

### Session 1

**How much magic are we missing out on because we are not willing to explore what is right in front of us or right within us?**

The definitions I found for explore that felt so right for this work are:

*To seek for or after; to strive to attain by search; to look wisely and carefully for.*

I believe we are all seeking the truth of who we are and why we are here. Questions like these have been the search for people since the beginning of time. But often the answers have eluded us because we weren't willing to do the work to really strive to attain the answers or look wisely and carefully for them. It isn't enough to just seek something we must strive for it.

When I was thinking about the Courage to Explore I thought about adventures and fun new places but what I know is that the greatest exploration we will ever go on is the one into our soul, to understand the core of who we are and why we are here.

I think that is the greatest journey we will ever be on. So let's dive in.

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## Courage to Explore

### Explore who you are...

**Who were you before the world told you who you should be?**

Just journal on this and see what comes up for you.

### **I am statements:**

I would love for you to write as many words and statements that describe you below and then make a painting, collage, mosaic, word cloud or other visual to remind you of who you are.

## Courage to Speak Your Truth

### Explore Your Feelings...

**How do you want to feel?** At the core of who we are is the connection to how we want to feel and if we can tap into not only those feelings but how we like to experience those feelings we will be able to draw closer and closer to the truth of who we are and why we are here.

For me, I do love to feel courageous and adventurous but I have learnt through exploration and a little trial and error what that means for me.

My boys and hubby love to snowboard and to be honest I tried for 3 years to love it too but that kind of adventure does not feed my soul. Get me to try something new, dance on stage, get creative, push my comfort zone to do something I didn't think I could... I am all in.

So for me, adventure means going for a walk or hike and being still enough to hear my truth, it means going for a hot air balloon ride with my hubby because I have never been and I want to experience it, going on the aerial track with my kids though it terrified me rather than staying on the ground to take pictures, signing up for a painting class, traveling with my family to a new foreign place or a place in our own backyard.

That is what lights me up. So for me the feeling of adventure can be felt in a very different way than others and defining what that is for you is so important.

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## Courage to Speak Your Truth

Feelings	Tangible Ways To Create That Feeling

Now I want you to take those tangible ways to FEEL what you want to feel and cut them up in strips and put them in a jar so that you can pick one out anytime you are feeling unsure or a bit lost in the daily aspects of life. Then take courageous action and DO that thing so you can FEEL how you desire to feel.

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## Courage to Speak Your Truth

### Speaking Activity:

Invite each person in the group to stand and to confidently say who they are... they can start with the statement... I am. Prompt them to keep going deeper if they have only hit some of the surface I am statements and invite them to share more until you can see their confidence soar.