

Brave 101

Cheat Sheet



Re-BRAVING Your Actions:

B = Be Honest about what you want and don't want:

This is all about asking yourself questions to decide where you want to focus on up-leveling your Brave actions. Based on how you're feeling right now, focus on asking one of these questions:

What's exciting / energizing / fascinating to me right now? What do I want more of?

What's discouraging / holding me back / sapping my energy / taking over my thoughts lately? What do I want less of?

R = Ratchet the action down to something you can do in 5 minutes or less:

So take a minute and think about the answer to the question you just asked yourself. Break that down into a series of steps. Then pick the first item on this list...that's your tiny Brave Action! (The next step will let you work this into your day.)

A = Attach that action to a routine behavior:

Pick something you do every day...like brushing your teeth, pouring your first cup of coffee, coming home from working out, or after your nightly shower. Use that thing you do anyway to be your signal to do your new, tiny brave action!

Routine behavior I'll attach my Brave Action to: _____

V = Vive l'action

This is all about celebrating doing that Brave action. It's all about giving yourself a little reward. Make this quick and fun for you! Things like texting a fun GIF to a friend, walking outside, dancing around to your favorite song, grabbing a healthy beverage or snack...

Once I do my Brave Action, I'll celebrate by: _____

E = Evaluate what happened, how you feel, what you could try next.

You can do this in 30-90 seconds either at the end of the day, or in the morning before you try it again. Whether you do that same action again or not, evaluating what your experience was allows you to fully own it. And that's another way of being in Brave Charge of your daily actions!
