A close-up photograph of a woman with dark, curly hair laughing heartily. Her eyes are closed, and her mouth is wide open, showing her teeth. Colorful confetti in shades of blue, pink, and yellow is falling around her, suggesting a celebratory or joyful atmosphere. She is wearing a yellow ribbed sweater.

2026 COURAGEOUS LIVING® PLANNER

A COURAGEOUS LIVING® GUIDE

BY KATE SWOBODA

CREATOR OF YOURCOURAGEOUSLIFE.COM AND

DIRECTOR OF THE [CERTIFIED LIFE COACH COLLECTIVE](http://CERTIFIEDLIFECOACHCOLLECTIVE.COM)

WELCOME TO THE COURAGEOUS LIVING® PLANNER.



I'm Kate Swoboda. I help people stop getting stuck in their fear and self-doubt, and step into self-confidence. I became a life coach in 2006, growing my practice at YourCourageousLife.com.

Since that time, I've written books (The Courage Habit and 100% Fully Alive) and become Director of Training for the Certified Life Coach Collective. I'm also the host of the Your Courageous Life podcast. And, in 2009, I released first Courageous Living® Program, designed to help people create the habits and behaviors that lead to living a more courageous life. May it guide you in creating a powerful and positive 2026.

- [Your Courageous Life podcast](#)
- [Craft of Coaching podcast](#)
- [Certified Life Coach Collective](#)
- youtube.com/@Yourcourageouslife
- tiktok.com/@katecourageous
- katecourageous.bsky.social
- instagram.com/katecourageous

WHAT WILL YOU CREATE FOR YOUR LIFE, THIS YEAR?



The first life you change, will be your own. We're a life-changing program, for life-changing coaches.

Are you tired of settling for being at the mercy of corporate layoffs, poor leadership, and pretending to be excited about the latest (time-wasting) new initiative?

Are you tired of settling in your life--wanting to do something purpose-driven, rule your own time, and bring in more cashflow while also growing who you are.

It's hard to feel fed up. It's scary to make changes.

That's why the backbone of our program is the psychology of courage and resilience.

We're an ICF-Accredited life coach program, that combines elements of a personal growth mastermind with a training curriculum that will set you up to excel as a coach.

Courage + Coaching + Connection are where it's at. Where would you like your life and career to be, one year from now?

<https://TeamCLCC.com>

HEYYYY 2026



Many people have shared with me how hard it is to get excited, anymore, how challenging it is to feel hopeful.

There are so many things happening in the world that remind us that life comes not just with people we love or creativity or the beauty of nature, but also, challenge and discomfort and pain.

It's easy to assume that the happiest people in the world have figured out some secret about life and living that you haven't or that they are happier because they've got everything going for them.

But often, the opposite is true. People who have "everything" can be miserable, and when you've truly touched the hardest and most challenging spaces and finally start to find your way out of them, that's when your appreciation is often highest.

If you want to live a big, expansive, and courageous life? You've got to create space for it. The Courageous Living® Planner is your opportunity to release what doesn't work, vision into what you want, and start going in the direction of your most courageous self. It doesn't have to be flashy or perfect. It just needs to feel like home.

Big love,

Kate

USING THIS PLANNER



I know everyone loves digital, these days, but I confess that for many things, I need to see them written out. That's how I've constructed this planner. I see it as less of something that you'll consult on a day-to-day basis, and more of a way to plan the big dreams and bold moves that you want to make this year.

I dig printing things out. I three-hole punch my planners, or have the current month available on my desk. I map things out visually.

That's what I encourage you to do. I hope that you'll start laying out the months and really block out time for project planning, trying a new marketing idea, starting a joint venture, or whatever else seems like the right thing for your business, this year.

At the heart of the Courageous Living Program is the idea that if you're not doing it your way, you're not having fun--so do this your way! (But you knew that already, right?).

WHAT THIS PLANNER IS

It's designed to help you establish goals and narrow a focus, and then provide you with questions and a calendar for keeping you accountable. In establishing goals, go for the big, the hearty, and the "I'm daring to dream" goals.

WHAT THIS PLANNER IS NOT

It's not a cheesy, 1-2-3 step plan for changing your life--this is just you mapping the terrain. The rest is up to you, checking in with yourself and being willing to be aligned with your dreams, along the way.

PRINTING PERMISSION:

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In the Certified Life Coach Collective program, I teach the life coach trainees that rather than trying to help their clients create a lot of goals, it's good to start with the truth. *What's the truth of your life? What has been working, and what hasn't? What Stories do you tell, and where are they serving you, and where are they not?*

THE WHEEL OF LIFE

The “Wheel of Life” exercise is a classic coaching exercise that I read about in a Co-Active Coaching book written by Whitworth, Kimsey-House, and Sandhal. It's designed to get you thinking about fulfillment and satisfaction, as well as to start thinking about where things in your life are out of balance.

To be clear--we're not talking about “life balance” in that striving way, where you're trying to get everything all perfectly evened out. That doesn't really work. But there is something to be said for looking at your life holistically, and noticing that work and career have taken up 90% of your time and effort, whereas family and friends are low on the priorities scale.

After you've taken time to evaluate the truth of where you're at in your life, right now, you move on to planning.

