

# The Courage Challenge

Your Courage Tracker

[www.bcrqs.com](http://www.bcrqs.com)

Developing your relationship with courage can lead to more energy, clarity and productivity. Practice courage for 30 days at watch your life transform. Acts of courage do not always need to be huge and world changing, they can be small steps towards goals you've been avoiding, or towards positive changes you want to make in your life. Below is an easy guide to bring more courage into your everyday life. Lets begin.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MY AM ENERGY (1-5) _____	MY AM ENERGY (1-5) _____	MY AM ENERGY (1-5) _____	MY AM ENERGY (1-5) _____	MY AM ENERGY (1-5) _____	MY AM ENERGY (1-5) _____	MY AM ENERGY (1-5) _____
TODAY'S MESSAGE OF COURAGE TO MYSELF	TODAY'S MESSAGE OF COURAGE TO MYSELF	TODAY'S MESSAGE OF COURAGE TO MYSELF	TODAY'S MESSAGE OF COURAGE TO MYSELF	TODAY'S MESSAGE OF COURAGE TO MYSELF	TODAY'S MESSAGE OF COURAGE TO MYSELF	TODAY'S MESSAGE OF COURAGE TO MYSELF
A courageous action I can take today that is outside of my comfort zone is:	A courageous action I can take today that is outside of my comfort zone is:	A courageous action I can take today that is outside of my comfort zone is:	A courageous action I can take today that is outside of my comfort zone is:	A courageous action I can take today that is outside of my comfort zone is:	A courageous action I can take today that is outside of my comfort zone is:	A courageous action I can take today that is outside of my comfort zone is:
A courageous action I can take today that is towards fulfilling my dream is:	A courageous action I can take today that is towards fulfilling my dream is:	A courageous action I can take today that is towards fulfilling my dream is:	A courageous action I can take today that is towards fulfilling my dream is:	A courageous action I can take today that is towards fulfilling my dream is:	A courageous action I can take today that is towards fulfilling my dream is:	A courageous action I can take today that is towards fulfilling my dream is:
A courageous action I can take today that could help a loved one is:	A courageous action I can take today that could help a loved one is:	A courageous action I can take today that could help a loved one is:	A courageous action I can take today that could help a loved one is:	A courageous action I can take today that could help a loved one is:	A courageous action I can take today that could help a loved one is:	A courageous action I can take today that could help a loved one is:
A courageous action I can take today that helps me face a fear is:	A courageous action I can take today that helps me face a fear is:	A courageous action I can take today that helps me face a fear is:	A courageous action I can take today that helps me face a fear is:	A courageous action I can take today that helps me face a fear is:	A courageous action I can take today that helps me face a fear is:	A courageous action I can take today that helps me face a fear is:
PM COURAGE SCORE (1-5) I took a courageous action and shared my best self today _____	PM COURAGE SCORE (1-5) I took a courageous action and shared my best self today _____	PM COURAGE SCORE (1-5) I took a courageous action and shared my best self today _____	PM COURAGE SCORE (1-5) I took a courageous action and shared my best self today _____	PM COURAGE SCORE (1-5) I took a courageous action and shared my best self today _____	PM COURAGE SCORE (1-5) I took a courageous action and shared my best self today _____	PM COURAGE SCORE (1-5) I took a courageous action and shared my best self today _____
MY PM ENERGY (1-5) _____	MY PM ENERGY (1-5) _____	MY PM ENERGY (1-5) _____	MY PM ENERGY (1-5) _____	MY PM ENERGY (1-5) _____	MY PM ENERGY (1-5) _____	MY PM ENERGY (1-5) _____