



4D Experience
UNIVERSITY OF DENVER

College Takes Courage

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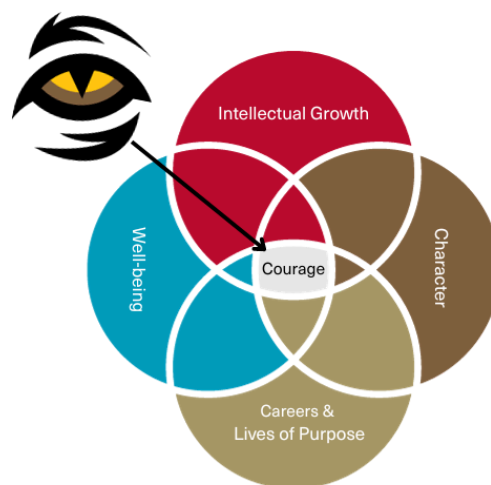
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Opening Table Talk

Discuss the following prompts as you eat:

- Why is the “courage gear” you chose to wear meaningful to you? Why does it take courage to wear it?
- What themes did you hear as your table mates discussed their answers to the previous prompt?
- Share a story of a time when you felt courage.

“It’s the Eye of the Tiger/(Lion)”: Courage and the 4D Experience



Courage Lecturette & Discussion

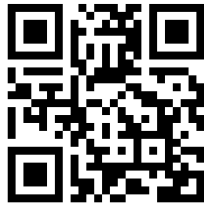
Based on: Goel, A. (2022). *Drawing on courage: A Stanford D.School guide*. Ten Speed Press.

Characteristics of Courage	<ol style="list-style-type: none"> 1. Person motivated by worthy, often noble, purpose 2. There is personal risk involved 3. Actions are voluntary
Good news! Courage is a response, not a fixed trait.	<p>So we can ask:</p> <ul style="list-style-type: none"> ● “When” rather than “what” is courage? ● What are the circumstances that allow courage to emerge in our lives?
Four Stages of a Courage Journey	
Fear	<ul style="list-style-type: none"> ● Emerges when something is personally meaningful but does not come with any assurance of success or rewards ● The unknown, inconsequence, FOMO
	<ul style="list-style-type: none"> ● When fear is stopping you <ul style="list-style-type: none"> ○ Externalize it ○ Expose yourself to it ○ Remove it (if you can)
Values	<ul style="list-style-type: none"> ● Values and purpose drive courage and squelch fear ● As fears go up, risks go up; values/purpose allow us to ride the wave rather than chickening out
Action	<ul style="list-style-type: none"> ● Types of Inaction <ul style="list-style-type: none"> ○ Inaction ○ Fauxaction ○ Spinaction
	<ul style="list-style-type: none"> ● The Moment of Action <ul style="list-style-type: none"> ○ Redirect fear energy into a mantra or action
Change	<ul style="list-style-type: none"> ● When your journey is underway things may go well or not or you may not be sure. One certainty = things have changed ● The courage journey includes failure and mistakes
	<ul style="list-style-type: none"> ● Re-couraging and reframing failure <ul style="list-style-type: none"> ○ Permanance ○ External vs. internal attributions ○ 4 Reframes <ul style="list-style-type: none"> ■ The Sherlock ■ Bricolage ■ Choose your adventure ■ Talk to the Hand

Crown of Courage Craftflection

Below are instructions for a “craftflection” (craft + reflection) exercise that takes you through portions of Goel’s (2022) four stage courage journey. Each stage includes written reflection

prompts (designated with the pencil icon) and instructions for reflecting through crafting a courage crown (designated with the crown icon). Before or while you are making your crown, you can visit the Pinterest Board linked in the QR code below to get ideas.



Reflecting on Your Need for Courage in College



Identify three upcoming challenges, decisions, or choices you are facing in the 2023-24 year (e.g., choosing/changing your major/minor, applying for a job, starting/ending a relationship, joining a community, having a difficult conversation, putting an idea into the world)

- 1.
- 2.
- 3.

Circle the challenge that you would like to focus on tonight.



