

 **Worksheet: Celebrating Your Courage Wins**

**Purpose:** To help you recognize and honor moments when you spoke up — even in small ways — and build confidence from lived experience.

### 1. Remember the Moment

Think of **one conversation** where you spoke up, set a boundary, or shared your truth — even a little.

- What was the situation?

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- What did you say or do?

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### 2. Acknowledge the Courage

Reflect on *why* this moment mattered.

- What made this conversation challenging?

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- What strength did you show in that moment?

Honesty  Calm  Boundaries  Self-respect  Other: \_\_\_\_\_

### 3. Claim the Win

Let this moment count.

- One sentence I can say to myself about this win:

*“I showed courage when I \_\_\_\_\_”*

### 4. Carry It Forward

Use this win as momentum.

- How can remembering this moment help me speak up again?