

COURAGE



**Start
With
Sorry**

Week 2

The Courage to Be Real

Empower

Courage isn't just about heroics and dramatic moments. Real courage at home means being open, honest, and humble—admitting mistakes, sharing your true self, and starting with sorry even when it feels scary. Courage is allowing yourself to be vulnerable, showing your feelings, and giving others credit where credit is due. When we apologise—truly and openly—we're showing both vulnerability and humility. This week, empower your family to recognise that every act of sincere apology, or honest self-expression (even about mistakes!), is a sign of inner strength.

Challenge for the week:

Notice where you have the courage to be vulnerable, humble, and real—by being willing to say sorry, share your true feelings, or approach difficult conversations honestly.

Discussion: Real Courage Roundtable

Gather your family and use these prompts to get everyone sharing:

- “Courage isn't about being perfect or always strong—it's about being honest and real. What makes it hard to admit when you're wrong or when you need help?”
- “Why is it easier to hide mistakes or feelings sometimes? What could help us be more open, honest, or humble with each other?”
- “Think of a time in our family when someone showed courage by apologising, sharing something difficult, or giving honest feedback. How did it feel afterwards? What changed?”

Encourage each person to talk about one way they can be more real at home—by admitting a mistake, sharing a concern, or saying sorry first.

Journaling

Pick one or more to inspire deeper reflection:

- **DRAW:** Not all heroes wear capes! Draw a picture of a family member or friend showing courage by being honest, apologising, or owning a mistake.
- **DO:** Find and read a local news story about someone facing a tough situation with courage and humility. Discuss what made their actions brave.

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WRITE:

- Sometimes it takes courage to speak your truth, especially when it's not what others want to hear or expect.
- Write about a time when your wishes or needs were different from someone else's and you needed to explain yourself. What did you do? How did it feel to be open and honest? Was apology a part of that process?

Gentle Action

Speaking up—with honesty and humility—is a powerful act of courage. Try this challenge as a family:

- During disagreements or tough conversations, use “I-statements” to express your real feelings and needs:
 - “I feel...”
 - “I would like to..., but I...”
 - “I am not sure about...”
 - “I hear you saying.... Is that right?”
 - “I understand what you're saying, but here is how I am thinking about it.”
- Practice keeping voices calm and focused on your own experience—this takes courage!
- Notice and celebrate when someone's apology, honest sharing, or clear I-statement leads to better understanding or connection.

Why This Matters

Courage to be real—to speak up, to apologise, to admit when you need help—makes families stronger and more connected. When we start with sorry, and are vulnerable and humble with each other, we lay the foundation for trust, growth, and true belonging at home.

Remember:

Every act of apology, openness, and humility is an act of courage. Recognise it in yourself and your family this week!

