Five Steps to Restore Your Courage

From Webster’s on-line dictionary:

*Courage-mental strength to venture, persevere, and withstand danger, fear, or difficulty.*

A picture containing outdoor, sky, person, nature

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Through coaching, I help my clients discover the courage they already possess. Let that sink in for a moment. You have the courage to confront the fears you’re facing. The challenge is quieting those voices in our minds that distort the challenges we face by exaggerating the potential for negative outcomes. I help my clients interpret all results through a positive framework. Everything is an opportunity for personal growth.

The following five steps serve as an introduction to quieting negative self-talk.

1. Find a safe, quiet place. Sit in a comfortable position. Place one palm on your chest and one on your stomach. Breath in deeply from your diaphragm/stomach keeping your chest as still as possible. While breathing listen to the sounds you hear. Consider the feeling of the chair seat and back. Repeat three times.
2. With your mind calm, close your eyes and consider your fear. Where does it reveal itself in your body? Shoulders? Stomach? Forehead? Throat? Bring attention to that area of your body. Tense and relax muscles. Gently message the area reminding yourself you are safe.
3. Consider the situation producing your fear. What are two or three of the worse possible outcomes? For each one of these outcomes, rate them on a scale of 1 to 10 as likely to happen with 1 being extremely unlikely and 10 being highly likely.
4. For the outcome from Step 3 that you judge as most likely to occur (even if you only gave it a 3 or 4) develop three positive responses you could take in the event it happened.
5. Imagine yourself near the end of your life looking back on this situation. What regrets might you have if you allowed your fear to prevent you from acting? How would you like to remember it?

We hope these steps help you to put fear in its place. Schedule a free Welcome to Coaching session and let’s build on the progress you’ve made. Together, we’ll empower you to thrive through life’s transitions.

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