

Date: _____ Location of writing: _____

How Big Is Your Brave?

Eleanor Roosevelt said, "You must do the thing you think you cannot do." She also said, "Do at least one thing every day that scares you." And another: "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. ***Do the thing you think you cannot do.***" There is quite the theme here: How big is your Brave?

I would have loved to have met Eleanor Roosevelt. She was certainly not a person to overlook or ignore her need to be brave. Bravery. It calls to us and it asks us to listen. And to act. To do that which intimidates us yet still draws our attention, rallies our inner forces, and knits our talents together.

- When you look fear in the face, what do you see?

- Fear takes on many disguises. If you could take off Fear's mask, what would really be under that mask?

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- What is one thing you think you cannot do?

Are you willing to summon your Brave and just do the one thing you think you cannot do? Maybe it is playing in your first piano recital and you are simply so nervous to say, “Yes, I’ll do it.” Or maybe it is deciding to join the Dodgeball team at the gym. Or it is speaking up and asking someone if they want to have coffee with you.

No one is judging the size or the magnitude of the thing you think you cannot do. Keep this personal. Pick something that you really want to do. Push any judging off to the side and do not listen if it starts to yap in your direction.

- What’s stopping you?

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Your Takeaway

Your takeaway is what you learned about you and about life, what you gave to others, what enriched your life and the life of others, what you would like to give back, what you attracted, how it shaped your day's view of tomorrow . . . your takeaway is about you and how your life grew as a result of being Brave. Write, draw, or cartoon your takeaway in the box below:



Life is a lively event. Do the thing you think you cannot do and be Brave.

You've got this!