

take**thecourage**.com

Become more courageous every week

With your personal, weekly courage workbook.
It will help you to strengthen your courage muscles through conscious and regular use.

Your investment

Aside from your time, you will need...

Will

Focus

Discipline

and of course courage

Your profit

Make better use of opportunities

Realise desired goals

have luck on your side more often

and more...

This is how it works

1) **Reserve** an hour once a week (maybe on Friday?) to reflect on what you have "done" over the past week from a courage perspective. Let this hour become a fixed ritual. Choose a nice place and enjoy these moments.

2) Reflect. What went well? Which courage mindset did help you? How did you do it? What challenge are you planning for next week? What are the key goals for next week? These can be related to your professional or your personal life. Little or big goals – it doesn't matter at all.

Ask yourself with regard to each objective

What if I approach this goal more courageously than usual? What would I gain from it?

My important goals for the coming week

Related to my professional life:

What happens if...

Related to my private life:

What happens if...

3) Now, transfer these goals from your list to your courage calendar on the respective day of the week. If a day doesn't have a specific goal, that's okay too. Simply catch up on your courage training the next day 😊

You can of course also list several goals per day.

4) As the next step, visualise for yourself:

How do you usually approach these goals?

If you approach these goals in the usual way, what will the outcome be?

How do you want to approach these goals and to-dos from a courage perspective?

What will the result be?

If you don't know how to go about this more courageously, please contact us

www.takethecourage.com/contact

My Courage calendar

<p>Monday</p> <p>My goal</p> <p>How could I approach this goal more courageously?</p>	<p>Tuesday</p> <p>My goal</p> <p>How could I approach this goal more courageously?</p>	<p>Wednesday</p> <p>My goal</p> <p>How could I approach this goal more courageously?</p>
<p>Thursday</p> <p>My goal</p> <p>How could I approach this goal more courageously?</p>	<p>Friday</p> <p>My goal</p> <p>How could I approach this goal more courageously?</p>	<p>Weekend</p> <p>My goal</p> <p>How could I approach this goal more courageously?</p>

5) Courageously putting your insights into action

It's great that you have got an overview and now know how to approach things more courageously. There is only one thing left: courageously putting everything into action! Have fun and enjoy.

6) Courageous reflection

When you have finished, take time to reflect on the previous week and plan for the week ahead. Be honest with yourself. You don't have to justify anything. It is like it is 😊

7) What did you put into action courageously?

What did I achieve courageously?

How did I do it

What was the result?

How different was the result than if I had approached this matter less courageously?

How does it feel to be courageous?

What did I learn from it?

Great!

Celebrate your success and the courageous achievements!

You deserve it!

8) What did you not do so courageously?

In what ways was I less courageous? What was going on?

What did you try?

What didn't work?

What was in your way?

What would you have liked to have done differently?

What can you learn from this?

This is all good! Celebrate your "learnings" too!

This is the only way to grow and become more courageous and celebrate further successes.

And the next week's preparation continues. You can courageously start again with step 1) ...

If you have any questions or need encouragement because you cannot or do not want to perform these rituals on your own, take heart and contact us - because it is easier to be courageous together...

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