

# BECOMING BOLD

your workbook for the online program.



THE  
COURAGE  
COLLECTIVE

becoming bold.

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## Module One: Finding Courage

### *Curate What You Consume*

What do I usually watch on TV?

What do I usually listen to on the radio or via podcast?

What do I typically engage in on YouTube, Facebook, and Instagram?

What books, magazines, and news do I read on a regular basis?

Look at your answers and consider how those types of media are effecting your thought patterns. Do they make you feel great or less than great? Do they empower you, inspire you, or encourage you? If the answer is no, I want you to do something about it.

My New List of Positive Media:

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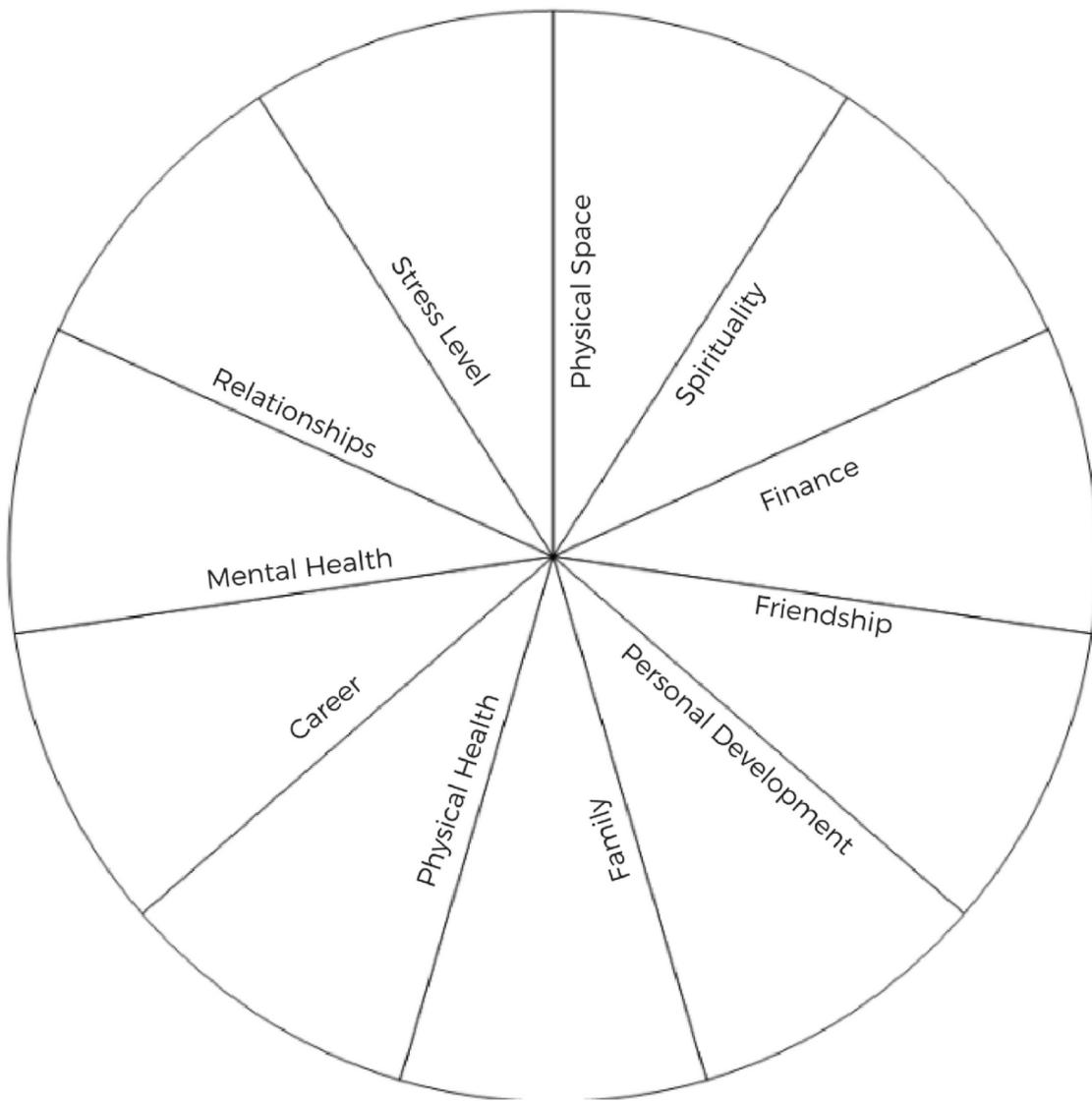
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# Module One: Finding Courage

## *Say Hi To Fear: Pie Chart*

Shade in each piece of the pie to the degree in which you feel fulfilled. The more shaded the piece, the more fulfilled and satisfied you feel. I have created the categories for you, but you can scribble in anything that's missing or make changes as they pertain to your individual circumstances.



Now, for each area of your life, please answer these questions:

1. What can I do to feel more fulfilled?
2. What would it feel like to be more fulfilled?
3. What is stopping me from doing the things listed in my answer to question #1?