Own and acknowledge the truth. THEN start planning.*

* *This is where so many planning systems get it wrong, you know. They focus completely on the future, without taking time to get real about...the present. Most of us get caught up in more dreaming than acknowledging the reality that we've already created through various choices that we've made.*

WHEEL OF LIFE: START HERE



START HERE:

First, you evaluate your life satisfaction in a particular area on a scale of 1-10.

1= “It was completely and utterly unsatisfying in every way.”

5 = “Pretty neutral. Not great. Not bad.”

10 = “I ROCKED this area of my life!”

Intimate relationships = How satisfied are you with your intimate/romantic relationship(s), currently? _____

Friends/family = Currently, how satisfied are you with your relationships with friends and family? _____ (Check this one: you can love your friends and family a lot, but know that there might be some places where things are quietly resentful).

Career = How are you feeling about your work life? _____

Money = This is a tough one for most people. How satisfied/fulfilled are you, in relationship to money? _____

Physical Health = Be gentle with yourself! _____

Home/Physical Environment = Do you love the home you live in? Do you deal with clutter reasonably well? Do the family chores feel reasonably balanced? _____

Spiritual/Personal Development = Are you pretty open about working on your “stuff”? Are there any areas of resistance you know you haven’t dealt with or explored? _____

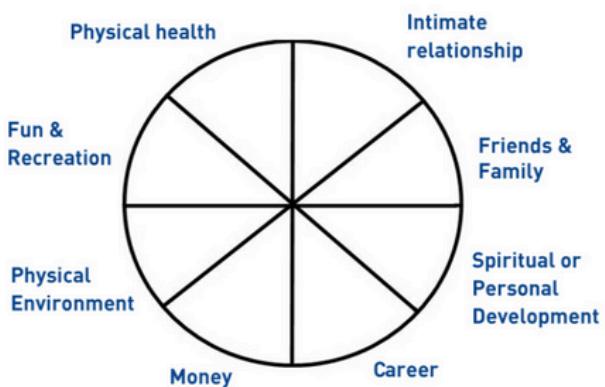
Fun & Recreation = Do you make time for fun? And since the point of life is to live happily and well, let me go one step further: are you making MORE Than enough time for fun? _____

WHEEL OF LIFE: EXAMPLE

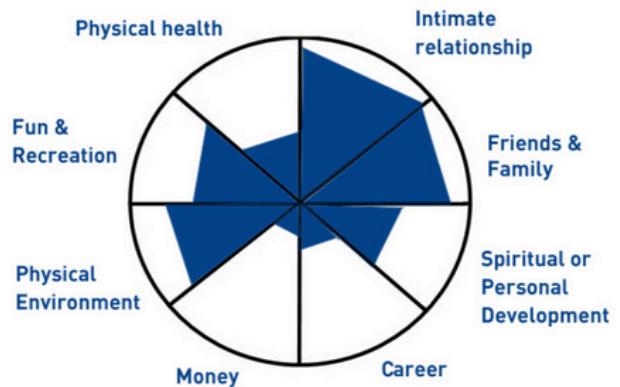


After inputting your “scores” for each category, turn to the next page. You’ll be filling out your own “wheel of life” and filling in each of life’s pie slices in proportion to the score you gave. For example, if your “Money” score was a 1 or 2, you’d only fill in a little bit of the Money slice of the wheel (see example below). But if your “Intimate Relationship” score was a 9, you’d fill in most of the Intimate Relationship slice of the wheel (again, see example below). A blank wheel is on the next page.

BLANK WHEEL:



