

The terms for stepping up to do a task or action that others refuse, avoid, or are afraid to do is called being diligent, principled, or taking initiative. Depending on the exact scenario, a few specific phrases or concepts apply:

"Doing the heavy lifting": Taking on the most difficult, burdensome, or unpleasant part of a job.

Contrarian: Someone who acts differently than the general consensus or refuses to follow the crowd.

Conscientious: Being governed by a strong sense of right and wrong, compelling you to do what you believe is necessary, even if others won't.

Virtue signaling (Negative): If the context is someone doing something only to show they are "better" or more willing than someone else.