# Module One: Finding Courage

## *Reprogramming Self Talk: Manifesto*

There are two parts to this exercise. The first is to brainstorm your new self talk. The second is to put it into a cohesive piece of writing that you can put to use.

### Part 1: Brainstorm

When you feel most insecure, what do you say to yourself?

When you make a mistake, what do you say to yourself?

When you feel unsure about the future and your abilities, what do you say to yourself?

Ok now, how does saying all of those things to yourself make you feel?

How would you rather your self-talk make you feel?

Why would you rather feel that way? How would it transform your life?

What would you say to yourself to make you feel like THAT?

# Module One: Finding Courage

## *continued... Reprogramming Self Talk: Manifesto*

### Part 2: Write Your Manifesto

#### Long Version

Use this long version in a few ways:

1. Read it before or after your meditation.
2. Record yourself saying it aloud and listen to that recording daily.
3. Frame this manifesto and keep it on your bedside table.

#### Fill in the blanks

I am \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ (three new words from the positive self talk you created). I believe, know and trust that this is true. It makes me feel \_\_\_\_\_ to know that this is my worth. I am the only one who can dictate how I think and feel about myself. My one truly unique contribution to the world is that I am ME. I feel most ME when I remind myself that I am \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

(Add any other words and sayings of affirmations here...)

#### Short Version

Use this version in a few ways:

1. Write it on a small piece of paper and keep it in your wallet.
2. Memorize it and use it as a mantra when you need to console yourself or boost your confidence.
3. Share it with someone you love and trust so that they can repeat it back to you often.

#### Fill in the blanks

I am \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. I am worthy of this.



## Module One: Finding Courage

### *Practice Vulnerability*

How will I intentionally practice vulnerability this week? This month?

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### *Reflect*

How did this Module's exercises feel for you? What did you discover? What did you already know? Have you felt any transformation since the beginning of the program?

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## Module Two: Decision Making

### *Write*

Have a tough decision on your mind right now? Write about it!

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Stuck? Try answering these.

What is the decision I have to make? What am I saying to myself about it?

What are 2-3 options I could choose? What does the possible outcome look like for each? What does the process look like for each? What is blocking me from making a choice? Name three key blocks.

### *Build a Decision Filter*

Answer these five questions with three answers for each.

How do you spend your time?

What inspires you?

What dominates your thoughts?

What do you visualize most?

What goals stand out in your life and have stood the test of time?

Once you have three answers for each, look at all the answers and draw themes from them. Try to distill it down to three key themes or values (you can have more than three if you want).



## Module Two: Decision Making

### *Extra Worksheet: Decision Making Questionnaire*

Does this choice bring me joy?

Will I feel relieved after making this choice?

Is this choice going to grow me or leave me stagnant?

What am I afraid of?

What is dominating my thoughts about this decision?

Are those thoughts rational?

Are those thoughts irrational?

Are those thoughts analytical?

Are those thoughts emotional?

How does this choice align with my values?

What feels most like me?





## Module Three: Creating Purpose & Fulfillment

### *What You Love vs. What You're Good At*

What I Love

What I'm Good At

Parallels:

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becoming bold.



## Module Three: Creating Purpose & Fulfillment

### *Define Your Values: Values Questionnaire*

Answer each question with 3 to 5 brief answers.

Adapted from Dr. John DeMartini research.

How do you fill your space?

How do you spend your time?

How do you spend your money?

Where are you most organized?

Where are you most reliable?

What dominates your thoughts?

What do you visualize most?

What do you most often talk to yourself about?

What do you most often talk to others about?

What inspires you?

What goals stand out in your life and have stood the test of time?

What topics do you love researching and learning about?

Values:

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# Module Three: Creating Purpose & Fulfillment

## *Go on Your Hero's Journey: Brainstorm*

### Mentorship

Find someone, a place, or a resource to act as a mentor for you. Ideas?

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### Ceremonial Crossing

Make your crossing into your journey ceremonious. Ideas?

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### 3 Tests

Choose three hurdles you, with intention, plan to tackle. Ideas?

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### The Road Back

Leave clear space for reflection on your way back from your journey. Ideas?

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### Resurrection Hero

Get clear, as best you can, on how you intend to have what you learn about yourself help you in the ordinary day-to-day. How will you resurrect as someone better than the person you were before? Ideas?

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Date for Journey:

Three people I'm telling about it for accountability:



## Module Three: Creating Purpose & Fulfillment

### *Challenge: Write Your Personal Mission Statement*

Answer the following...

What do I do?

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How do I do it?

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Whom do I do it for?

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What value am I bringing?

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From those answers, craft 1-3 sentences that reflect your meaning and purpose as clearly as you know it right now.

