

FINDING YOUR FEARLESS
STRATEGY ONE

**Live
Your
Values**

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STRATEGY ONE FIND YOUR FEARLESS

Welcome

IT IS TIME TO START **LIVING YOUR VALUES**

This 7-day journey is designed to help you reflect, align, and live authentically in your values, unlocking the fearless leader within. By dedicating time each day to intentional exercises, you will discover the power of living your values and strengthen your leadership in both personal and professional spheres.

HOW TO USE THIS WORKBOOK ⓘ

- 📖 Dedicate a quiet 20-30 minutes daily to each day's exercises.
- 📖 Reflect deeply and write honestly—this is your journey.
- 📖 Use the inspirational quotes to motivate and guide your thoughts.
- 📖 At the end of the week, revisit your reflections to see how far you've come.

Let's begin this fearless journey together!



DAY | MONTH | YEAR

Day One

DEFINE YOUR CORE *Values*



Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.

– BRENÉ BROWN

Write down your top 5 core values.

Why are these values important to you?

How do these values currently show up in your personal and professional life?

Create a personal values statement (e.g., "I lead with integrity and inspire others through compassion and purpose").

DAY | MONTH | YEAR

Day Two

FEARLESS THROUGH *Alignment*



Courage is resistance to fear, mastery of fear—not absence of fear.

– MARK TWAIN

Think of a time when you acted in alignment with your values despite fear. What happened?

Reflect on how it felt to stand firm in your beliefs.

List one area in your life where your actions could better align with your values.
What is one step you can take this week to bring them closer?

DAY | MONTH | YEAR

Day Three

AUTHENTIC *Leadership*



A leader is one who knows the way, goes the way, and shows the way.

– JOHN MAXWELL

Reflect on a leader you admire.

How do they embody authenticity and fearlessness?

How can you apply these traits to your own leadership style?

Write a personal mission statement incorporating your values and leadership aspirations.

OVERCOMING SOCIETAL *Pressures*



You don't have to be fearless; just don't let fear stop you.

– CHARLIE DAY

Identify societal or cultural expectations that challenge your ability to live authentically.

How have these pressures impacted your leadership?



On the next page, write a letter to your future self, encouraging them to lead fearlessly despite these challenges.

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DAY | MONTH | YEAR

FEARLESSNESS AND *Intersectionality*

Day Five



There is no greater agony than bearing an untold story inside you.

– MAYA ANGELOU

Reflect on how your intersecting identities shape your experience as a leader.

What unique strengths do these identities bring to your leadership?

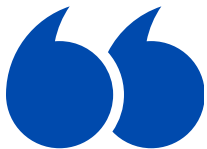


Write an affirmation or mantra celebrating your authentic self (e.g., "I am strong, unique, and fearless in my leadership").

DAY | MONTH | YEAR

BUILDING HABITS AROUND *Values*

Day Six



You do not rise to the level of your goals. You fall to the level of your systems. – JAMES CLEAR

What daily habits currently align with your values?

Identify one new habit you can build to strengthen the connection between your actions and values.

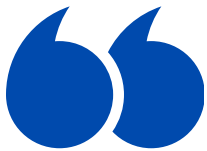


Create a plan for implementing this habit over the next month

DAY | MONTH | YEAR

LIVING FEARLESSLY *Every Day*

Day Seven



The best way to predict the future is to create it.

– PETER DRUCKER

What have you learned about your values and fearlessness?

How has this journey shifted your perspective on leadership?



Write down three commitments to yourself for living your values fearlessly.

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Congratulations

You've taken an important step toward fearless leadership by exploring, defining, and committing to living your values. This journey is more than just a workbook—it's the foundation for a life of authenticity, integrity, and purpose. By aligning your actions with your values, you've unlocked the courage to lead boldly, embrace challenges, and inspire others through your example.

TAKE A MOMENT TO CELEBRATE YOUR GROWTH

Reflect on the insights you've gained, the steps you've taken, and the courage you've shown to dive deep into this transformational work. Celebrate not only the completion of these seven days but also the fearless leader you're becoming.

MOVING FORWARD

- » Revisit this workbook regularly to stay grounded in your values.
- » Share your journey with others to inspire them to embrace their own authenticity.
- » Remember that leadership is a journey, not a destination—continue to grow and evolve every day.

As you go forth, let your values guide you, your courage empower you, and your authenticity shine as a beacon for others. The world needs fearless leaders like you—leaders who are unafraid to stand firm in their truth, lift others, and create meaningful impact.

Integrity is choosing courage over comfort; choosing what is right over what is fun, fast, or easy; and choosing to practice our values rather than simply professing them.

– Brené Brown