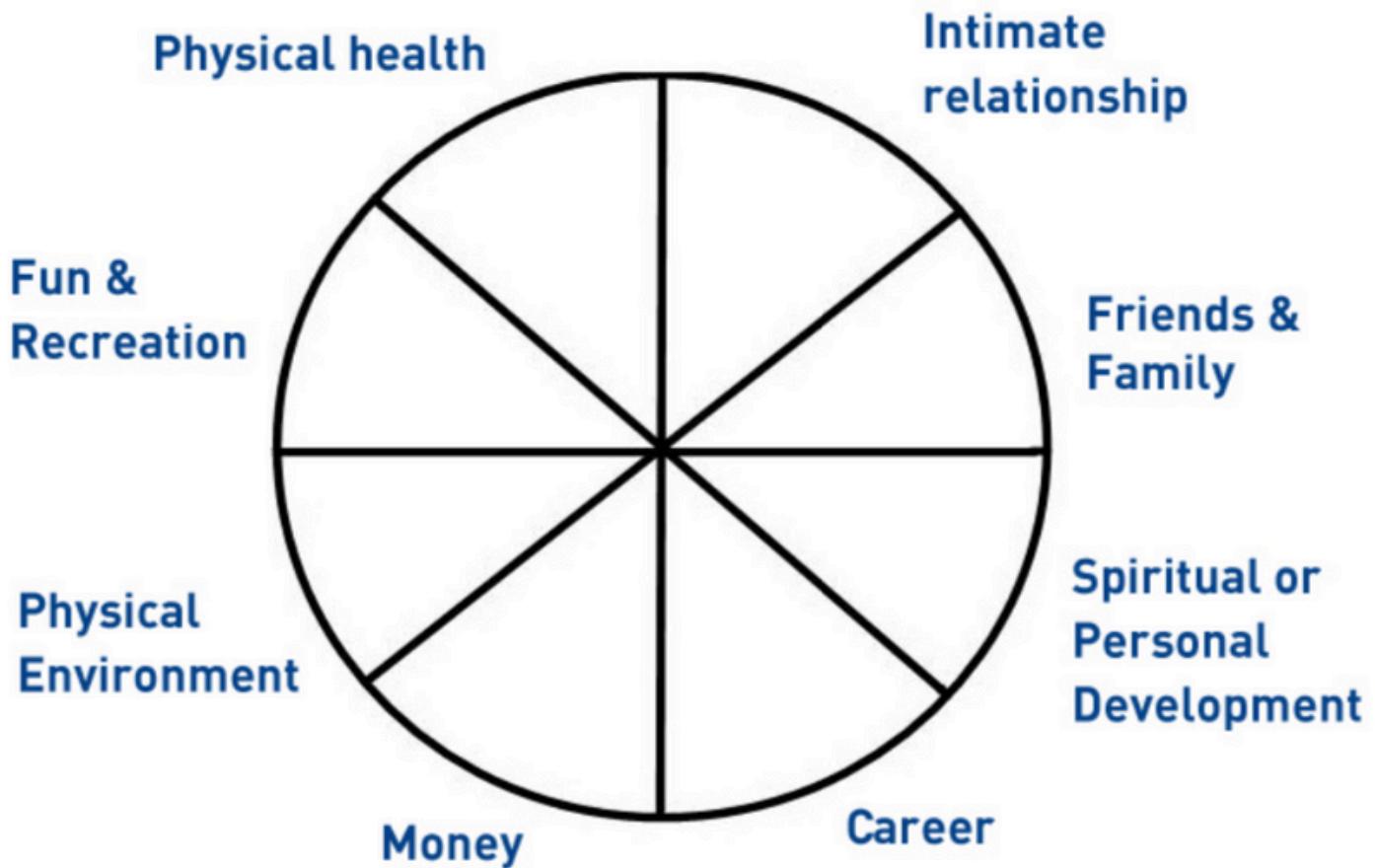
EXAMPLE OF COMPLETED WHEEL:



WHEEL OF LIFE: HOW ARE YOU ROLLIN'?



Below, there's a sample Wheel of Life for you to fill out. Approximate how much of the pie slice to fill, based on the scores you gave, earlier. If you gave something a "3" you'd fill in a smaller piece of the pie than if you gave it a "10" (in which case, congratulations--shade in the entire slice).



A BUMPY RIDE?



Some people would notice that their wheels would be very, very bumpy rides. Others might notice that everything is really...even. Their lives are hanging out in the 5-6 zone, pretty "okay," oh well, shrug of the shoulders--maybe some 6,7,8 scores, across the board. Anything you want to liven up? Others might notice that things are pretty tight and constricted, with lots of 1,2,3 scores towards the inside of the circle.

Having acknowledged the truth of where you're at, now we can start looking at each category and asking some courageous questions.

PART ONE: Tell the Truth

In Part One of this book, I'll ask questions that invite you to tell the truth. These are similar to the questions I ask in the [Courageous Living Program](#) .

PART TWO: Planning

After having taken full accounting, then you're in a place to make real things happen. That's what the "planning" section is all about.

PART 1:

TELL THE

TRUTH

DEFINING OUR TERMS



COURAGE IS:

Feeling afraid (because no one gets out of that part);

Diving in, anyway (because what would you do otherwise--stay stuck?);

Transforming (because that's always what happens when we choose to practice courage).

FEAR

In this framework, you don't try to "get rid of" fear. If someone told you that they had a product to sell you that would forever "get rid of" anger or sadness, you'd know they were a snake-oil salesman.

Yet there are hundreds of products out there, dedicated to teaching you how to be "fearless" or how to "kick fear's ass." It's my feeling that "fearless" has become the new hidden perfectionism.

Make this Courageous Year a year where you're invested in what truly works to live a more richly alive life: practicing courage.

Welcome to your courage practices.

COURAGEOUS QUESTIONS



I agree with what Dr. Brené Brown says: That with personal growth, we can't look at "how to" without really looking at *what gets in the way*. Simply declaring that you want to go on a sparkly, glittery adventure without looking at the psychology of why you're stuck wherever you're stuck, will have you spinning your wheels. That's why the Courageous Living Program is grounded in first getting honest about "what gets in the way." That means we look at our fear, self-doubt, hesitation, including inner critic voices that are hard to look at—and we also look at what went well. We take a holistic inventory. So, let's begin:

What went amazingly, astonishingly, and stupendously well, during the past year? What makes you shine when you think about it? What are you most proud of? Challenge: Take the entire space below, to brag it up.

What support systems did you actively put in place, during the past year? Did you hire a coach or see a therapist? Did you read books or attend workshops? Did you create community--and within your pods/communities, would you say that you felt safe being vulnerable and open about your experiences? Did you lean on friends, family, or your partner?

How did you work with inner critic voices, during the past year? Was your approach effective? What noticeable results did you see, that you can acknowledge yourself for, now?

