

# Bravery

## DAILY AFFIRMATIONS

- I am brave and possess great courage.
- I go beyond my comfort zone. I challenge my limits and disrupt my routines. As I broaden my horizons, I grow stronger and more resilient.
- I discover untapped resources within me and learn how to deal with change more effectively.
- I let others get to know me. I reveal my true thoughts and feelings.
- I enjoy the opportunity to be understood and loved for who I am.
- I advocate for myself. I set healthy boundaries and I ask for what I need.
- I stand up for my values. I hold true to my principles while respecting the perspective of others.
- I hold myself accountable. I apologize when I fall short of fulfilling my commitments. I take responsibility for my decisions and their consequences.
- I set ambitious goals. I follow my dreams.
- I try new things. I seek out interesting and enriching experiences. I sign up for exciting projects at work and new opportunities to volunteer.
- I seek support. I appreciate the value of having allies I can count on. I turn to my family and friends for advice and reassurance. We help each other to overcome our doubts and persevere through any obstacles in our way.
- Today, I accept my fears without being controlled by them. Doing things that scare me helps me to learn and grow.

## BRAVERY SELF-REFLECTION QUESTIONS

Why does avoidance intensify my fears?

What is the difference between being brave and being reckless?

What is one act of courage that has inspired me?