

## **Why Virtue Matters - Virtue Essay Competition 2015 Finalists:**

### **Courage**

My aspect of wellbeing is courage. Courage means the ability to do something that frightens one; bravery. Courage is similar to belief because you have to believe in yourself to have courage. Courage is different to responsibility because you don't need to have courage to be responsible.

13 year old Eve Seville-Edden from Coventry was given the title of 2014 young fundraisers award in honour of her years of dedication and commitment to the Mercia MS Therapy centre in Alderman's Green. The Charity provides support, therapy and care for people with multiple sclerosis, cerebral palsy and autism. Eve was nominated by her mum who has worked in the centre for almost 20 years. Eve runs a stall at fetes most weekends to earn money. She earns this money by doing face painting, nail art, glitter tattoos and henna tattoos.

I have been courageous in my life before because my dad got shot in Afghanistan and now suffers from PTSD, he has dealt with this for 7 years now and it's difficult for me and my brother because my mum works most days as a nurse so me and my brother are officially on the care list. It's harder in my life because I have to take on a lot of responsibility towards everything in my life, other than caring for my dad I also have to focus on my education and commitment to clubs/activities after school. I also still have a social life to carry on with so I meet up with my friends after school.

One way in which it benefits me is that it helps me get through everyday life. In a way it gives me the energy to carry on and push through it. To have courage in my opinion is something that everyone needs in life because if you don't have courage, then it would be harder for people to cope and get through their everyday life.

## **Why Virtue Matters - Virtue Essay Competition 2015 Finalists:**

I can show this wellbeing aspect by staying courageous and even when times are rough I need to look for the positive and try not to worry about the negative. I also need to stay strong in what I believe; if I lose my strength then I will lose my courage. I have to keep supporting my dad no matter what happens because family is always important and I know if I show my courage to my dad then it will rub onto him and he will start to notice that even on his bad days anything is possible if you stay strong then he will start to get better like he is now which makes my whole family strong and proud which makes us closer and gives me the strength to carry on when I know my family are behind me for support.

**Morgan Cunningham  
Wellington Academy**