COURAGEOUS QUESTIONS



Did you create any new habits, this year?

If the inner critic really wants to get you--stop you in your tracks--what would it most likely say?

Who's on your list of people who could use a bit of grace or forgiveness? This can be a tender question. Frequently, people think that if they admit not forgiving someone or that they're holding resentments, they'll be judged as a nasty, mean person. *I say: You're human. Sometimes, forgiveness is tricky and tough. We work on it actively, and when we're ready, it happens.* So--who in your life is even the tiniest bit on your shit-list? Is there anyone you have "mostly" forgiven, but who you could forgive, say, just a bit more?

What are the top 3 biggest stressors from the past year? What did you worry about, ruminate on?

COURAGEOUS QUESTIONS



What are the top 3 biggest successes from the past year? What are you most proud of?
What astonished you?

What was the most fun you had during the past year?

What's a big dream that you worked on during the past year?

Do you know your life vision? If so, write it out here and then ask yourself: Did you live your life vision during this past year?

COURAGEOUS QUESTIONS



Now let's talk about your internalized Stories. "Stories" are those habituated beliefs and assumptions that we make about the world. Some Stories serve us ("The world is full of good people who do the best they can") while others don't serve us ("The world is full of selfish people who only look out for themselves"). On some level, EVERYTHING is a Story.

What are the top 3 "Stories" in your life that definitely serve you by lifting you up, helping you to remain optimistic, or bringing you more joy? What do you tend to believe about people's natures, about the world, about what's possible?

What are the top 3 Stories in your life that definitely work against you? What perspectives hold you back? (P.S. If you can't identify this, consider the perspectives that bug you the most about other people--then you can at least start with, "They shouldn't be that way.")

What strategies, tools, or pro-active steps did you take during the past year to work on shifting those Stories? Often, self-help focuses more-so on the dream of changing our lives, and less on actually taking that moment to be accountable about whether or not we are actively working on that change. How did it go, working on those Stories--what pro-active tools, strategies, or steps do you know that you employed? Acknowledge yourself and/or write out what you'd like to see improve.

METABOLIZING EMOTION



We all have “those days” where frustration, anxiety, sadness or a general sense of ennui can feel stifling or nail-biting. Not everyone knows that there are approaches you can take that can keep “those days” from derailing you from your goals. Consider the role that various emotional states played in your life during the past year.

Did you feel generally joyful? Why/why not? What was great? What would you like to see shift?

Did you experience an adequate amount of peacefulness or centeredness? Why/why not? What was great? What would you like to see shift?

Fear also shows up as self-doubt, worry, anxiety, procrastination, doubts, hesitation, second-guessing, numbing out, anger, sadness...the list goes on. For you, *how* did fear show up in your life, during this past year?

And now, perhaps an odd question: What did the fear or self-doubt teach you?

METABOLIZING EMOTION



How did you handle the fear? Anything you want to improve about how you handled it?

Anger is an emotion we frequently want to deny. How did anger show up for you, most often? Were you happy with how you handled it? (P.S. *We all get angry.*)

How did you experience grief, loss, or sadness? Is there anything that you know you need to grieve, that you haven't yet released?

What would you celebrate yourself for, most? What qualities make you... a great friend, a devoted partner, a compassionate listener, or otherwise someone who we'd all want to be best friends with? Rock this list out, and consider me already applauding and tilting my champagne glass. < *clink.* >

BIG DREAMS



What big dreams did you set at the start of this past year?

Were those dreams realized? If not, why not? Anything to take ownership around?

And now, drumroll, please....

Time to get to dreaming, planning, and visioning for the new year.



“Let the soft animal of your body love what it loves.”

--Mary Oliver

Let's keep the focus less on the content of the dream, and more on honoring the desires of your “Most Courageous Self.” She's that aspect of the self that's bolder, unrestrained, incredibly curious (favorite question: “What if...?”), and genuinely excited and enthusiastic about life.

In my book, The Courage Habit, we do a deep-dive into the “Most Courageous Self.” In this planner, you'll be well on your way to cultivating your vision for your Most Courageous Self for the coming year.

PART 2:

PLANNING

CONNECTING WITH YOUR MOST COURAGEOUS SELF



The Top 5 Experiences That Would Make The Year Ahead More Fun (*have you always wanted to...visit Barbados? Learn a new language? Paint with oils? Learn to breakdance? Get a tattoo? Eat better food? Start your wardrobe over from scratch?*):

- 1.
- 2.
- 3.
- 4.
- 5.

The Top 5 Personal Growth challenges that you want to face in the year ahead (*stop procrastinating; don't snap at my husband when I've had a bad day; notice where I tend to justify not being accountable; change patterns of avoidance; finish what I start*):

- 1.
- 2.
- 3.
- 4.
- 5.

The Top 5 Things That Need Closure in the year ahead (*these are the items that have been nagging at you for way too long--the drawer that needs organized; the call that you know you need to make; the stop-doing list that begs to be made*):

- 1.
- 2.
- 3.
- 4.
- 5.

CONNECTING WITH YOUR MOST COURAGEOUS SELF



Finally: What are the top 5 things that would bring you weekly joy? (For example: A weekly dance class? Making a point of connecting with your bestie? Curling up in your favorite blanket with tea on Saturday mornings? Knowing what they are and writing them out makes it more likely that you'll find time for them in the pages that follow).

