



2020

Daily thoughts and suggestions from  
**Mental Health America of NCI** to help you build the  
 character trait of **Courage**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Courage is grace under pressure.	2 “I learned that courage is not the absence of fear, but the triumph over it.” Nelson Mandela
3 Asking for help is not a weakness.	4 What makes you vulnerable makes you beautiful Brene Brown	5 Life shrinks or expands in proportion to one’s courage.	6 Let your fear dance with courage and let courage lead.	7 Go as long as you can, and then take another step.	8 Inhale courage. Exhale fear.	9 “A hero is no braver than an ordinary man, but he is braver 5 minutes longer.” R.W. Emerson
10 Have courage and be kind.	11 It’s easy to stand with the crowd. It takes courage to stand alone.	12 Change takes courage.	13 You are strong enough to face it all, even if it doesn’t feel like it right now.	14 “Courage is being scared to death, but saddling up anyway.” John Wayne	15 Be bold. Be courageous. Be your best.	16 Your illness does not define you. Your strength and courage does.
17 BE the change.	18 You belong in this world just as much as everyone else does.	19 Wherever you go, go with all your heart.	20 A great leader’s courage to fulfill his vision comes from passion, not position.	21 One of the happiest moments ever, is when you find the courage to let go of what you can’t change.	22 What you have, many can have... but what you are, no one can be.	23 “One man with courage is a majority.” Thomas Jefferson
24 Believe you can and you’re halfway there.	25 The greatest barrier to success is the fear of failure.	26 “You don’t have to see the whole staircase, just take the first step.” Martin Luther King Jr.	27 It takes courage to grow up and be who you really are.	28 “You can choose courage, or you can choose comfort, but you cannot choose both”. Brene Brown	29 Success is not final, failure is not fatal, it is the courage to continue that counts.	30 It takes faith to follow your dreams and courage to reach them.



2017

Daily thoughts and suggestions from  
**American Red Cross** to help you build the  
 character trait **Cooperative**  
 character trait of **Compassion**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. United	2. None of us is as smart as all of us.	3. Alone we can do so little, together we can do so much.	4. Unselfish	5. Many hands make light work.	6. Individually, we are one drop. Together we are the ocean.	7. Only when all contribute their firewood can they build a strong fire.
8. People working together can make the impossible, possible.	9. You cannot clap with one hand alone.	10. Cooperation is a higher moral principal than competition.	11. Considerate	12. If everyone helps hold up the sky, then one person does not get tired.	13. Polite	14. Most great learning happens in groups.
15. Teamwork divides the tasks and multiplies the success.	16. Neighborly	17. No matter the accomplishments you make, somebody helped you.	18. We should not only use the brains we have but all that we can borrow.	19. Kind	20. Sticks in a bundle are unbreakable.	21. Friendly
22. One hand washes the other.	23. Generous	24. Well done is better than well said.	25. Big egos have little ears.	26. Two heads are better than one.	27. A choir is made up of many voices.	28. Accommodating
29. Hospitable	30. No one can whistle a symphony. It takes a whole orchestra to play it.	31. Harmonious				