

6 AWESOME WAYS TO BE MORE BRAVE!

Simple steps with huge impact

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DO SOMETHING "SCARY"

Look outside of your comfort zone. What is it that you are scared to do? Feel the fear and do it anyway. Your comfort zone will expand every time you do something that is just outside of it.

INCREASE CONFIDENCE

Confidence and clarity don't come before you take action, they come because you take action. So instead of wondering which step is the best one to take, just take 'a' step & watch your confidence and clarity grow!



EMBRACE YOUR UNIQUENESS

No one has your unique experiences, insight, perspective, talents, skillset, thoughts or ideas. No one can take your place in this world! You don't have to be "THE BEST" at anything. The world just needs you to be "YOUR" best!

DO LESS TO BOOST YOUR ENERGY

It takes energy to be brave and bold! What can you cut out, say no to or unplug from? Doing these will free up time, brain power and recharge your energy!



ASK FOR HELP

Everyone needs help sometimes. Being brave and bold doesn't mean you have to do it all yourself. Get it done faster, be brave and boldly ask for help you need.

PUT YOU ON YOUR SCHEDULE

We wrap ourselves up in hard work, determination and perseverance to build and serve others. Remember that you are part of your community, too! Be sure to schedule time in for your goals and dreams.