- 1.
- 2.
- 3.
- 4.
- 5.

NARROWING IT DOWN

If you try to prioritize everything...you prioritize nothing. We only have 24 hours in a day and the reality is that life happens. So now comes the hard part--scan through what you've worked on so far, and narrow it down to three areas that are your "Primary Focus" or goals for the year ahead (if you don't like calling them "goals" feel free to call it your "Primary Focus").

- 1.
- 2.
- 3.

JANUARY: YOUR MOST COURAGEOUS SELF



This month's theme is focused on how you can bring your Most Courageous Self to the forefront of your life. On the last page, you identified three areas as your Primary Focus (aka, "goals"). This is what you'll focus on for the year ahead.

Tip: Make sure you're subscribed to the Your Courageous Life community so that you can receive any updates and free bonus worksheets that I'll send out this year, as well as access the Your Courageous Life library. If you're already a YCL subscriber, you'll automatically get access. If not, head to <https://YourCourageousLife.com/begin> in order to be included.

Re-write your Primary Focus, below:

1.

2.

3.

Who can you connect with, who might in some way further those ideas? Do you know someone who could help? Is there anyone who has gone before you, who might be able to provide a connection or an insight?

COURAGEOUS LIVING :: JANUARY



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

FEBRUARY: STAYING MOTIVATED



This month, I'm focusing on:

I'm making the following choices in order to promote shifts/change in this area:

I'm asking for collaboration/support from :

_____ in the form of

I'm ditching the inefficiency of _____ to support greater fulfillment and ease.

What's a way that you habitually get stuck? Common ways include perfectionism, pessimism, going into martyr/people-pleasing mode, and self-sabotage.

COURAGEOUS LIVING :: FEBRUARY



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

MARCH: CONSCIOUS JOY



At the time that I'm typing this, the news headlines have already shared more than a handful of tragedies. By the time March rolls around? Who knows where the world will be. And yet—yet—yet—I believe that we must put our attention on consciously choosing joy. The desires of your "Most Courageous Self," the part of you that taps into your boldness and courage, are not superficial or silly just because bad things happen in the world. Joy is our birthright. Suffering will inevitably accompany us on our lives, but we can still consciously choose joy.

Revisit your "Primary Focus" that you were articulated at the start of this planner. Which is the most joyful?

I'm asking for collaboration/support from :

_____ in the form of

I'm ditching the inefficiency of _____ to support greater fulfillment and ease.

I'll quit playing the comparisons game around :

COURAGEOUS LIVING :: MARCH



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

APRIL: CREATING COURAGEOUS HABITS



Tip: My book, The Courage Habit: How to accept your fears, release the past, and live your courageous life, is *all* about the science of courage combined with the neuropsychology of habit-formation. If you want to create courageous habits, you'll get the geeky delight of learning about how habits are formed and how the ones you don't want to keep, can be broken.

This month, the focus is on creating courageous habits. As I've worked with clients and program participants over the past decade, I've seen one thing emerge: ***the people who had an easier time practicing courage in their lives had cultivated courageous habits***, and now they no longer had to work quite so hard to figure out what they wanted to do when life threw a challenge their way.

But what were those habits? What were the behaviors that they were repeating, again and again, that made it more likely that they'd choose courage, instead of doubt, hesitation, or fear?

Think about the things that you want to cultivate in your life, or the way that you envision your Most Courageous Self living. How often have you tried to take action, and the pull of an old habit was too strong?

The thing is, habits aren't just about things like remembering to brush your teeth or exercise. We have habitual ways of responding to the people around us, to going after what we want, and habitual ways of responding when we feel fear.

Here's a question: What are some habitual, chronic themes in your life—times you've wanted to change your job, a relationship, have more fun, get out of debt—and you noticed that the same (frustrating) results kept emerging? (P.S. I know that these questions are really difficult to confront. But if you don't push yourself a bit to look at the fear-based habits that have kept you stuck, it's hard to create courage-based habits that get you moving).

APRIL: CREATING COURAGEOUS HABITS



Try this exercise for the next few days: decide that for seven days, you're going to commit to a specific behavior that is related to your Most Courageous Self/Primary Focus, and every time you feel hesitation or self-doubt, stop and access the body. Notice what you feel. Then start noticing what thoughts come up for you.

Write down what you feel and what you think. If you do this exercise enough days in a row, you'll start getting clear on where it's become a habit to doubt yourself.

Start questioning any limiting “Stories” that you tend to tell about why you can’t or won’t have the life that you want. This is called reframing limiting stories.

For instance, it’s common for people to think, “I don’t have time,” when they think of something they want to create in their lives. What if you question that Story? *“Is it really true that there’s no way I could possibly have the time?”*

To reframe limiting stories, write down what your Stories are--all of that self-doubt and worry--and then turn them around and question them. Your “Stories” point the way to the habitual ways of thinking that might have you stuck.

COURAGEOUS LIVING :: APRIL



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

MAY: COURAGEOUS RELATIONSHIPS



The fourth part of the Courage Habit process is to “reach out and create community.” Fear thrives in isolation, and it diminishes in community. That’s why building resilience in your life is intricately tied to the people you associate with.

