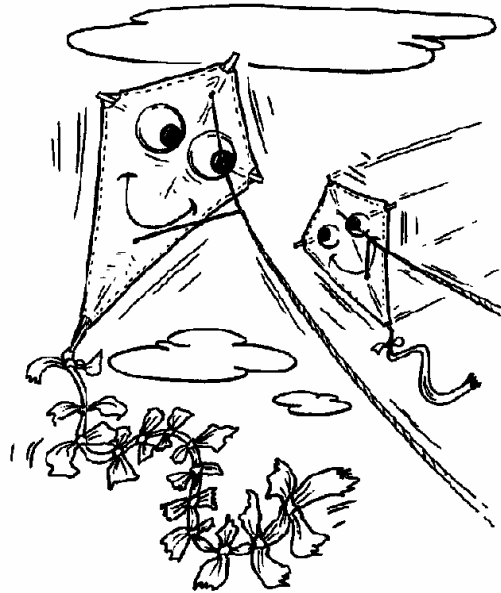


Character-Boosters

with Personal & Family Activities by Brent R. Evans



Decisiveness

It takes courage to reach the heights of our potential, but it is worth it. First, we need to **decide** what we want, and then have the courage to really try for it.

Decisiveness is the courage to do what is right with due consideration of the risks, sufferings, and ambiguities that might exist. To do so means control of your fears, and the avoidance of undue delay and procrastination.

Courage is the first of human qualities because it is the quality which guarantees all the others.
(Winston Churchill)

Take time to deliberate; but when the time for action arrives, stop thinking and go in. (Andrew Jackson)

He who has conquered doubt and fear has conquered failure.
(Anonymous)

Eleanor Roosevelt's First Speech

Eleanor Roosevelt was so nervous when she got up to give her first speech, she fainted. But that didn't stop her. She continued to give speeches and became the most influential woman of her time. This is her advice:

*You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. **You must do the thing which you think you cannot do.***

Teaching Idea

Have everyone in the group bring a coat to the meeting. Discuss the meaning of encourage. The *en* means to be *one with*, and so encourage means to be *one with courage* or to *put courage on*. Refer to each person's coat as a *courage coat*. Have everyone practice putting their *courage coats* on and feeling courage. Take turns telling others to take their coats off. That is to discourage. Discuss what might

get a person to take his or her courage coat off. Share ideas of how everyone in your family might encourage each other to keep their courage on and pursue their dreams.

Personal or Family Activity

Make a Venturing Forth poster. Draw a Safety or Comfort Zone surrounded by a wall. Show pathways through the wall and outside the Comfort Zone to dreams outside. Illustrate each dream at the end of the pathways. Discuss how it takes courage to pursue dreams because it means leaving the safety of your Comfort Zone and its high protective walls. Have everyone repeat aloud and memorize the following words: *To venture forth takes courage, but not to venture means the loss of my dreams.*

Encouragement words: bold, brave, choice, choose, commit, commitment, courage, courageous, daring, determined, do-it-now attitude, emphatic, forceful, heart, heroic, potent, powerful, strong, will.