



Inner Strength is a Personal Choice

Objective: Ensure Airmen truly understand the meaning of courage and how it is applied every day in their duty to defend the nation.

Facilitator Aides

[Chapman Video](#)

[PoC: TSgt Bauhs](#)

[PoC: Capt Powel](#)

[PoC: TSgt Mckenna](#)

[PoC: TSgt McGillivray](#)

Lesson Outline

Ideal Lesson Time: 60 min.

Introduction


MP 1. Physical Courage

MP 2. Moral Courage

MP 3. Expectations & Applications

Conclusion

Boot Stomp



Courage comes in all shapes and sizes. You do not need to be in harms way to demonstrate courage. Consider the courage it takes for an Airman Leader to volunteer to lead their peer group knowing they will be criticized by others who do not have the courage to take the lead.

Introduction

Attention: Facilitator intentionally enters the room/space with a noticeable uniform error (i.e., patches swapped, unbloused pants, etc.) to elicit responses.

Do the participants have the courage to correct the facilitator?

Overview: Today we are going to talk about Courage, to include: physical courage, moral courage, Air Force expectations, and applications of courage.

Play: [TSgt Chapman video](#) for participants.

LOQ: Which traits associated with physical courage did you witness in the video?

MP 1. Physical Courage

Defined: *Physical Courage is the observable actions one takes when faced with fear, pain, uncertainty, or danger.*

LOQ: What internal motivations that would cause an Airman (you) to act courageously? External motivations?

(Facilitator Note - Guide understanding that courage comes from wanting to contribute to something greater than themselves, i.e., love of country, esprit de corps, and pride).

Mention “Portraits of Courage” from airforcetimes.com

Why are these acts of physical courage so important to the Air Force? Why are these acts important to you?

Transition: Did MSgt Chapman display moral courage?

MP 2. Moral Courage

Defined: *Moral courage is the ability and willingness to expose oneself to inconvenience, suffering, retaliation, resentment, or disapproval to stand up for what one believes to be right.*

LOQ - Why is moral courage arguably more important than physical courage? Why might it be more challenging?

(Facilitator Note - Examples include emotional pain, disapproval, financial insecurity, ethical issues)

Anticipated Replies and Side Notes

Summarize article and encourage sharing with participants.

Transition: You don't need to win a Medal of Honor in order to display physical and moral courage.

Why are these acts of moral courage so important to the Air Force? Why are these acts important to you?

MP 3. Expectations and Application

Airmen are faced with decisions every day that will challenge them to display physical and moral courage. Often times, these are not life-or-death situations.

LOQ - Can you provide an example of when you've had to display courage?

FUQ - Can you think of a time when you missed the opportunity to display courage?

(Facilitator Note - revisit earlier shared stories as needed)

Conclusion

Provide your own personal summary of the lesson as you taught it. Ask how courage ties into Airmanship.

(Facilitator Note – Airmanship - an Airman's relentless mindset bound by our Air Force Core Values, forged through a culture of pride & professionalism, inspired by our innovative heritage, and exemplified through actions in defense of our nation.)

Anticipated Replies and Side Notes

Review Status of Discipline and Criminal Justice Reports to provide lessons-learned about how lack of courage can negatively impact mission accomplishment.

ASSESSMENT QUESTION: Do the participants have a deeper understanding of the different ways courage can be displayed and how it ties with defense of the nation?