

# Month 2 Courage Check-In

## Real Courage Is Staying the Course

“Real courage is when you know you’re licked before you begin, but you begin anyway and you see it through no matter what.”

— Harper Lee, *To Kill a Mockingbird*

### Pause + Reflect

Month two of the year is a quiet crossroads. The excitement of January has faded, but the year is still wide open. Use this space to reflect with grace—not guilt.

#### 1. Looking Back

What goals or intentions did I set at the beginning of the year?

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#### 2. Honest Check-In

Which goals am I still working toward right now?

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Which goals have felt hard, discouraging, or easy to abandon?

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#### 3. Defining Real Courage

What does real courage look like for me in this season?

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#### 4. Staying the Course

What is one goal worth continuing—even imperfectly—this month?

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## 5. Grace + Reset

If I've quit, paused, or grown weary, what would it look like to begin again without shame?

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*“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” — Galatians 6:9*