
Day 22: Building Your Courage Identity

Today's Focus: Build identity as someone who faces fears

Time Commitment: 20 minutes

Core Exercise: Courage Journal 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 myself compassion around this challenge?

Belief Transformation Check:

How did practicing your new belief from yesterday feel? _____

Understanding Courage vs. Fearlessness (3 minutes)

Important Distinction:

- **Fearlessness** = Not feeling afraid (rare and not the goal)
- **Courage** = Feeling afraid AND taking action anyway (achievable and powerful)

Courage Self-Assessment

Think about yesterday. Rate yourself on these courage indicators (1-5):

Did something despite feeling anxious: _____

Spoke up when it felt uncomfortable: _____

Took a small step toward a goal despite fear: _____

Chose growth over comfort: _____

Showed yourself compassion during difficulty: _____

Challenged a negative thought pattern: _____

Total Courage Score: ____/30

Any score above 10 shows you're already practicing courage regularly!

Main Exercise: Courage Journal Creation (13 minutes)

Step 1: Past Courage Inventory (5 minutes)

List acts of courage you've taken in the past month (no matter how small):

Week 1 (Days 1-7):

- _____
- _____
- _____

Week 2 (Days 8-14):

- _____
- _____
- _____

Week 3 (Days 15-21):

- _____
- _____
- _____

Pattern you notice: _____

Step 2: Courage Identity Development (4 minutes)

Based on your courage inventory, complete these identity statements:

"I am someone who _____"

"Even when afraid, I _____"

"My courage shows up as _____"

"Others would describe my courage as _____"

Step 3: Future Courage Commitment (4 minutes)

Areas where you want to show more courage:

1. _____
2. _____
3. _____

For each area, identify one small courageous action this week:

1. _____
2. _____
3. _____

Your courage motto for this week:

" _____ "

Daily Courage Recognition Ritual (1 minute)

Create a simple daily practice to acknowledge your courage:

When will you do this? (End of day recommended)

What will you do?

- Write one courageous act in a journal
 - Tell someone about your brave choice
 - Give yourself a mental high-five
 - Add to a "courage collection" jar
 - Other: _____
-

Courage Challenge for Tomorrow (1 minute)

Choose one small act of courage for tomorrow:

What fear might come up?

How will you practice self-compassion with that fear?

Tomorrow's Preparation

Tomorrow we'll work on normalizing failure as part of the courage-building process.

Courage Building Thought:

"I am not brave because I don't feel fear. I am brave because I feel fear and choose to act with kindness toward myself anyway."
