

Living Brave - Steps to a More Courageous You

SUMMARY:

5 Steps to a More Courageous You:

1) Think Brave - Start with thinking and believing in a braver you. By thinking you can be more courageous, it puts you in the right mindset towards action. "Change your thoughts and you change your world."

2) Seek Brave - Find examples of people doing courageous acts to draw inspiration from. Read books about brave stories. Find role models of bravery and connect with them. Associate with people who are a few steps ahead of you on the bravery scale and learn from their methods.

3) Stand Brave - Physically adopt a more confident and courageous pose. By inducing power in your physical body, you jump start a sense of confidence and courage.

3) Talk Brave - Your voice can reflect a sense of confidence and power. Use pauses and emphasis as well as word choice to communicate a strong sense of authority. Speak affirmatively into the things you want to manifest in your career and life.

3) Start Brave - Every great accomplishment started with the very first step. Take one small step toward your goal and you'll build confidence and momentum.

**ALL THAT WE ARE ARISES WITH OUR THOUGHTS,
WITH OUR THOUGHTS, WE MAKE OUR WORLD.**

- Buddha

TAKE CHANCES, MAKE MISTAKES. THAT'S HOW YOU GROW.
PAIN NOURISHES YOUR COURAGE.
YOU HAVE TO FAIL IN ORDER TO PRACTICE BEING BRAVE.

- Mary Tyler Moore

CURRENT STATE:

Rate how well you demonstrate bravery in your life, 10 is highest.



Why did you give yourself this rating? What could you do starting today to move the needle up on your rating?

CONSIDER:

What would I do right now if I just felt a little braver?

What am I actually afraid of here?

What great things could happen as a result of my brave actions?

What's the worst that could happen as a result of my brave actions?

How will I feel when I look back on this if I don't take action now?

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DISCUSSION:

1. Has there been a time in any of the 5 areas where you took brave action (showed courage) and saw a great result?
2. Share something you wish you could do if only you were braver.
3. Provide an example of how bravery might serve women well in the workplace.
4. What's a suggestion you might give to help someone who can't seem to take that brave first step?

What area(s) in your life would you like to be more brave?



TAKING ACTION:

Identify one brave next step in each of the 5 areas:

Career

Relationships

Health & Wellness

Finances

Personal Growth & Goals

