

FINDING COURAGE

your workbook for the online course.



finding courage.

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Welcome

Jot down any initial thoughts

Why am I participating in this course? What am I here to discover? What is my number one intention throughout?



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?

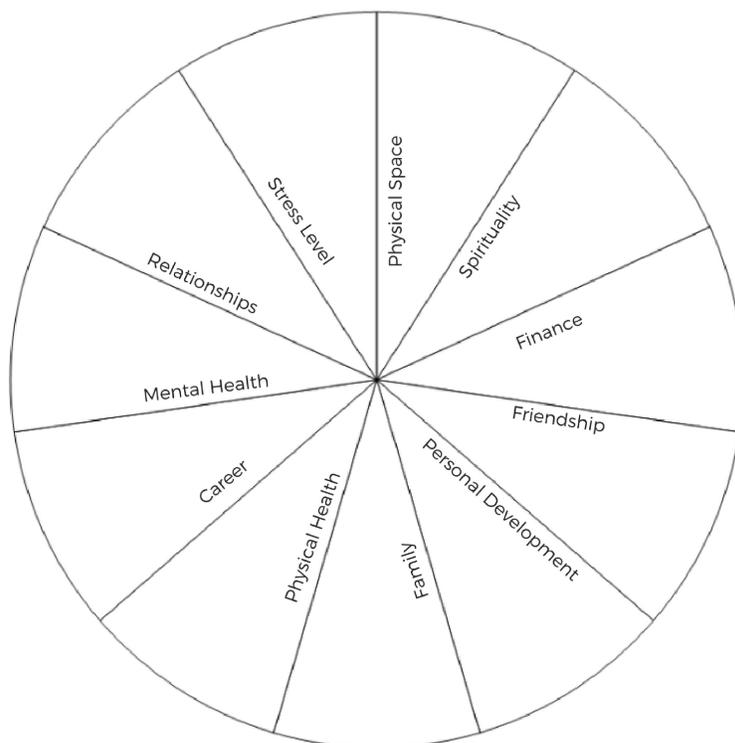
Look at your answers and consider how those types of media are effecting your thought patterns. Do they make you feel great or less than great? Do they empower you, inspire you, or encourage you? If the answer is no, I want you to do something about it.

My New List of Positive Media:



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?

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?

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.



Practice Vulnerability

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

Final Thoughts

What has this course changed for you? What did you learn? What do you still need help with? What tools have you gained? What did you discover about yourself? What do you want to do more of? What do you want to do less of?

YOU DID IT!

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A little space to be creative

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