



IGNITE YOUR COURAGE!

Your 60-Second Brain-Ready Experience

Life doesn't always go to plan. Let's practice what you CAN choose!

01 SPOT IT!

What is ONE thing that feels uncertain right now?

02 IGNITE IT!

Say this out loud. Try it again with conviction!

"I NOW CHOOSE TO PRACTICE COURAGE!"

03 USE IT!

What is ONE courageous step you could take?

04 NOTICE IT!

What do you notice in your feelings, thoughts, or readiness?

YOU JUST PRACTICED EMOTIONAL MASTERY!

You don't have to feel fearless to practice courage.

Return to this experience whenever life surprises you.