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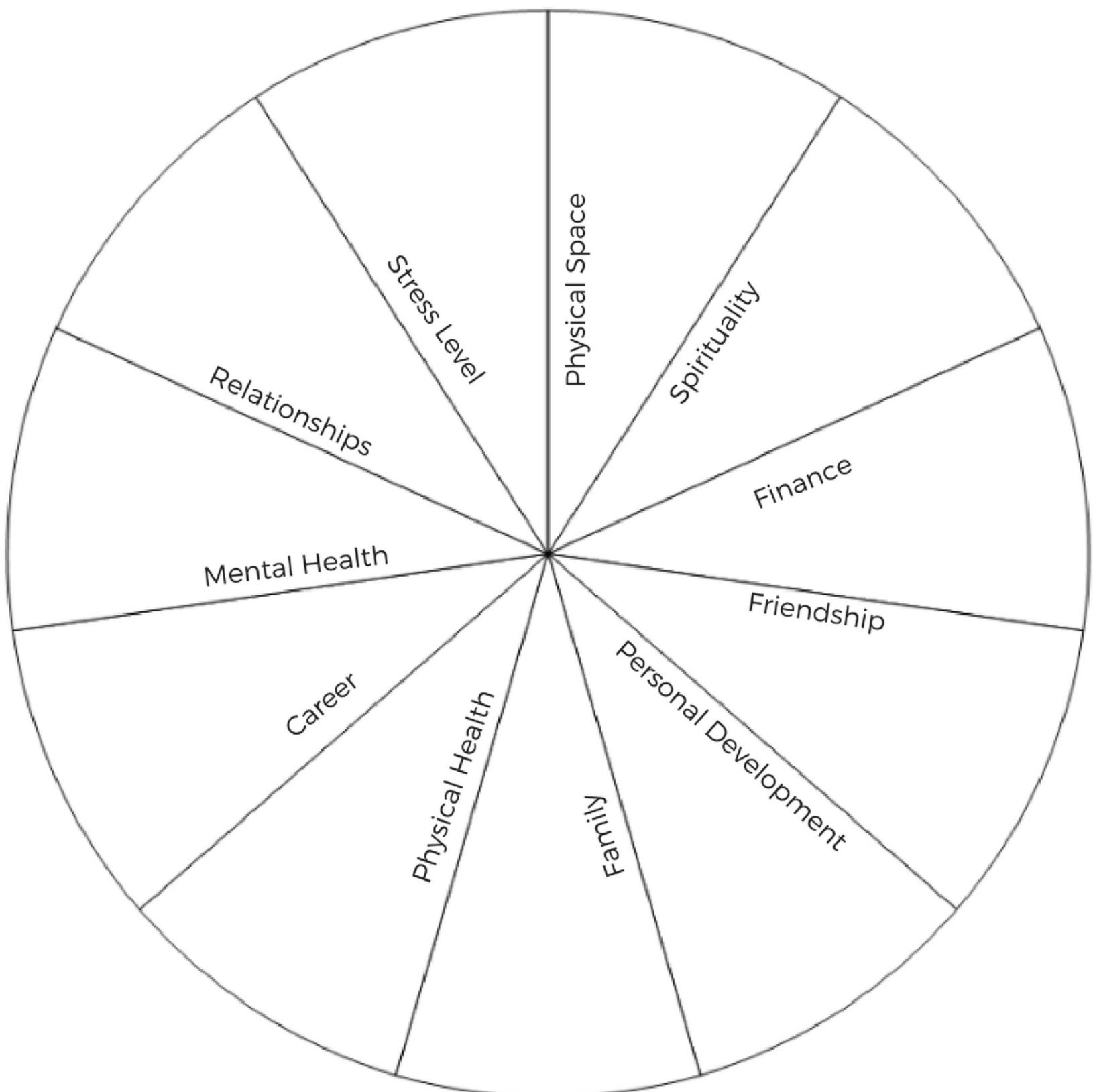




## Module Four: Staying Motivated & Accountable

### *Goals: Revisit Pie Chart*

As a reminder, for each piece of the pie, shade it in to the degree that you feel fulfilled and balanced. The more shaded in a pie piece, the more fulfilled you feel in that specific area of your life. The more white space in a piece, the more you need to focus on making changes there.





## Module Four: Staying Motivated & Accountable

### *Goals: Writing Process & Static*

Plan your goal list here and then put it into your homemade Goal Guide

#### **Personal (mental health, spirituality, development)**

Process:

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Static:

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#### **Physical Health**

Process:

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Static:

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#### **Career**

Process:

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Static:

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#### **Relationship**

Process:

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Static:

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## Module Four: Staying Motivated & Accountable

### *Goals: Writing Process & Static*

Plan your goal list here and then put it into your homemade Goal Guide

#### **Community (friends, family)**

Process:

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Static:

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#### **Finance**

Process:

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Static:

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*Space for Notes...*



## Module Four: Staying Motivated & Accountable

### *Challenge: Accountability Meeting Agenda*

30 minute meeting

1. Check in - how are you feeling today? What is your general motivation and enthusiasm level?
2. Review of the last 30 days  
High's  
Low's  
Lessons
3. Review 1 static goal - bigger achievements to look forward to  
Why do you want to achieve this?  
What are you doing to make it happen?  
List 2 things you are committing to get done in next 30 days related to this goal
4. Review 3 process goals  
Why are you doing these?  
What is working? What's not?  
List ways in which you will tweak these goals to make things smoother
5. Review action items for next meeting



**YOU DID IT!**

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*A little space to be creative*

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