

The Living With Courage Workbook

Session 1 Re-Group, Go Deep, & Dive In - Know your shadows and illuminate your light

Theory - What does courage look like to you? COURAGE IS:

- Feeling afraid (because no one gets out of that part);
- Diving in, anyway (because what would you do otherwise--stay stuck?);
- Transforming (because that's always what happens when we choose to practice courage).

Coaching - Identify with what you want to change

- What went amazingly, astonishingly well, during the past year? What makes you shine when you think about it?
- What are you most proud of? Challenge: Take a big blank sheet of paper, to share your brilliance.
- What are the top 3 biggest stressors from the past year? What did you worry about the most?
- Out of the list which of those activities doesn't really light your fire, or outright annoys you?
- Out of your list which of those activities actually made you feel strengthened, vitalized, and more alive when you do them?

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Self-Mastery - Review your life to see what is working and what isn't.

First, you evaluate your life satisfaction in a area on a scale of 1-10.

1= "It was completely and utterly unsatisfying in every way." 5 = "Pretty neutral. Not great. Not bad." 10 = "I ROCKED this area of my life!"

- Intimate relationships = How satisfied are you with your intimate/romantic relationship(s), currently? _____

- Friends/family = Currently, how satisfied are you with your relationships with friends and family? _____

(Check this one: you can love your friends and family a lot but know that there might be some places where things are quietly resentful).

- Career = How are you feeling about your work life? _____

- Money = This is a tough one for most people. How satisfied/fulfilled are you, in relationship to money? _____

- Physical Health = Be gentle with yourself! _____

- Home/Physical Environment = Do you love the home you live in? Do you deal with clutter reasonably well? Do the family chores feel reasonably balanced? _____

- Spiritual/Personal Development = Are you open about working on your "stuff"? Are there any areas of resistance you know you haven't dealt with or explored? _____

- Fun & Recreation = Are you making adequate time for fun? And since the point of life is to live happily and well, let me go one step further: are you making MORE than enough time for fun? _____

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Session 2 _ YOU

Theory - Story Telling... those pesky stories

- Name 2 sets of assumptions, concepts, values, and practices that constitute a way of viewing your reality.
- What are the top 3 stories in your life that worked against you?
- What perspectives hold you back?
- Think about your 3 most favourite screwups.

Coaching – Courage & Desire

- Did you feel generally joyful? Why/why not? What was great? What would you like to see shift?
- What does confidence / courage feel like?
- WHAT INSPIRES DELIGHT?
- How do you want to feel in your life? List the desires you want to feel daily.
- List five to ten accomplishments or experiences that will make me feel this way

Self-Mastery

- What activities make you feel really useful, alive, and strong?
- What do people thank you for most often? What do they come to you for, or say about you, most frequently (positive or negative)?
- When do you feel powerful, passionate, free, incredibly useful, excited, inspired?
- What would you like to stop doing?

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Session 3 - Let's claim your stage

Theory – What have you got to lose ... becoming uncomfortable with the uncertainty

Exercise Practice :

Think of something you're afraid of.

Got it in your head?

Now ask yourself "Why am I afraid of?" Answer it.

Ask again. Because why?

Answer again— you can give the same answer or a different one, but eventually you'll need to get unstuck and discover another reply for yourself.

Keep repeating the Because why? question and keep answering it.

It's amazing what the basic repetition can dig up as you drill down closer to the source of your fear.

Coaching – How to work your intuition to make better stronger braver decisions

Exercise Practice:

In Esther and Jerry Hicks's book Ask and It Is Given, Abraham Hicks suggests a beautiful exercise whereby you envision your ideal twelve hours.

Make the day feel resonance and reachable, and allow it to loosen up some bigger possibility thinking

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Self-Mastery – Make courage a habit - start putting your own agenda on the table, turning ideas into action.

- The Top 5 Experiences That Would Make Your Life More Fun

(Have you always wanted to...visit the Maldives? Learn a new language? Paint with oils? Learn to dance? Do you want to have more sex? Eat better food?)

1. _____

2. _____

3. _____

4. _____

5. _____

- The Top 5 Personal Growth challenges that you want to face

(Stop procrastinating; don't snap at my husband when I've had a bad day; notice where I tend to justify not being accountable; change patterns of avoidance; finish what I start)

1. _____

2. _____

3. _____

4. _____

5. _____