

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?

2. Honest Check-In

Which goals am I still working toward right now?

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

3. Defining Real Courage

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

4. Staying the Course

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

5. Grace + Reset

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

"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