

## SELF-ASSESSMENT TOOL RE COURAGE IN THE SMALL SPACES (IN OUR INDIVIDUAL ACTIONS)

How Often Do I Find Courage to	Always	Often	Sometimes	Rarely	Nope	You Kidding Me?!	Thoughts
Be Vulnerable							
Admit Don't Know Something or Don't Have Answers							
Openly Acknowledge Pure Ignorance (and its discomfort)							
Learn – Be Curious							
Break with Ritual							
Acknowledge when Feel Fear							
Acknowledge when Fear Makes Me Angry							
To Listen (not teach/explain)							
Recognize Reliance on Stereotypes							
Admit I've messed up							
Not Blame Someone Else when Messed Up							
Sit & Reflect							
Stay the Course							

<b>How Often Do I Find Courage to</b>	<b>Always</b>	<b>Often</b>	<b>Sometimes</b>	<b>Rarely</b>	<b>Nope</b>	<b>You Kidding Me?!</b>	<b>Thoughts</b>
Sit with Others' Perspectives							
Accept Valuable Vision that's Not Mine							
Live with Discomfort of Conflicting Perspectives							
Not Be Condescending							
Discover There Has Been a Better Way							
See Each Other's Humanity							
Acknowledge Validity of Others' Experiences & Expressions							
Be Myself							
Sit with Another's Pain							
Have a Person's Back							
Stand Up Against Mistreatment of Others							
Be Seen as "One of Them"							
Speak to Power							

