

---

# Day 19: Celebrating Courage Over Outcomes

**Today's Focus:** Reinforce courage regardless of results

**Time Commitment:** 20 minutes

**Core Exercise:** Celebration Practice Development

---

## Morning Check-in (2 minutes)

*Daily Questions:*

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show yourself compassion around this challenge?

*Success pattern recognition:*

**What success template will you use for today's challenges?** \_\_\_\_\_

---

## Redefining What Deserves Celebration (4 minutes)

Most people only celebrate outcomes - completed projects, perfect performance, external recognition. But for someone overcoming avoidance, the act of courage itself is what needs reinforcement.

### Current Celebration Patterns

*I typically celebrate when:*

Circle all that apply:

- I complete something perfectly
- Others praise my work
- I achieve a major goal

- I outperform others
- I reach a milestone
- I rarely celebrate anything
- Other: \_\_\_\_\_

*I don't usually celebrate:*

- Trying something new
- Taking small steps
- Making mistakes while learning
- Facing fears imperfectly
- Showing up despite anxiety

## Courage-Focused Celebration

*Acts of courage that deserve celebration:*

- Starting a feared task (even for 5 minutes)
- Asking for help or feedback
- Submitting imperfect work
- Having difficult conversations
- Trying new approaches
- Bouncing back from setbacks
- Choosing growth over comfort

Which of these do you rarely acknowledge in yourself? \_\_\_\_\_

---

## Main Exercise: Celebration Practice Design (10 minutes)

### Step 1: Your Celebration Menu (4 minutes)

*Create different celebrations for different levels of courage:*

*Micro-celebrations (daily courage moments):*

Examples: Fist pump, "Yes!", call a friend, treat myself to good coffee

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Mini-celebrations (weekly breakthroughs):*

*Examples: Special meal, movie, favorite activity, share victory*

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Major celebrations (significant fear-facing):*

*Examples: Day off, experience gift, celebration dinner*

- \_\_\_\_\_
- \_\_\_\_\_

## Step 2: Recent Courage Recognition (3 minutes)

*Look back at the past week. What acts of courage did you show that you haven't properly celebrated?*

Day 16: \_\_\_\_\_

Day 17: \_\_\_\_\_

Day 18: \_\_\_\_\_

*Choose one to celebrate right now:*

**Courageous act:** \_\_\_\_\_

**How I'll celebrate it:** \_\_\_\_\_

*Do your micro-celebration now*

## Step 3: Identity Statement Creation (3 minutes)

**Purpose:** Redefine self-concept beyond "procrastinator"

*Complete these empowering identity statements:*

"I am someone who \_\_\_\_\_"

(Examples: takes small brave steps every day, faces fears with self-compassion, grows through challenges)

"Even when I feel scared, I \_\_\_\_\_"

"My courage shows up as \_\_\_\_\_"

*Choose your strongest identity statement and write it on a note you'll see daily:*

---

---

## Courage Commitment Practice (2 minutes)

*For today, commit to celebrating courage over outcomes:*

One courageous thing I'll do today: \_\_\_\_\_

I'll celebrate the courage by: \_\_\_\_\_

If the outcome isn't perfect, I'll remember: \_\_\_\_\_

---

## Future Self Visualization (2 minutes)

**Purpose:** Connect with long-term benefits of facing fears

*Close your eyes and imagine your future self who has consistently faced fears for 6 months:*

*What is different about this person?*

---

*How do they handle challenges?*

---

*What advice does this future self have for you now?*

---

*What do they want you to know about the journey ahead?*

---

---

## Tomorrow's Preparation

Tomorrow is Day 20 - we'll focus on creating your maintenance plan for sustained progress beyond this workbook.

*Celebration Thought:*

*"I celebrate the act of showing up courageously, regardless of the outcome. My bravery deserves recognition."*

---