Consider your Primary Focus that you articulated at the beginning of this journey—the three things that delight your Most Courageous Self:

Who do you already know, who would either help you create these three items in your life, or who would be a great person to connect with in general about living with more courage?

What are three pro-active steps that you can take to connect with people who are interested in living with more courage?

If you notice that you feel fear about taking pro-active steps to meet new people, please keep in mind: we all feel those fears! We all wonder if we will be accepted as we are. Our commitment is to create authentic communities where people can be themselves. This means that sometimes, sure, we might have differences of opinion, but we’re committed to respectful communication and working through those differences—**and more often than not, we’re going to be having a ton of fun!**

COURAGEOUS LIVING :: MAY



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

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How will I stay accountable?

JUNE: WORKING WITH OVERWHELM



Fact: we all get overwhelmed, no matter what we do and no matter how we arrange our schedules. We live in a culture that promotes overwhelm (the “culture of busy” is an honest term) and it’s hard to get unhooked from feeling overwhelm. That is, unless you decide to start bringing consciousness and presence to overwhelm. Want more on that? My book [100% Fully Alive](#) may help.

The Courage Habit process is what I turn to whenever I feel overwhelmed. This means accessing the body, listening without attachment to the Stories, deciding to reframe them, and intentionally creating and connecting with community when I’m really feeling overloaded.

When you think of bringing forth your Most Courageous Self, what do you notice about overwhelm? Do you feel sensations of overwhelm? Do you have overwhelming thoughts? Do you think there will be a lot of overwhelming things to do?

Try accessing the body (The Courage Habit has an entire chapter full of ideas). What do you notice about how your overwhelm shifts when you give yourself these strategies?

COURAGEOUS LIVING :: JUNE



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

JULY: SENSUOUS DELIGHT



Okay, first let's talk about definitions. "Sensuous delight" is a term that hit me a few years ago, which describes anything that is sensory and delightful. Yes, this can include sexual sensuality, but for the most part, I'm talking about...biting into a perfectly ripe strawberry, how I feel after I go on a run and I know I gave it my best, the softest sweaters in autumn, the smell of my favorite essential oil, the sight of Sonoma wine country at twilight.

Our Most Courageous Selves...LOVE sensuous delight. We are sensory creatures! So for this month, consider how you can cultivate your Most Courageous Self through the senses:

What does she want to listen to?

What does she want to see?

What does she want to smell?

What does she want to feel on her skin?

What does she want to taste?

What does she want to touch?

When do you get a vacation from the to-do lists and errands and tasks? Is there a weekend, a 24-hour period, or even an entire week where you could give myself the gift of not having "stuff to do" all of the time?

What's a book that you might read that's just for fun? Not for self-help, not for education/knowledge, but just a totally fun book? Maybe poll your Facebook feed for inspiration.

COURAGEOUS LIVING :: JULY



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

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How will I stay accountable?

AUGUST: CREATING SPACE



August is a time for “creating space” because in the coming weeks, people will start talking about the fall...and school starting, and the holidays. And the holidays? Cue the crazy, for most of us.

Before the rush-rush of autumn begins, consider for yourself: where does your Most Courageous Self need more space? More space as in time for projects, more space as in time for herself doing nothing at all, or more space for being seen and visible...where is more space needed?

Using the SPACE below, draw, doodle, collage, or use your favorite pencil or pen to write what that means, for you.

COURAGEOUS LIVING :: AUGUST



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

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How will I stay accountable?

SEPTEMBER: RECOMMITTING



We often don't remember that when we commit to something, part of our journey might involve needing to stop, assess, and recommit. Rarely is someone perfect with how they approach their goals or desires for change. This month, we're looking at recommitment.

We're nine months in to this work. What have you done, this year, to step into living from the place of your Most Courageous Self? What progress have you made on your Primary Focus?

What are some things that you've hesitated around doing, or dropped the ball on?

How will you feel, if you finish this year and nothing has changed? Get real about contemplating that possibility. Would it feel good? No? Then what do you want to do with the time that remains?

COURAGEOUS LIVING ::

SEPTEMBER



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

OCTOBER: LEAN IN



Next month, we'll be talking about slowing down. But this month? You're encouraged to do one more small but present push to lean in to your Most Courageous Self. All the reasons "not to" do what you originally set out to do will always be there. Fear and self-doubt always sound really "real," like they're telling the truth, and that's hard. We live in a culture that romanticizes courage and makes it seem the courageous choice is nothing but a fun, daring adventure. In reality, courage is tough stuff. We often need to lean in a bit to tell ourselves to push just a nudge harder for our dreams, rather than pull back.

I'm ditching the inefficiency of _____ to support greater fulfillment and ease.

What has been the most surprising thing that you've learned or experienced, this year?

We're honing in on the new year. If you think about this past year and your hopes for it, there are probably some things on the list that you know you'd regret not doing. What are those things? How can you get them on the calendar for this month?

COURAGEOUS LIVING :: OCTOBER



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

NOVEMBER: S-L-O-W



Here we are: right at the doorstep of the holiday season. For most people, the chaos seems inevitable. But is that what your Most Courageous Self wants? Is that what would really make your life sing? Do you stop to consider for a moment that all of this is a choice?

