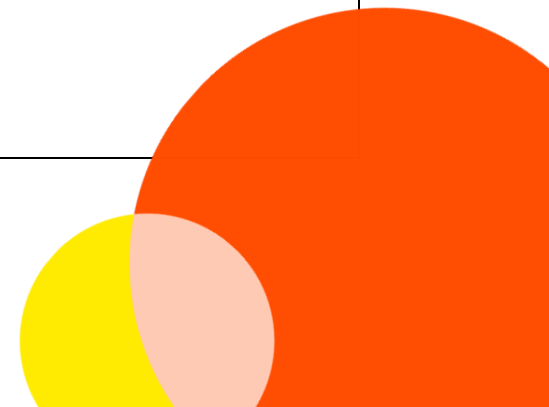


MY BECOME BRAVE PLAN

TO DO	SECONDS OF COURAGE	WORST THING THAT COULD HAPPEN	BENEFITS I GET FROM DOING IT	MY PRICE TO PAY



DEFINITIONS

TO DO

This is the action you decide to take. Make sure that you challenge yourself to step regularly out of your comfort zone. Start with smaller steps and increase the difficulty over time. This is like training a muscle: If you want it to grow you need to lift heavier weights each time!

SECONDS OF COURAGE

How many seconds of courage will it take to take this action? Evaluate only the real time, e.g. the time to ask a difficult question to someone, the moment of overcoming your inner resistance to speak up, etc. Don't count in all the time you spend ruminating about it or being anxious hours or days beforehand!

WORST THING THAT COULD HAPPEN

I guess this speaks by itself. It is worthwhile to write down the worst case scenario to understand that - even if it should happen - you will survive! And it is up to you to consider such a scenario being a catastrophe or an opportunity to learn and grow!

BENEFITS I GET FROM DOING IT

Maybe the most important column in this table: Make it very clear to you what doing this will bring to you. Think beyond the immediate effect and also evaluate what benefits you will yield in the mid and long term.

PRICE TO PAY

Is there something difficult you need to start doing? Or do you have to give up an activity you like? Or is there someone who might not appreciate you taking this action? Maybe you think you will disappoint someone? Whatever it is, don't forget that we all too often over evaluate the potential rejection from other people. Encourage yourself to go your own way. The people who truly appreciate you will follow you on that path.