
Day 26: Automatic Courage Responses

Today's Focus: Create automatic responses to avoidance triggers

Time Commitment: 20 minutes

Core Exercise: Implementation Intentions

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 myself compassion around this challenge?

Uncertainty Practice Check:

How did yesterday's uncertainty challenges go? _____

Understanding Implementation Intentions (3 minutes)

Implementation intentions are "if-then" plans that create automatic responses to specific situations. Research shows they significantly increase follow-through on goals by removing the need for in-the-moment decision-making.

Formula: "If [trigger situation occurs], then I will [specific action]."

Your Current Avoidance Triggers

I typically start procrastinating when:

- _____
- _____

- _____
- _____

My most common avoidance behaviors:

- _____
- _____
- _____

Emotions that trigger my avoidance most:

- Anxiety about outcomes
 - Overwhelm about complexity
 - Fear of judgment
 - Perfectionism paralysis
 - Boredom or lack of motivation
 - Other: _____
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Main Exercise: Creating Your If-Then Action Plans (13 minutes)

Step 1: Trigger-Response Mapping (5 minutes)

For each trigger, create a specific if-then response:

Trigger 1: _____

If this happens, **then** I will: _____

Trigger 2: _____

If this happens, **then** I will: _____

Trigger 3: _____

If this happens, **then** I will: _____

Trigger 4: _____

If this happens, **then** I will: _____

Step 2: Situation-Specific Implementation Intentions (4 minutes)

Create if-then plans for these common avoidance scenarios:

Email avoidance:

"If I feel anxious about sending an important email, then I will _____"

Project starting:

"If I feel overwhelmed by the size of a project, then I will _____"

Social media distraction:

"If I catch myself scrolling instead of working, then I will _____"

Perfectionism paralysis:

"If I'm stuck trying to make something perfect, then I will _____"

Fear of judgment:

"If I'm avoiding something because others might judge me, then I will _____"

Step 3: Emergency Courage Protocols (4 minutes)

Create specific action sequences for high-avoidance moments:

When anxiety about a task is very high (8-10/10), I will:

1. _____
2. _____
3. _____

When I've been avoiding something for more than a week, I will:

1. _____
2. _____
3. _____

When I'm in perfectionism paralysis, I will:

1. _____
2. _____

3. _____

My go-to "just get started" action that works every time:

Implementation Intention Testing (1 minute)

Pick one if-then plan from above and mentally rehearse it:

Chosen plan: _____

Visualize the trigger situation and practice your response:

- See the trigger clearly
- Feel the urge to avoid
- Implement your if-then response
- Notice how it feels to have an automatic plan

Confidence in this plan (1-10): _____

Courage Journal Entry (1 minute)

Today's courageous act: _____

How having automatic response plans feels: _____

Tomorrow's Preparation

Tomorrow we'll work on building evidence of your capabilities through a self-efficacy log.

Automatic Courage Thought:

"I don't need to rely on willpower in difficult moments. I have pre-planned responses that guide me toward courage and growth."
