



GETABSTRACT REVIEW OF

The Courage Map

13 Principles for Living Boldly

Are you ready to unlock the courage within you and embrace a life of meaning and adventure?

Discussion Questions

1. What does being courageous mean to you?
2. What do you need courage for in your professional life?
3. What might be holding you back to do something courageous?
4. How can you build up personal courage and/or help a teammate to get out of their comfort zone?
5. The author talks about the story of present-you and future-you. Are the two personas the same for you?

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

“Courage is not about being fearless; it’s about making brave decisions despite fear.”

The Courage Map

Franziska Iseli

Additional resources



Life Advice

