

Courage Building Tracker

Unstoppable doesn't mean fearless — *it means moving forward anyway.*

Weekly Focus

This week, I'm choosing courage in: _____

Why it matters: _____

Daily Courage Tracker

Day	Courage Move (Big or Small)	Fear That Showed Up	What I Did Anyway	Victory Feeling (1-5)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

End of Week Reflection

- What moment made me the proudest this week? _____

- When did I surprise myself with courage? _____

- What fear still tries to whisper “you can’t”? _____

- My next level of courage looks like: _____

Courage Momentum Scale

- ☐ 1 – Stayed safe
- ☐ 2 – Took one brave step
- ☐ 3 – Faced something that scared me
- ☐ 4 – Spoke truth or acted boldly
- ☐ 5 – Broke through limits — unstoppable energy unlocked