

A SIMPLE PRACTICE FOR CULTIVATING COURAGE IN YOUR LIFE¹

TOTAL TIME: 15 minutes

STEP 1: Watch this video: [Dr. Brené Brown on Courage](#)

STEP 2: Recreate the chart below or print it out.

STEP 3: Answer the questions.

STEP 4: Contact me to learn more about how the B.E.S.T. Formula can empower you to be the best teacher ever. Enliven and sustain your passion! Stay in the profession you love. <https://genetsimone.com/contact>



What is an example of you NOT being brave? (e.g., with yourself, with others)	
What is not being brave COSTING you? (e.g., health, relationship, self-esteem, etc.)	What is the BENEFIT or the PAYOFF of choosing not to be brave? What do you get out of it? (e.g., emotional safety, power, control, etc.)
What is one small action you can take to reclaim courage in this instance? (Do it now or schedule a time to do it.)	

¹ I have practiced this exercise before under different circumstances, but want to give credit to Ashlie Woods for her lovely video, explaining the process. <https://www.ashliewoods.com/blog/2020/8/14/how-to-cultivate-bravery>