1. Choose a color of felt for your crown. When selecting your color you might consider what color represents how you are currently feeling about your challenge. Examples:
 - yellow for hopeful
 - black for feeling like you are “in the dark”
 - green for the opportunity for growth
 - orange because it looks good on you, and you want to feel your best when mustering courage
2. Make your crown
 - Measure your head using the measuring tape, ribbon, or Burger King template
 - Cut your felt to the length of this measurement
 - Draw your crown design using the template or create your own (see examples by scanning the QR code)
 - Cut out your crown

Stage 1: Facing Fears



Make a list of all the fears that you have about this decision or challenge.



Using the extra felt, gems, sequins, and/or ribbons, add an embellishment to your crown that represents your fear(s). Here are some ideas to get you thinking:

- What do your fears look, smell, taste, feel, and/or sound like?
- Make a monster out of the green felt
- Cut diamonds out of the felt that represent your fears
- Add 10 pieces of sequins to your crown representing your 10 fears



Optional or for later: What are two ways you can expose yourself to this fear each day?

Stage 2: Reflecting on Values



Respond to at least two of the following prompts:

Which of my values are embedded in this challenge or choice?	
In what ways does facing this challenge or making this choice allow me to live my purpose?	
What do I gain if I take a chance?	
What do I lose if I don't move forward?	



Using the extra felt, gems, sequins, and/or ribbons, add an embellishment to your crown that represents the values and/or purpose that you want to keep in mind when it comes to moving forward or making a decision related to your challenge. Here are some ideas to get you thinking:

- Make a felt flower to remind yourself that one of your guiding values is “growth”
- Use a red, yellow, and green piece of sequin to remind yourself that you value rest, renewal, and action
- Glue a ribbon or row of pom poms along the base of your crown as a reminder that your purpose in school and work is to make connections with and between others

Stage 3: Action



Respond to at least two of the following prompts:

- In what ways have you been engaging in inaction, fauxaction, or spinaction related to your decision?
- Fill in the blanks of the following statement: “I really wish [what you want to do] but [reason you can’t]. Now rewrite the statement replacing “but” with “and.” How does this change your perception?
- List 5 ways you can respond to your inaction.



1. Using the extra felt, gems, sequins, and/or ribbons, add an embellishment to your crown that states or represents a word or mantra that you want to remember as you are gearing up to address your challenge or when you are faced with inaction. Here are some ideas to get you thinking:
 - Cut the word “SLAY” out of felt
 - Spell out “I belong to myself” using sequins or pom poms
 - Cut out a small piece of felt, write “YOLO” on it, and glue it on the inside of your crown
2. Cut two slits at the top and bottom of the base of each end of your crown (see the “DIY Felt Birthday Crowns-Say Yes” picture on the Pinterest Board linked in the QR code above)
3. Cut two pieces of ribbon to tie your crown together

4. TIE YOUR CROWN ON YOUR HEAD!

Step 4: Change (**Post Event: For On-going Reflection**)



Once you've taken action, reflect. Make a list of what is going well and what isn't.

WHAT'S GOING WELL	WHAT IS NOT GOING WELL

If you make mistakes or fail, notice how you are framing the reasons behind those challenges. How can you take responsibility and how can you reframe to make external rather than internal attributions?

Collective Reflection

Discuss the following with your table mates:

- any of the meanings behind your crown
- points of curiosity, interest, surprise, annoyance, understanding, etc. that came to you as you were doing your written reflections or crafting your crown
- what connections do you now see between courage and the 4 dimensions?

Crowning Closing

- Get in a circle with the full group and remove your crown if it's on your head.
- In addition to having a word or mantra you use when preparing for or facing challenges, Goel (2022) recommends visualizing yourself engaging in an empowering action. An example is imagining yourself placing a crown on your head! As you embark on your next steps in addressing your upcoming challenge or decision, think of an action you want to imagine (or actually do) while wearing your crown. Perhaps you want to stand in warrior pose, imagine yourself spiking a volleyball, or feeling the warmth of the sun on your face.
- We will go around to each person in the circle. When it is your turn:
 - Place your crown on your head
 - And either show us what your imagined action is or tell us

“It takes courage to grow up and become
who you really are.”

E. E. Cummings