

Courage Igniter Session:

THE
Courage
Collective

Courage to Explore

Session 2

Explore Your Desires

To explore means to get curious and to wonder (and wander) at the world you are in and the world you are creating and I believe that begins with you getting curious about your desires.

Ask yourself what you really desire right here right now. Go all in without limitation but also realize what is truth for you by listening closely to your body and the messages it gives you when you speak your desires out loud.

I remember for a time I was so lit up in my work and creating from a place of alignment and purpose and then some where along the way I started to desire to reach higher and higher revenue goals. Now I actually love making money, it is a bit of a game for me to see what I can manifest but money doesn't drive me, it isn't my deep motivator so when I started chasing money goals I had to step back and ask WHY I thought I wanted to make more. For me it was the illusive 7 figure mark. Now there is nothing wrong with desiring to make 7 figures but I want you to tune into the energy and feeling BEHIND it... is it what you REALLY desire and why. When I checked in with myself when I mapped out my 7 figure plan I felt overwhelmed, stressed, and just heavy in my spirit and body. When I felt into that I realized that making 7 figures just to make 7 figures is not what I really desire. Now I have seen that money is my means to making a bigger difference in the world, I want to make more so I can give more freely to those who need it. THAT is my desire and what motivates me.

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So if you write down you desire a lot of money or a big house on the lake etc... that is fine but I want you to look at your desires behind the desire and ask yourself WHY, get curious and explore your desires because once you get clear on your desires and why you really want what you want then you will have the motivation and long term drive to do the work you need to do to bring that desire to life.

List all the things you desire in your life, relationships, business... write it ALL down.

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Then go back to the list and allow yourself to ask WHY for each thing and see what comes up for you. If you don't know why when you ask that, keep digging and see if you have a deeper why that is true to you or if perhaps you are desiring it because you think you should, or that is the world's standard of success and so that feels like something you have to attain to be successful. It is time to ditch those things that you don't truly want and focus on the things that you desire to your core and truly are connected with a deeper why.

Once you have crossed items off your list I would love for you to write down the desires that REALLY matter to you and then write a WHY statement beside them.

Desire	WHY I Really Want This

Courage to Speak Your Truth

Explore Your Backyard

I feel like often we dream of a distant land or when we have achieved a certain level of success or gotten to a different stage in life because THEN we will be able to really live, go on adventures, travel or experience all we want to experience. But why are we waiting?

We can go on adventures daily and right in our own homes or backyards. Simple spontaneity is the name of the game.

So let's get creative and find way to add more fun and adventure into our day-to-day life.

For example, you could go for a hike, ride your bike to a new location, go eat somewhere you have never been, cook using a new recipe, sign up for a new class and learn to sing, dance, paint, play. Go to an improv or karaoke night and let loose. Make a new friend on your way to work or in the line up at the grocery store.

I want you to ask yourself, what mini adventures can I go on in my own backyard?

Make your backyard adventure list:

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Then just be open to what opportunities come up as you focus on exploring and being open to new adventures.

*Make sure to share your adventures on social media and tag @thecouragerevolution and use the hashtag #dayofcourage #storyofcourage

Speaking Activity:

Let's explore our emotions in a fun way by using only our body language. We know that body language is the largest part of communication holding firm at 55% and that verbal communication is very limited (only 7% total) and body language and tone of voice together is 93% of overall communication which is HUGE!

So let's dive in.

Only using your facial expressions and body language I want you to choose an emotion and situation you would feel that emotion in and then act it out with TONS of expression and drama. Get into it and see if others can guess the emotion and bonus points if they can guess the situation.