

# COURAGEOUS LOVE LIVING WORKSHEETS

## Part 1: Begin with the end in Mind

If you were to die today what would your top regrets be in the following areas?

### Self Expression

e.g I regret caring so much about what people think about me and not being myself

### Relationships

### Career

### Dreams

### Contributions/Legacy

### Other



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## Part 2: Dream your Biggest Dreams

Now knowing how you don't want to live how **WOULD** you like these areas of your life to be?

### Self Expression

e.g I regret caring so much about what people think about me and not being myself

### Relationships

### Career

### Dreams

### Contributions/Legacy

### Other



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## Part 3: Bring to light what holds you back

Now that we have defined how we want to live, let's discover what has held us back from these dreams so far.

### Internal

Emotions and thoughts **within you.**

Some examples:

Fear - I'm afraid I will fail

Belief - I'm not smart enough

Habits - I am not good at time management

### External

Factors in the environment that may impact what you choose to pursue

Some examples:

Job - I work all the time, there's no spare time to pursue my dreams

Money - I don't have enough money to do what I want

Relationships - My spouse needs me I can't just abandon them to pursue my dreams



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## Part 4: Deeper Dive

**One of the best ways to begin to move the needle is to first look at what is within our control. So putting aside the external column for a moment, lets take a deeper look at some of the internal things that have held you back.**

Start by choosing one of the internal reasons and follow the guides below to explore the reason more thoroughly: I will use the "fear - I am afraid I will fail" example to demonstrate the process.

**1.What would happen if you failed?  
What would that mean?**

*Failing mean I would be a loser and everyone would laugh at me and just prove that I'm not good at anything*

**2.When was that meaning established for you?  
Can you think of the first times you felt like that?**

*When I was in school if I got B's or C's I would get in trouble with my parents. Failure was not an option.*

**5.Take the advice from No. 4 and allow yourself to speak it everytime the narrative from no. 1 comes up. Now apply this process to other reason that hold you back on the internal list.**

**3.Can you think of a time that you failed and the opposite of what you outlined above happened**

*When I quit my first corporate job I tried door to door sales and failed miserably at it. It was the first time I was ever fired. I thought I would be sad but I was so relieved. I realized it wasn't right for me but I loved the experience.*

**4.If someone you really loved said the bubble number 1 to you what advice would you give them?**

*You've always been amazing at adapting and you are so resilient. You are going to be amazing and regardless of what happens always love you.*



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## Part 5: Baby Steps

Often changing the internal narrative is what will spring board and help us change the external factors. We often excited and want to rush into all the changes we want to make however we want to remain gentle with ourselves to ensure lasting change. Below is a process to help breakdown your action steps.

Start by choosing one of the external reasons and follow the guides below to explore how to break down big tasks into a smaller one. I will use the "not enough money" to demonstrate.

**1.Problem: Not enough money. What would be a potential solution?**

*Make more money*

**2.If you were to give someone you loved advice on how your friend advice on how to solve their problem what would you tell them?**

*Find different ways to earn more money*

**5. Repeat with other external factors. Small steps lead to big leaps. As your seemingly little steps add up you will begin to see all of the results before you know it!**

**3.Whats one thing you could do to execute above advice?**

**4.How can you breakdown the task so it only takes you 10 minutes per day?**

*Learn about different ways to earn more money.*

*Watch 1 investing video per day.*



CONGRATULATIONS  
BRAVE SOUL

*You have completed the  
Courageous Love workbook  
may you be strengthened as  
you continue to rediscover the  
real you!*