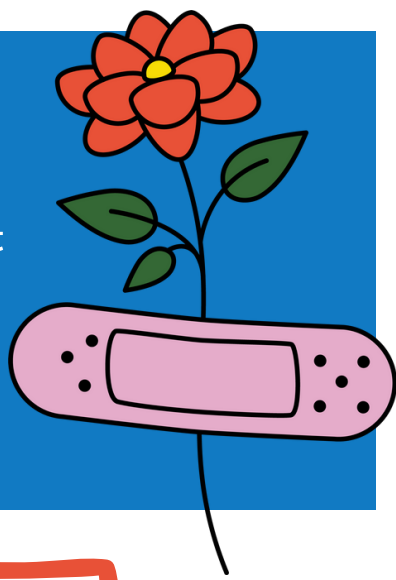


# Hineni: The Courage to Act

At momentous points in our life, we must follow our inner convictions and be willing to take critical risks, and stand up for others. Sometimes they are grand, while at other times they are more measured. The courage to act comes as an internal reckoning or an external cry. It is often thunderous, but at times it is in the form of a whisper. When you are ready to respond, then the reply is Hineni. I am here. I am ready to heed the call and leap forward and act. I am willing to enter into the discomfort. Whom do you wish to stand up for? How can you support those who are bent over? And through supporting others, how can you feel grateful and acknowledge your own balance? In this exercise, identify what gives you the courage to stand up for others 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...**

Three empty, hand-drawn orange oval shapes for writing answers to question 2.

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:**

Three yellow sticky notes with green clips, arranged in a row, for taking notes.

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**