

SOMEDAY STARTS NOW

Lokahi Backstage - Episode 3 (Chris Bridges) Companion

Courage in Motion

Episode 3 invites us to keep moving forward, even when the path isn't clear.

Chris Bridges' story is all about courage in motion — navigating risks and the unknowns with curiosity and creativity. He didn't wait until he had all the answers. He just kept moving while figuring it out.

That's what courage really looks like. It's not loud or fearless — it's steady. It's showing up when you don't have it all together. It's trusting that momentum is built one small decision at a time.

Every time you step into something new — a role, a project, a season — you build confidence by doing. And when you stay curious, the unknown becomes a classroom.

This week's theme is **Courage in Motion**.

Because every season — even the messy ones — is preparing you for what's next.

Think About This:

1. Where in your life do you feel a pull toward something new or uncertain?
2. What's been holding you back from taking that next step?
3. How could you replace fear with curiosity this week?

Try This:

Take one small, courageous step this week — something that helps you move while still learning as you go.

Here are a few ideas:

- ✳ Say yes to something that stretches you.
- ✳ Start the conversation you've been putting off.
- ✳ Sign up for the thing that intimidates you (even a little).

From Me to You:

Chris reminded us that courage and growth often go hand in hand — and that real change begins when we step outside our comfort zones.

Even through launching this podcast, I'm still learning and growing. Every episode, every new skill, every uncertain step — it's all part of the process.

Because growth doesn't happen through waiting or planning. It happens through action. Through trying. Through showing up, even when it's not perfect.

So whatever you're dreaming about right now — start moving.

Take one small, brave step.

Because it's in the doing that we grow..