

# Courage Igniter Session:

## Courage to Speak Your Truth



### Session 2

I want you to think about something that fires you up, ticks you off, something you feel needs to change in the world, an injustice, an issue, why you care so deeply about the work you do, why you care so deeply about a way you show up in the world, something that really bothers you about life, love, parenting, relationships, the workplace, business, the world... what is that thing popping into your head right now?

**Write it down.**

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I want you to take 5 minutes and write what you REALLY truly feel about this... no judgment, no fear of what people will think, no filter... just write from your truth, for the truest place in you... write all that just flows from you, no editing, what do you want to say about this?

**How important is it for you to share this message openly?**

Was writing this freeing, did it light a fire under you, is it something you need to share with 1 person, openly on your blog or social media, is it something you want to create something around... a blog, a program, an interview series to open up the conversation?

# Courage Igniter Session:

THE  
Courage

Collective

## Courage to Speak Your Truth

### **Courageous Action + Dare:**

I want you to choose how you are going to speak up about this one thing that truly is important to you... how are you going to speak up and share this message, this story, this truth with those who need to hear it?

### **I Dare Myself to:**

#### **In your circles:**

**Fear** (what fear is coming up around actually sharing your point of view and speaking up around this message)

**Truth** (what do you know to be true, when you think about this message, what is the truth you believe so deeply and know to be true that you are willing to speak up, this will help remind you of why you are speaking up when fear starts to creep in)

**Dare** (be specific about how and when and to who you are going to speak up)

### **Speaking Activity:**

Let's Practice in this safe space I want you to share what it is that fires you up and why and then what you feel called to share with the world. Remember to stand, to be strong and courageous, to speak confidently and from the heart as you share what you believe to be true. This is a place of complete acceptance and truth so please make sure all are supported, that there is love and acceptance no matter what is shared and that you clap and cheer for each person who has the courage to share and speak their truth.