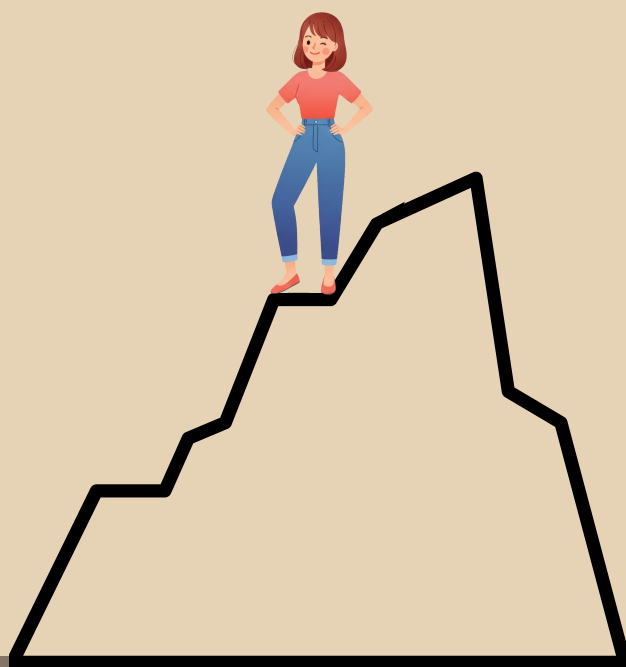


"THE COURAGE BUILDER"



JOURNAL

THIS IS THE PART OF YOUR JOURNEY WHERE EVERYTHING IN YOU WANTS TO GIVE UP — AND YET, YOU KEEP SHOWING UP ANYWAY. COURAGE DOESN'T ALWAYS ROAR; SOMETIMES IT WHISPERS. "I'LL TRY AGAIN TOMORROW."

THIS JOURNAL IS HERE TO HELP YOU SEE YOUR COURAGE IN ACTION. RECOGNIZE YOUR STRENGTH. AND REMIND YOURSELF THAT THE BATTLE IS WHERE HEROES ARE FORGED. USE THESE PAGES TO CAPTURE THE MOMENTS YOU STAND YOUR GROUND, FACE FEAR, AND KEEP GOING — EVEN WHEN IT'S HARD.

DATE: / /

SECTION 1: RECOGNIZING YOUR WAKE-UP CALL

DEFINE WHAT YOU'RE CURRENTLY FIGHTING THROUGH. CLARITY GIVES POWER.

WHAT CHALLENGE ARE YOU FACING RIGHT NOW?

WHAT MAKES THIS SEASON DIFFICULT?

WHAT EMOTIONS COME UP MOST OFTEN?

WHAT'S AT STAKE IF YOU GIVE UP NOW?

DATE: / /

SECTION 2: RECOGNIZING YOUR STRENGTH

YOU'VE FOUGHT BEFORE — AND WON. LET'S REMIND YOURSELF OF THAT TRUTH.

LIST THREE MOMENTS YOU SHOWED COURAGE IN THE PAST:

1. _____
2. _____
3. _____

WHAT HELPED YOU STAY STRONG IN THOSE TIMES?

WHAT DID YOU LEARN ABOUT YOURSELF FROM THOSE BATTLES?

DATE: / /

SECTION 3: THE FEAR INVENTORY

WHAT FEARS OR DOUBTS SHOW UP WHEN YOU THINK ABOUT CONTINUING?

MY BIGGEST FEAR RIGHT NOW IS:

HOW THIS FEAR TRIES TO STOP ME:

WHAT I CAN SAY TO COUNTER THAT FEAR:

WHAT WOULD COURAGE SAY IN RESPONSE?

DATE: / /

SECTION 4: BUILDING DAILY COURAGE

COURAGE GROWS THROUGH CONSISTENT ACTION. USE THIS SECTION TO TRACK IT.

Date	Small act of courage today	How it felt	What I learned

TIP: COURAGE DOESN'T HAVE TO BE LOUD. IT CAN BE AS SIMPLE AS SPEAKING UP, SAYING NO, OR SHOWING UP WHEN IT'S EASIER TO HIDE.

DATE: / /

SECTION 5: SUPPORT AND STRENGTH

HEROES RARELY FIGHT ALONE. IDENTIFY WHO AND WHAT GIVES YOU STRENGTH.

PEOPLE WHO LIFT ME UP:

HABITS OR PRACTICES THAT GROUND ME:

WORDS, VERSES, OR QUOTES THAT STRENGTHEN ME:

HOW I CAN REACH FOR SUPPORT WHEN I START TO STRUGGLE:

DATE: / /

SECTION 6: REFLECTION & RESET

END EACH WEEK (OR BATTLE) WITH REFLECTION AND GRATITUDE.

THIS WEEK, I SHOWED COURAGE WHEN:

A LESSON I LEARNED FROM THIS CHALLENGE:

WHAT I WANT TO REMEMBER NEXT TIME IT GETS HARD:

A MESSAGE TO MY FUTURE SELF:

DATE: / /

SECTION 7: YOUR COURAGE DECLARATION

WRITE A DECLARATION TO REMIND YOURSELF WHO YOU ARE WHEN THE BATTLE FEELS TOO BIG.

MY COURAGE DECLARATION:

EXAMPLE: "I WILL NOT BACK DOWN FROM WHAT MATTERS. I AM STRONG, CAPABLE, AND BECOMING WHO I WAS MEANT TO BE — ONE BRAVE ACT AT A TIME."

“

**YOU BECOME THE HERO OF
YOUR STORY THE MOMENT YOU
STOP WAITING TO BE SAVED.**

- APRIL NICOLE

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Unstoppable April Nicole