The holidays can often be so stressful (or not). That's often because they're filled with obligation rather than things like gratitude.

Let's refocus on what really matters. Write the top 10 things you're grateful for, here. Then write them individually on post-it notes, and put them around your house.

As you're looking at November's calendar, is there a way that you might create "buffer days" around big events? For instance, if you create some days leading into Thanksgiving where you have no appointments and nothing going on, that might make the actual work of prepping on Thanksgiving feel less stressful.

What's the most luxurious gift that you could imagine receiving, for Christmas? Write it here, even if you think you won't get it and it's not in your budget.

I am willing to recognize that when it comes to _____, I am settling for less than I am capable of or than I deserve. I'm ready to stop that by taking the following three direct and pro-active steps, to completely round out my year:

COURAGEOUS LIVING :: NOVEMBER



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

DECEMBER: RECOGNITION



An entire year has passed—a new trip around the sun—and inevitably it has certainly brought highs and lows and ups and downs and plenty of grey, in-between. This month, it's time for recognition. Think about not just recognition of others, but recognition of yourself. Even if you haven't done some big, super-amazing thing compared to so-and-so over there (who might look better on the outside than she actually feels on the inside, by the way) you can take time to honor yourself for simply being more aware.

After all, more awareness is what paves the journey, right? Recognition matters. Stopping to give ourselves kudos for what we have noticed, shifted, chosen differently, or taken action around, is a form of appreciation and honoring of who we are.

More gentleness would be a good idea in the area of:

If there's one regret I have about this year, it is:

If I forgave myself for the regret, and changed it from regret to something that I simply haven't yet worked on, I'd say the following kind and supportive things to myself:

I was accountable about:

DECEMBER: RECOGNITION



I wasn't accountable about:

I'm giving myself rest and rejuvenation as we move into the holidays by:

My Most Courageous Self was able to come forth this past year, in the following ways:

COURAGEOUS LIVING :: DECEMBER



What is one thing you can do within the next 30 days to see movement on this Primary Focus? Write one item for each Primary Focus item.

Which of these will amp up the joy, connection, and love in my life?

How will I stay accountable?

YOUR MOST COURAGEOUS SELF



Re-write your Primary Focus, below:

1.)

2.)

3.)

I rocked out and did well with:

I can see that one place where I sabotage myself is:

I am learning...

YOUR MOST COURAGEOUS SELF



I am happier when... (take up the whole page with this. Finish the sentence as many times as you can. Notice, notice, notice. Notice the fact of these things that make you feel happier, that light you up. It is an act of courage and self-preservation to routinely choose to integrate happiness into your life. Even if you already consider yourself to be pretty happy? You can lean in—you can be happier—you can be a conduit of joy for others).

ANNUAL REVIEW



The time of the year that saw the MOST growth, overall, was _____.

What would you attribute that to? Was there something in particular, overall, that you were doing? What courageous habits did you cultivate?

The time of the year that saw the LEAST growth, overall, was

_____.

What would you attribute that to? What was happening--or not happening--or not happening with consistency? What fearbased habits were at work?

Start bragging (note if you are triggered around that word). With unabashed glory, start talking yourself up--what did you ROCK OUT this year? What makes you most proud?

TELL THE TRUTH (AGAIN)



If you've followed this planner for an entire year, you'll arrive at the end of the year, having learned a lot. So--tell the truth. Tell it by reviewing the questions you answered at the beginning of the year, and asking yourself: How has this been a year of enrichment and growth? What did you learn?

REVISIT THE WHEEL:

Intimate relationships = How satisfied are you with your intimate/romantic relationship(s), currently? _____

Friends/family = Currently, how satisfied are you with your relationships with friends and family? _____ (Check this one: you can love your friends and family a lot, but know that there might be some places where things are quietly resentful).

Career = How are you feeling about your work life? _____

Money = This is a tough one for most people. How satisfied/fulfilled are you, in relationship to money? _____

Physical Health = Be gentle with yourself! _____

Home/Physical Environment = Do you love the home you live in? Do you deal with clutter reasonably well? Do the family chores feel reasonably balanced? _____

