

Bravery

4

Steps

*Face your
fears with
confidence,
courage,
and truth*



Pause and Reflect

**Before decisions, take a moment... Ask:
*"What does my heart truly want?"***

**Reflect deeply. Write down your
thoughts to help clarify your desires,
align your actions with your values,
and create a clear path forward.**



Leverage Past Success

Recall a time when you overcame a challenge or felt a sense of triumph. Close your eyes, tap into the emotions you experienced, and use those feelings to fuel your courage.



Visualizing past victories can remind you that you have the strength and ability to face current fears and obstacles with confidence.



Challenge Your Fear

Visualizing positive outcomes helps you embrace discomfort, making action feel possible and empowering. Imagine the success and freedom you'll feel once you push through that fear.



Identify what scares you. Confront it directly. Use techniques like journaling, visualization, or positive affirmations to help you.



Speak Your Truth

Start with small, honest conversations—whether it's sharing an opinion or admitting a mistake. Honesty is like a muscle: the more you practice, the easier it becomes.

Strengthen this muscle, and over time, speaking your truth will become second nature.

Follow Your Heart Honestly Without Fear

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Bravery
podcast episode
on YouTube



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