

Courage Boots Worksheet: Building Your Personal Temperance Toolbox

PART 1: ASSESSING YOUR CURRENT FOOTWEAR

Where do you need courage boots most? Circle the areas where you struggle with self-control:

- Food choices
- Digital distractions
- Emotional reactions
- Spending habits
- Procrastination
- Speaking up/setting boundaries
- Other: _____

For the area you circled above, describe a recent situation where you acted impulsively rather than with self-control:

What emotions or physical sensations did you experience just before acting impulsively?

PART 2: DESIGNING YOUR COURAGE BOOTS

Protection: What specific emotions or triggers do you need courage to shield you from?

Traction: In what situations do you feel most likely to "slip" and lose your self-control?

Support: What values or longer-term goals would benefit from greater self-control in this area?

PART 3: BREAKING IN YOUR BOOTS

The Pause Practice: Choose one recurring impulse or craving. How can you create a 90-second pause before responding? What will you do during this pause?

Value Visualization: Write a brief script (2-3 sentences) describing yourself walking confidently in your courage boots through a challenging situation:

Emotional Weather Report: Create a simple scale to check in with your emotional state:

- Sunny and stable: _____
- Partly cloudy: _____
- Stormy terrain: _____

PART 4: TRACKING YOUR STEPS

Keep this log for one week. For each day, note:

1. A situation where you "laced up" your courage boots successfully
2. How it felt in the moment
3. How it felt afterward

Day	Situation	How it felt during	How it felt after
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

PART 5: REFLECTION AND NEXT STEPS

What was easier than expected about practicing courage for self-control?

What was more difficult than you anticipated?

How might you adjust your approach next week?

Who could support you in "breaking in" your courage boots? How specifically might they help?

What's one small way you'll practice wearing your courage boots tomorrow?

Remember: Like well-worn boots that gradually conform to your feet, courage becomes more comfortable with consistent practice. Be patient with yourself as you develop these new skills.