

**THE ULTIMATE  
COURAGE  
GUIDE**

**NATIONAL  
DAY OF  
COURAGE**

**National Day of Courage unites an entire nation behind a common goal:**

# **Championing Courage.**

## **Where should I Start?**

Making courageous choices is tough; if they were easy, they wouldn't require courage. Through our daily actions, each one of us plays an active role in championing courage.

## Get out of your comfort zone by...

- ▶ Choosing to act in the face of fear
- ▶ Following your heart, while the populace pushes in a different direction
- ▶ Standing up for what's right, even if it means standing alone
- ▶ Expanding your horizons, venturing away from the familiar and comfortable

## You can choose courage by...

- ▶ Responding to an extraordinary event or disaster
- ▶ Speaking up when the truth is unpopular
- ▶ Getting involved when staying put would be easier
- ▶ Making the important – “right” – decisions every day

We encourage you to read these 10 resources, handpicked just for you. If we're inspired to make the right choices, we'll also inspire others. Through this chain reaction, we'll create a true culture of courage.

**READ NOW**

# 1

## Building Courage

Use this family-friendly resource to teach your children about the Jewish value of courage.

### **SOURCE**

PJ Library

**READ NOW**

# 2

## The Psychology of Courage:

### *7 Traits of Courageous Leaders*

The seven characteristics of courageous leaders exist within all of us, to varying degrees.

#### **SOURCE**

Forbes

**GO TO RESOURCE**

# 3

## Cultivating Jewish Courage

Did you know the Hebrew word for courage, ometz or ometz lev, means “strength” or “heart-strength”?

### **SOURCE**

My Jewish Learning

**GO TO RESOURCE**

# 4

## A Word of Torah:

### *The Courage to Live with Uncertainty*

The late Rabbi Lord Jonathan Sacks explores Jewish examples of courage – from Noah to Abraham to Moses.

#### **SOURCE**

The Detroit Jewish News

**GO TO RESOURCE**

# 5

## **Courageous Conversations:**

### ***A Rise in Hate – Antisemitism***

This one-hour video conversation with Senator Barry Finegold addresses rising antisemitism and how we can unite against hatred.

#### **SOURCE**

Memorial Hall Library

**GO TO RESOURCE**



# 6

## A Song for Courage

Read a “Song of Courage,” written by psalmist Debbie Pearlman.

### **SOURCE**

Religious Action Center  
of Reform Judaism

**GO TO RESOURCE**

# 7

## The Jewish Imperative to Cultivate Courage

Rabbi Shmuly Yanklowitz breaks down eight classifications of courage.

### **SOURCE**

IDEA Institute

**GO TO RESOURCE**

# 8

## The Courage of Ordinary People

The Jewish legacy of courage: a history of ordinary people doing what they must to pursue their destiny.

### **SOURCE**

Jewish Journal

**GO TO RESOURCE**

# 9

## Parashat Devarim:

### *The Importance of Courage*

David Frankel, a rabbi and professor, discusses the connection between courage and Parashat Devarim, which opens the fifth and final book of the Torah.

#### **SOURCE**

The Schechter Institutes

**GO TO RESOURCE**

# 10

## **Courage:**

### ***Authentic Happiness***

There is no courage without fear. When you face challenges, you must face and conquer fear.

#### **SOURCE**

University of Pennsylvania

**GO TO RESOURCE**

# Our Courageous Heroes



**Ruth Bader Ginsberg** was a U.S. Supreme Court associate justice.



**Hannah Szenes**, a paratrooper, was killed by the Nazis for trying to save Hungarian Jews.



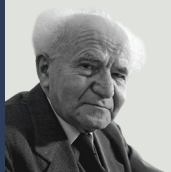
**Golda Meir** was the first and only female prime minister of Israel.



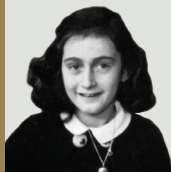
**Sandy Koufax**, hailed as one of the greatest pitchers in baseball history, refused to play ball on Yom Kippur.



**Rabbi Charlie Cytron-Walker** saved hostages during the Colleyville, Texas synagogue attack.



**David Ben-Gurion** was the founding father and first prime minister of Israel.



**Anne Frank** was a teenage diarist who documented life in Nazi-controlled Europe.

# WORDS of Wisdom

**"Courage is what it takes to stand up and speak, courage is also what it takes to sit down and listen."**

*—Winston Churchill*

**"Courage is a special kind of knowledge: the knowledge of how to fear what ought to be feared and how not to fear what ought not to be feared."**

*—David Ben-Gurion*

**"Courage is like a muscle; we strengthen it by use."**

*—Ruth Gordon*

**"Courage results when one's convictions are bigger than one's fears."**

*—Orrin Woodward*

**"What would life be if we had no courage to attempt anything?"**

*—Vincent Van Gogh*

**"Courage is the most important of all of the virtues because without courage, you can't practice any other virtue consistently."**

*—Maya Angelou*

**"We must build dikes of courage to hold back the flood of fear."**

*—Martin Luther King, Jr.*

**"Courage is resistance to fear, mastery of fear – not absence of fear."**

*—Mark Twain*

**"Courage is not the absence of fear but rather the assessment that something else is more important than fear."**

*—Franklin D. Roosevelt*

**"When you have no choice, mobilize the spirit of courage."**

*—Jewish Proverb*

# Congratulations

***on taking the first step  
to infuse your life with  
Courage! What's next?***

Join our social media movement by sharing your personal story of courage or calling out courage in others. Use the hashtag #CourageLivesHere. Recognize those who inspire you through their courage by tagging them.

In your daily choices, commit to being an upstander rather than a bystander by choosing deliberate acts of courage. Courage is the key to creating a more compassionate, kind, and unified society, and each one of us plays an active role. If we are inspired to be courageous in making the right choices, we will also inspire others. Through this chain reaction, we will create a true culture of courage.