

MY 5 EASY WAYS TO BE BRAVE



- 1) **ASK FOR HELP** - Find your people! It's important to remember that you don't have to face your fears alone. Being brave is being vulnerable and reaching out to someone you trust. Talk it out!.
- 2) **MAKE A LIST** - What is holding back your confidence? Write your fears down on paper. Read them aloud back to you. Verbalizing instead of internalizing helps!
- 3) **ADDRESS EACH FEAR** - Are your fears rational or irrational? Irrational fears are things that we can't control and hinder our abilities to move ahead boldly. Are you afraid of heights? illness? making the wrong decision? Identify where your fear belongs.
- 4) **FOCUS** - What is driving your fears? Why do you have them? Is your fear related to health, parenting, work, relationships, etc. It's important to acknowledge the underlying root of your fear.
- 5) **DECIDE** - What are you willing to do to move past your fears? Do you need to take action to overcome it or simply surrender it? Make a choice daily to be intentional instead of bullied by fear.

Are you ready to BE BRAVE? These 5 Easy Ways To Be Brave can be used forever. Every step towards bravery is worth it. Wouldn't you agree? Be **PROUD** of yourself for being courageous enough to push past your fears and live with purpose.

DON'T protect your **fear**, **DO** protect **fearlessness**!

COURAGE + STRENGTH + EFFORTS + ACTIONS = BRAVE

BE BRAVE TODAY! Check out these printable **BRAVE AFFIRMATION CARDS** to help remind you that YOU are worth living a fearlessly! Hang them on your mirror, keep them in your car, wherever you need inspiration, these cards provide the perfect reminder!

<https://drive.google.com/file/d/1qGrVgQOyxqeLZTvpN768nVcJBWiu9n4/view?usp=sharing>

Visit me at Amy@surrenderyourfear.com for more information and resources to help you BE BRAVE!

Love,
Amy

