



October 2026



The Shield of Bravery

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				I can be brave even when I feel nervous.	I stand up for what is right.	I face challenges one step at a time.
4	5	6	7	8	9	10
I am stronger than my fear.	I try again even when something is difficult.	I speak up with respect.	I believe in my courage.	I can handle hard moments.	I choose confidence over doubt.	I am brave enough to be myself.
11	12	13	14	15	16	17
I take positive risks to grow.	I do not give up easily.	I can ask for help when I need it.	I face my fears with strength.	I protect others with kindness.	I make choices I can be proud of.	I keep going even when I feel unsure.
18	19	20	21	22	23	24
I am brave when I tell the truth.	I have the courage to learn from mistakes.	I stand tall in difficult moments.	I can do hard things.	I believe my voice matters.	I choose bravery over silence.	I am proud of my effort.
25	26	27	28	29	30	31
I keep trying, even when progress feels slow.	I use courage to help others.	I am not afraid to grow.	I can be brave and kind at the same time.	I trust myself to make strong choices.	We matter.	I carry bravery with me wherever I go.



The Shield of Bravery (Medieval Period, c. 500–1500 CE)

In times of challenge, knights relied on courage to guide their actions. The shield represents strength in the face of fear. This month, we learn that bravery is not about being fearless, but about doing what is right even when it's difficult.