This worksheet helps users think about how they can practice civic courage as they pursue social change and contribute to their communities.

**CIVIC COURAGE** = Congruence + Collaboration + Foresight + Strategic Patience + Systemic Responsibility + Respect

**CONGRUENCE:** choosing to adhere to your core values and beliefs even when doing so may be inconvenient or risky.

I have practiced **congruence** by...

I could do/could have done more to practice **congruence** by...

**COLLABORATION:** choosing to include the full range of people with a stake in an issue in your decision-making and action, even when their perspectives are in tension with your own.

I have practiced **collaboration** by...

I could do/could have done more to practice **collaboration** by...
FORESIGHT: choosing to consider and take responsibility for all of the likely consequences of your actions, even when it would be easier to ignore them.

I have practiced foresight by...

I could do/could have done more to practice foresight by...

STRATEGIC PATIENCE: choosing actions that are most likely to contribute to long-term progress, even when other approaches would be easier or more immediately satisfying.

I have practiced strategic patience by...

I could do/could have done more to practice strategic patience by...
**SYSTEMIC RESPONSIBILITY:** choosing to consider the long-term civic health of the whole community in every decision about strategy, tactics, and personal conduct, even when doing so may delay progress relating to an issue you care about.

I have practiced **systemic responsibility** by...

I could do/could have done more to practice **systemic responsibility** by...

**RESPECT:** choosing to recognize people’s humanity, listen to their stories, and avoid writing them off based on their having perspectives in tension with your own.

I have practiced **respect** by...

I could do/could have done more to practice **respect** by...