

MY BE BRAVER
PLEDGE &
PERSONAL
GROWTH
PLAN

BE
BRAVER
BE YOUR OWN **HERO**



Clarity

Authenticity and Values

My 10 values are:

| | | | |
|---|---------------------|----|------------|
| 1 | LOVE | 6 | FREEDOM |
| 2 | CONNECTION | 7 | DISCIPLINE |
| 3 | FAITH | 8 | RESILIENCE |
| 4 | EDUCATION/ LEARNING | 9 | BALANCE |
| 5 | AUTHENTICITY | 10 | EMPATHY |

Moving forwards, to live fearlessly and authentically aligned to these I will:

Love me and the people who support me unconditionally.
Create connections with the people who sum up my values.
Do not lose faith and trust in myself and the goodwill of others.
Keep learning and educating.
Be free, do not make happiness depend on anybody.
Be disciplined. Keep doing sports and the tasks assigned to me. Prioritize.
Accept things can go wrong but it's part of the journey. Go over it with confidence.
Be as much balanced as possible. Do not isolate me and get too obsessed with stuff.
Try to understand others reactions and characters.

Vision

The vision that I make clear commitment to realising is:

Make Okra real.



Confidence

I can distinguish between beliefs about my confidence and assess my own expertise and experience in the following ways:

Experience and Expertise

My superpowers are:

Creativity
Resilient
Problem solver
Analytical

My fearless growth will focus on:

Being professionally independent. Master the competences that I set for me.

Beliefs

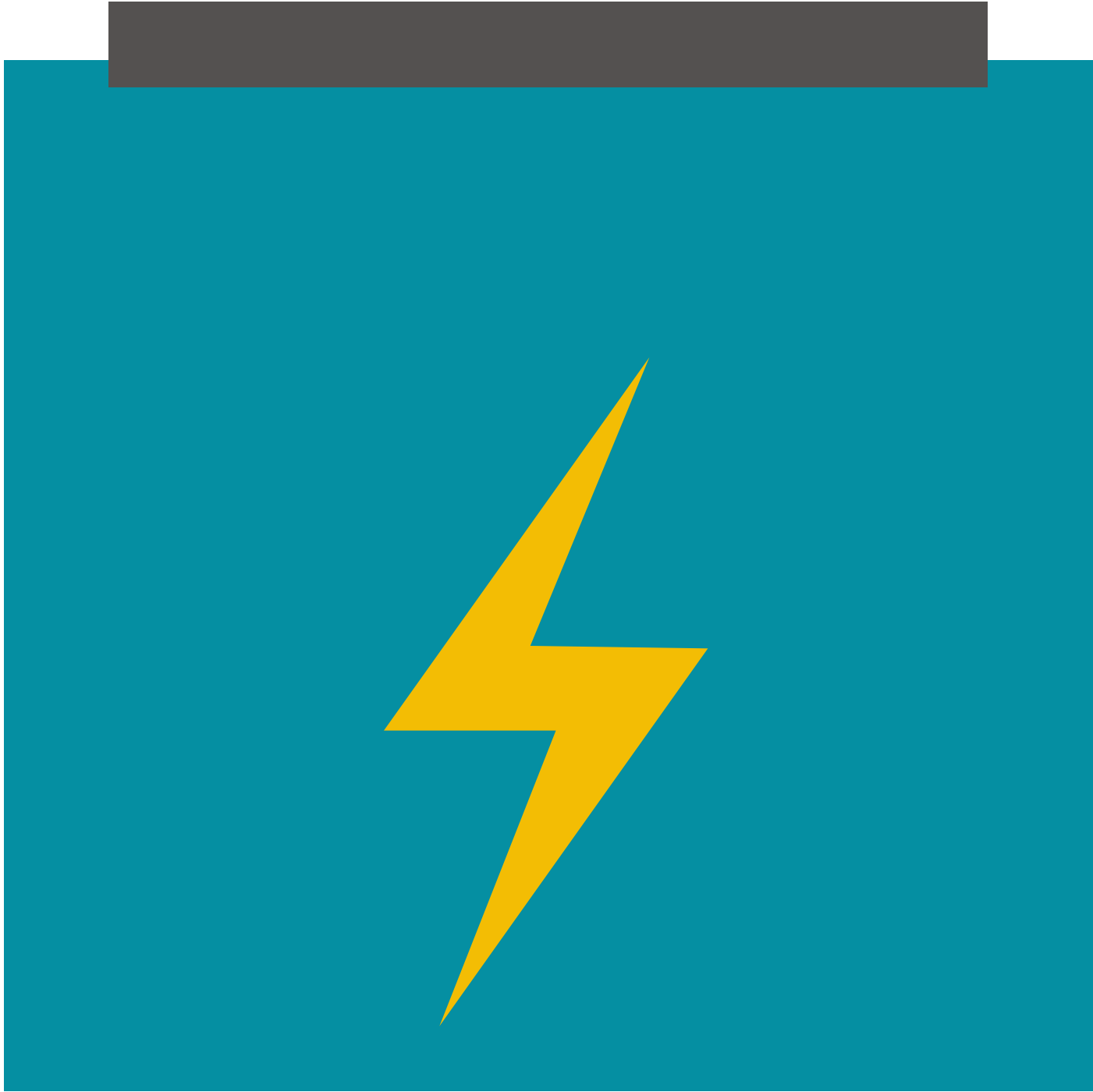
The limiting beliefs which hold me back are:

Anxiety and stress.
Not to accept my defects. Not being kind to myself.

My guiding beliefs will now be:

I'm going to believe I can talk and express my ideas correctly.

I'm going to believe I will find the support I need.



Connection

I know that the value to connection to myself, my emotions, networks and resources plays a vital role in my future in the following ways:

Emotion

Emotional signposts for me to watch out for are:

When I cannot concentrate anymore, is because I have a lot of anxiety and I feel depressed. I need to stop what I am doing and breathe and take the necessary time instead of losing it in front of the computer.

My strategy for dealing with these is:

I need to stop what I am doing and breathe and take the necessary time instead of losing it in front of the computer

Engagement

Connections I need to foster and engage with more are:

People with successful businesses

Which I will do by:

Using social media and assisting meetings.

The value to me this will bring is:

Doing something I really believe is possible to do and that could make an impact on society.

Roles

Priority roles to focus on transforming connections to are:

Sustainability managers.
System architects.
Small and medium business owners.
Finance experts.

Resources

Critical to deep connection and engagement with purpose & meaning for my own growth and development are:

I need to find close support. someone I can hug and not be worry about hurting him.



Courage

Resilience

When adversity, failure, knock-backs & challenge are encountered, I will:

Think:

How far I arrived alone for so long. All the countries and jobs I have done. All the moves from one house to another on my own. I will thing about the strength of my father and my mother.

Feel:

Faithful I will trust on something good will come next.

Do:

Look for another solutions.

To rest, relax, rest & recharge I give myself:

Rest on the sofa for the whole day without doing anything just reading or watching what I like.

Risk

The risk I face in not practicing how to Be Braver is:

There is no risk if you don't have the courage to do what is not comfortable.

Bold Action

The most significant change I am committing to myself to make is:

Make a plan to achieve my project in few months. (SUP)

My non negotiable plan of change and growth for my bolder, braver courageous future will see me:

Capable of people using my application.

Develop enough courage so that you can stand up for yourself and then stand up for somebody else.

Maya Angelo



#beyourownHERo

I inspire myself because I am

not willing to lose time in this life

I stand for

having the happiest life

I strive for

designing my own system and people using it

I intend to

make a change and helping others

I am a proud, courageous, brave woman because:

I am not afraid of speaking about my ideas and I am not afraid of taking risks and change

I #liftup other women so we collectively #riseup by:

transferring knowledge and experience.