

# DG.

## Courage or Coward?



### DG's Courage Assessment

Every key life decision can be looked at as a point where someone is courageous and embracing the moment, or as careful cowardliness, where somebody runs away from risk, away from discomfort and therefor away from opportunity.

Each of your decisions have a profound impact on where you end up tomorrow and in years to come.

If you master courage you control your destiny. It is that powerful. Choose Courage.

**>>> *what defines you?***

# DG's Courage Assessment

Generate your five factor courage profile by answering the questions about the key five themes in life: relationships, finances, job and work, adventure and hobbies and the freedom in expressing yourself.

Please read through the following scenarios to help you decide where on the scale you currently sit between 0 (sub optimal) and 10 (optimal).

## Relationships

### In its careful form

#### 0/10 would look like this

You can't look your partner in the eye when they say he/she loves you. You feel dread at going home or hearing the partner's key in the door. But you stay stuck in the relationship and can't tell them truthfully how you feel due to fear of upsetting the other or being alone for example.

### In its courageous form

#### 10/10 would look like this

You can tell your partner you love them and hold their gaze without feeling like you need to look away... when you are going home knowing the other is there already home (or visa versa) you are excited to see him/her. And when you hear the key in the lock you go to greet them with warm genuine love.

Your score

0

10

## Job and work

### In its careful form

#### 0/10 would look like this

You hold onto your job with a deep fear that if you were to lose it you were in crisis. You don't change jobs very much, choosing security over everything else. You would be happy to get a life time contract. You don't have a development plan either and avoid evaluation and feedback. Deep insecurity pervades the working day, worried about making mistakes and losing the job.

### In its courageous form

#### 10/10 would look like this

'Work' as a term does not click for you. It does not feel like you even have a job, you do what you do for love. You choose to 'work' where you do, there is not really a professional development plan as your passion doing what you do tends to drive you along a development pathway simply because you go 'deeper' in what you do as part of maturing.

Your score

0

10

# DG's Courage Assessment

## Finances

### In its careful form

#### 0/10 would look like this

Money controls your life, in a very bad way. You stress about money and bills. Catastrophize that you may lose your job and with that lose the house. You go to work not because you love it, but because it 'pays'. You feel like you have no choice. You obsessively keep a budget to keep 'control' of your money. Decisions around money are made from fear (e.g. you fix interest rates, not because it makes the most financial sense but because you're petrified rates will go up). You also seem to obsess about every dollar spent.

### In its courageous form

#### 10/10 would look like this

You have a financial professional to help you with money and generate a 'relationship' with it rather than going blindly, paying tax and working 40+ hours each week to pay the bills. You have plans in place to generate a passive income for retirement that will leave you financially free. Day to day you have very little focus on money, rather are more absorbed in doing what you do because you love it. And people just seem to give you money for doing what you do, your bank account sort of goes on and on without any input from you.

Your score

0

10

## Adventure and hobbies

### In its careful form

#### 0/10 would look like this

The careful coward lives a life of minimalism, having no other human interests other than work and self control. You won't be member of clubs or help out within groups of like minded people (e.g. be a volunteer for a sports club). Your time seems to be doing the lawns keeping the house immaculately tidy, having minimal guest or visitors and seldom going out into the world to go camping for example, or going to a poetry evening and reciting your own poem.

### In its courageous form

#### 10/10 would look like this

When you don't work, you spend time doing what you love. You invest in these hobbies; coaching, practice time and finding your limits to see what you have got as a human. You attend events to connect with others of like mind and passion, but more to be able to enter a very special place in life; that of the 'performance zone' where your heart rate goes up. You experience what 'professional adventurers' may feel... even though the level of performance is not at the same.

Your score

0

10

# DG's Courage Assessment

## Freedom in expressing yourself

### In its careful form

#### 0/10 would look like this

You live a guarded life keeping people at arms length or you are fearful of abandonment judgment and rejection so never let go in case you do something that results in losing connection with others. You often feel like you are faking feelings and at moments where others seem really natural and express themselves open and appropriately the careful coward really struggles to do that same.

### In its courageous form

#### 10/10 would look like this

You are someone who loves to laugh, sing and connect deeply with people. You love the way it feels when you sing with others, when you laugh and share personally. You experience empathy connection with others including being tearful or crying at sad times, and happy joy tears at wonderful moments.

Your score

0

10

## Your score

Now you have thought about these different key areas in life, you can add all your scores.

Your five scores out of 10 will generate a total score out of 50.

In [DG's blogs](#) you will find more inspiration for improving your score or to maintain it if yours turns out to be optimal!

Relationship	
Job and work	
Finances	
Adventure and hobbies	
Freedom in expressing yourself	
<b>Your total score</b>	

0-20

A person who is dominated by fear of some form, fear of failure. Fear of rejection, fear of catastrophe and self doubt, sadly very common in today's world.

20-30

Fear of failing and self doubt still very present in this person's life. Periods where they feel ok when things are going well, but low when self doubt and fear are present. Fragile stability at best.

30-40

More solid as a person and less influenced by stressors and failing. But struggles under repeated moments of pressure and failing.

40-50

A person who clearly LIVES from courage and their lives are dominated by pure authenticity. Very rare indeed!

Visit [DG's blogs](#) for inspiration to improve or maintain your score!