

# **Weekly Takeaway Sheet**

## ***The Power of Play – Play Builds Courage***

Week 3: 5-18-26

### **1. Play Helps You Take Risks Without Fear of Failure**

- Play lowers the pressure to be perfect
- Safe risks help build courage gradually
- Trying new things becomes less intimidating

### **2. It Teaches You to Try, Laugh, and Keep Going**

- Mistakes don't have to stop you
- Confidence grows when you keep trying
- Play helps you become more resilient

### **3. Small Playful Risks Build Confidence**

- Tiny brave moments create momentum
- Fun experiences strengthen self-trust
- Confidence grows through low-pressure practice

### **4. Courage Doesn't Always Start Serious – It Often Starts Light**

- Courage can begin with curiosity and fun
- Play creates safe opportunities for growth
- Lightness helps you loosen fear and self-doubt