

individual development, as it allows the person to do more and become more. A person can be brave every single day. For example, some people with social anxiety are brave just by leaving their house and talking with people. On a physical level, bravery allows us to overcome fears, such as swimming or playing a sport. And, on a moral level, doing what we know to be right, despite the risks, gives us the sense that we are acting on behalf of a larger purpose.