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CHOOSE FREEDOM

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# 72 HOUR COURAGE PLAN

A Deep View Coaching Guide by Julie  
Miles, Spiritual and Life Coach

## **Welcome to Your Courage Plan!**

### **A Message from Julie Miles, Founder**

I am so glad you are here!

You aren't reading this by accident. You're here because you're tired of the relentless, internal debate that keeps you paralyzed. You're here because you know, deep down, that you were meant to live with Innermost Certainty, not constant fear.

This guide isn't about "managing" your anxiety; it's about shattering the mental loop that holds you captive. Within these pages, you will find the 72-Hour Courage Challenge—the exact three steps I use to help my clients fire the "Imposter" voice and reclaim their personal authority.

### **How to Use This Interactive Guide:**

- Flip through the pages just like a physical book to explore the Deep View framework.
- Click the links throughout the text to access additional resources or visit me at [deepviewslc.com](http://deepviewslc.com).
- Take Action: This is a blueprint, not just a book. When you reach the Challenge section, put down the digital page and take the physical leap.
- Your journey to an Awakened Life starts on the very next page.

Let's begin!

## **Introduction: Your Call to Decisive Action**

If you are reading this, you are captive to the paralysis of your fears.

If you are trapped in a loop of second-guessing, constant confusion, and decision paralysis, your inner world has become a prison built by those fears. This paralyzing loop is the source of all blocks in your life.

This cycle is driven by a powerful Core Lie: the belief that taking courageous action will lead to disaster and confirm that you are fundamentally not enough.

You don't need years of analysis to fix this. You need permission to stop the mental debate and the tools to choose your own path right now.

This guide will show you how to break the mental captivity and claim your Innermost Certainty.

You are about to break the cycle of paralysis and claim your Absolute Knowing. This path is simple, but requires fierce commitment.

Here is a look at the three critical steps we will conquer in this guide:

- Step 1: The Release Ritual
  - (The necessary action to perform the initial, decisive release of fear and creating the words and declarations you will use to replace the old fear-based narrative.)
- Step 2: Anchor the Truth
  - (The physical, decisive action to interrupt the mental loop and immediately ground your courage.)
- Step 3: The Final Mission
  - (Committing to taking that one bold step within the next 72 hours.)

## **Chapter 1: Unmasking the Imposter: How Fear Uses Your Voice**

You know that mean, nagging voice that tries to control your life? That voice isn't the truth, and it's certainly not your higher self. It is the Imposter, and it's running a script written by fear. This Imposter is the master Architect of Paralysis—a part of your brain that learned how to keep you mentally captive back when you were small. It operates on one simple principle: "If you try to step into your power, something bad will happen."

**The Lie in Action:** It's that moment when you desperately want to take a step toward your dream—but the Imposter floods your mind with a torrent of confusion and second-guessing. It creates the perfect mental trap to enforce inaction, which is why you stay stuck in fear.

**The Most Important Moment:** Identifying the Core Lie. Your fear isn't a random event; it's a signal pointing to a specific, untrue belief about yourself—the Core Lie—that's been on continuous repeat since childhood.

**Your Challenge:** Write down the Core Lie that fuels your greatest anxiety. What is the one paralyzing rule you enforce on yourself when you desperately want to choose a path but stop yourself? Do this on a small piece of paper.

## **Chapter 2: From Lie to Absolute Knowing**

The Deep View framework moves you from the confusion of your thoughts to the Absolute Knowing that resides in your soul. This is where the internal debate ends and your new life begins. You have 72 hours to complete these three decisive actions.

### **Step 1: The Release Ritual**

**Your Action:** Take the small piece of paper with the Lie outside and safely burn it (or tear it up and flush it). This physically tells your energy system: "This contract is void, and the energy is released."

**Co-Create Your Power Truth Statement:** Once the Lie is burned, you create its absolute, opposite. This is a declaration of your inherent worth and power.

**The Example:** I created a powerful Truth Statement for a client who finally claimed her power: "My worth is absolute and non-negotiable. I am powerful. My choices are my own, and I have the courage to act." Now, write your own non-negotiable truth—the final word on your inherent value.

### **Step 2: Anchor the Truth (Hour 24-48)**

**Your Action:** The very second fear or paralysis begins (the moment you feel the old script start running), place one hand on your heart and take three slow, deep breaths. Silently acknowledge: "I see you, and you are worthy of courage right now." This physical act forces your brain to surrender control and grounds you in absolute safety at the present moment.

### **Step 3: The Final Mission (Hour 48-72)**

**Your Challenge.** Select one fear that you have been 'contemplating' for more than a month—the fear that you know is blocking your highest self (public speaking, initiating a difficult conversation, etc.). Commit right now to taking that one bold step within the next 72 hours. This single, courageous action will prove to you that you are the safe, decisive leader of your life now.

### **Congratulations!**

By completing the 72-Hour Courage Challenge, you have done what most people spend a lifetime avoiding. The silence you hear where that relentless debate used to be? That is your Power. That is Awakened Living! If you're ready to dismantle bigger "Core Lies" and build a life of absolute authority, let's talk about 1-on-1 Deep View Coaching for true, lasting mastery requires accountability and strategic planning.

**Book Your Deep View Clarity Session Today!**

[www.deepviewslc.com/services](http://www.deepviewslc.com/services)