

Hineni: The Courage to Act

Knowing our capacity to Act with Courage prepares us for the Hineni moments, the times we are caught off guard and called to show up. In this exercise, identify what the Courage to Act entails for you so you can dive right in when the opportunity arises.

1

In your own words, how do you define courage?

COURAGE IS _____

2

What are the conditions that you need to be courageous? For example, some people need anonymity, others prefer to write down their thoughts before taking action, and there are those who require being surrounded by love. To capture your conditions, complete the following sentence:

I CAN BE COURAGEOUS IF...

3

What does the Courage to Act entail for you? Jot down some notes, and when you're ready, articulate three responses to the prompt in the space below:

FOR ME, THE COURAGE TO ACT WILL ENTAIL:

4

Identify a Hineni moment, a calling that is so personal that only you can hear, and challenge yourself to act with courage as you respond. What is your Hineni call and how will you act with courage?

MY HINENI CALL

HOW I'LL ACT WITH COURAGE
