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is not where he stands at moments
of comfort and convenience,
but where he stands at moments
of challenge and controversy.

Martin Luther King, Jr., 1929–1968
American minister, Civil Rights leader,
and Nobel Peace Prize recipient

Courage

Facing Challenges

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- What does this quotation mean to you? What is “the measure of a man” or woman?
- How does the saying relate to courage?
- Why do challenge and controversy make people strong? How do they contribute to self-esteem?
- Why is Dr. King so respected?
- Who do you respect for taking a stand or facing a challenge? What issue would you be willing to take a stand for?

Courage is not only mastering fear; it is the ability to face difficulty or risk with integrity and honor.

*measure:
a standard used for valuing*

*controversy:
a serious disagreement or dispute*

When the going gets tough, the tough get going.

Joseph P. Kennedy, 1888–1969
American businessman and diplomat

- Talk about different meanings of “tough.” When have you been tough? What happened? How did you benefit from the experience?