



Grade Your Courage Skills

Journalist

On a scale from 0 to 10, how does the VIP rate their courage regarding the challenge they described in Step 1?

0 = not courageous at all, 10 = as courageous as you can be

0 1 2 3 4 5 6 7 8 9 10

In relation to this theme, where do you think you stand on the scale right now?

Why this grade? What is the VIP already capable of?

Why did you choose this grade?

Why didn't you choose a higher or lower grade?

What is already going well?

What is the difference between the situation now and the next step for the VIP?

What can the VIP do to reach the next step?

What would be the first step to a higher grade?

What do you have to be capable of?

What do you want to practice?



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Note-taker

What grade (between 0 and 10) does the VIP think they stand on regarding how courageous they perceive themselves to be surrounding the theme of their challenge, described in Step 1?

Circle this number for the VIP.

0 = not courageous at all, 10 = as courageous as you can be

0 1 2 3 4 5 6 7 8 9 10

Why did you choose this grade? What is the VIP already capable of?

What can the VIP do to reach the next step?