



# The Courage to Lead

Inspire your team to  
breakthrough barriers and  
achieve their dreams!

*Terry Sidford*

**Congratulations on gaining MORE COURAGE to LEAD!**

Please follow along with your workbook during my keynote presentation.

## The Courage to Lead

Name: ..... Date: .....

Let's do a quick check on how much courage you have right now. I'd like you to look at how much courage you've demonstrated so far.

Look at the times in your life when you struggled to overcome a major challenge, faced a great fear, felt you had to tell the truth despite the cost. Wanted to do what was right despite the opposition. Had an opportunity to achieve something beyond anything you'd imagined possible.

Now I'd like to ask you on a scale from 1 to 10, throughout your life on average, how much courage have you demonstrated?

1 – You have taken a few bold actions

10 – You consistently acted with all the courage you needed to break through your fears

Your number: \_\_\_\_\_

**Step # 1 When Asked to Violate Your Values; Just say “NO”**

Please take a moment to look at the 3 most recent requests you had to violate your values and right now, commit to saying no.

Keep doing this and your courage will grow.

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**Step #2 Never disqualify yourself; Instead, say “YES”**

Think about 3 opportunities you want to go for but think you need to be more qualified.  
Then commit to being outrageously courageous and go for it anyway.

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**Step #3 Share Your Superhero stories.**

Think of 3 stories that you can rework, so you're the superhero.

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**Step #4 Acknowledge The Courage Of Others.**

When was the last time someone acknowledged your courage?.....

Write down three people you will acknowledge for their courage in the next week.

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