

MOXIE DIMENSION #1

COURAGE

THE FOUNDATION OF MOXIE

*“You don’t have to feel ready.
You simply have to be willing.”*

WHAT IS COURAGE?

Courage is the willingness to take action even when you feel uncertain, uncomfortable, or afraid. It isn’t about having no fear. It’s about deciding that something matters more than the fear holding you back.

HOW COURAGE BUILDS YOUR MOXIE

Courage is the foundation of MOXIE. It’s what gets you out of your comfort zone and into the game. Every time you take a chance, speak up, try something new, or move forward despite uncertainty, you are putting another chip on the table.

3 WAYS TO STRENGTHEN YOUR COURAGE

1. Take the First Step

Don’t wait until you feel completely ready. Identify one small action you can take today and take it.

2. Challenge the “What If?”

When fear starts predicting everything that could go wrong, ask yourself: What is the realistic worst-case outcome? And what might I gain by trying?

3. Practice Being Uncomfortable

Courage gets stronger with use. Do something that stretches you, even if it’s small. Each time you prove you can handle discomfort, your comfort zone gets a little bigger.

PUT YOUR COURAGE TO WORK

YOUR MOXIE WORKSHEET

WHAT OPPORTUNITY ARE YOU CURRENTLY AVOIDING BECAUSE YOU FEEL UNCERTAIN, NERVOUS, OR NOT QUITE READY?

Write it down. Naming it is the first step.

YOUR COURAGE CHECK-IN

What are you afraid might happen if you take the chance?

What is the realistic worst-case outcome?

What could you gain if you decided to go for it?

YOUR COURAGE MOVE

What is ONE courageous action you are willing to take this week? Add the specific date. _____

AFTER YOU TAKE THE STEP

What happened?

What did you learn about yourself?