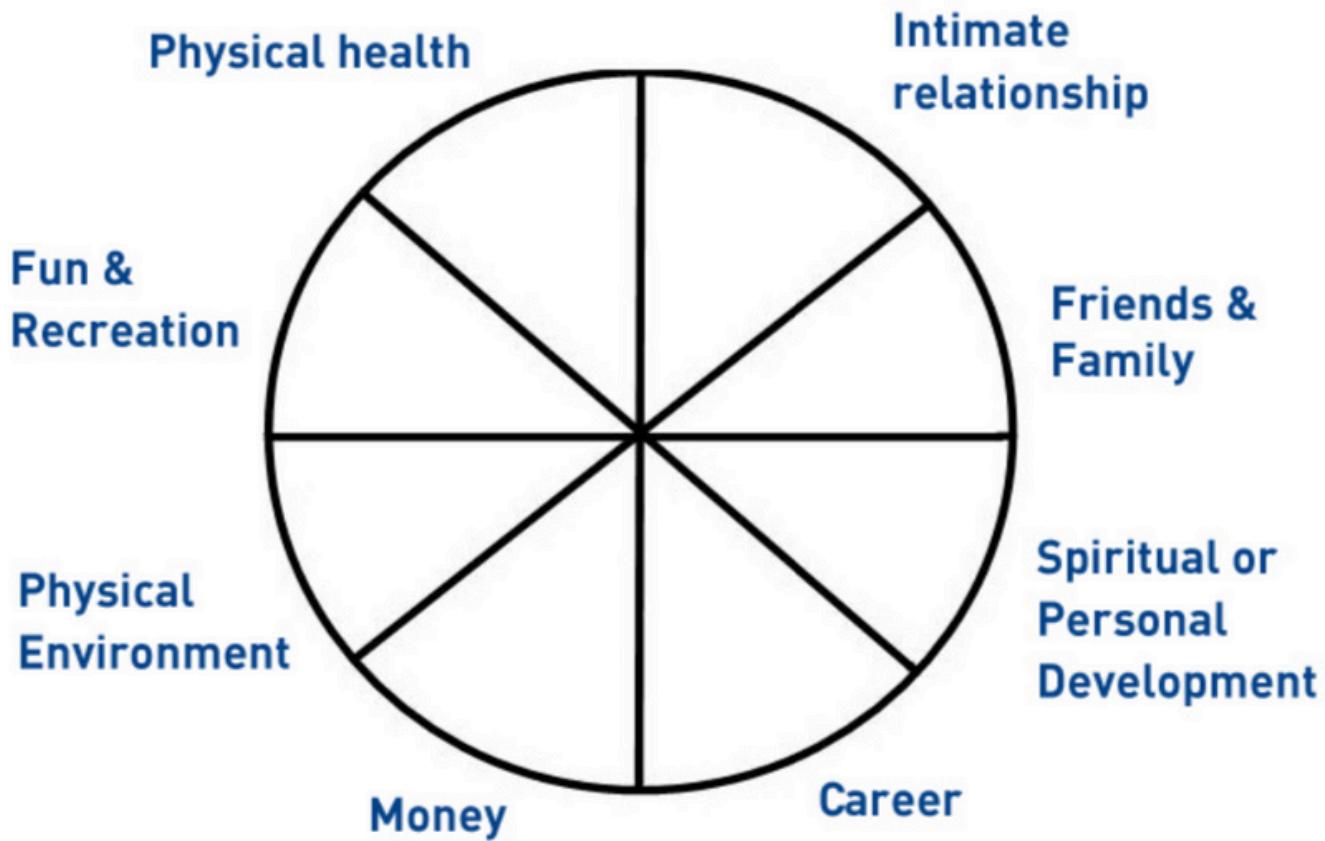
TELL THE TRUTH (AGAIN)



Spiritual/Personal Development = Are you pretty open about working on your “stuff”? Are there any areas of resistance you know you haven’t dealt with or explored? _____

Fun & Recreation = Are you making adequate time for fun? And since the point of life is to live happily and well, let me go one step further: are you making MORE Than enough time for fun? _____

Now complete your Wheel--and then be sure to turn to the next page.



DECLARING COMPLETION



It is not some pithy consolation prize to say that if you did your best and worked towards something you believe in, that's enough.

When people talk about how “the journey is the destination,” this is what they mean.

What kind of journey did you undertake during this year? Are you proud of yourself? Note: Being proud of yourself is a choice—it feels good to choose to find things to be proud of.

In fact, even when things don’t end up the way we had initially hoped, it’s sometimes the very best thing that could have happened, and that’s no bullshit. (*I am reminded of this every single time I think of how devastated I was, post-breakup, when I was dating some of the doozers and losers in my 20s...thank goodness they were commitment-phobic, or I would never have met and married my amazing husband*).

It’s not accident, that in the self-help world, there’s so much emphasis on what you did do and what you did accomplish.

Within the kernel of what you DID do, there are powerful insights for how you can keep on keeping on, and create something even more magnificent.

Are you ready to declare completion on the year? I hope so.

Take a deep breath, and do it—declare completion on this experience. Be with all of it, honoring all of it.

Oh, and--write me! I’d love to hear from people who stuck with this throughout the year. Email our team at support@yourcourageouslife.com with the subject line: Courageous Living Planner.

WHAT'S NEXT?



What could open up in your life, if you could learn daily tools to implement into your life and start feeling stronger, more confident, more courageous?

What if you didn't have to strive so hard just to feel good? What if you could stop feeling crappy and start healing, rejuvenating, and growing in profound ways?

This kind of growth is what our Courageous Living® Program users have found so helpful.

**THE COURAGEOUS LIVING PROGRAM CAN HELP GUIDE THE WAY.
YOU CAN BEGIN, NOW--TODAY.**

The Courageous Living Program is a multimedia experience in creating daily courage. The program includes a laptop screen showing the main landing page with the title 'Courageous Living Program' and a smartphone screen showing a grid of various program modules.

Laptop Screen Content:

- Courageous Living Program**
- A multimedia experience in creating daily courage.**

Smartphone Screen Content:

- Get on the List**
- Get on the List**
- Establishing Your Values**
- Be Your Journey**
- Interview: Andressa Chiaro**
- The Inner Critic**
- Speaking With the Critic: He Do, Please**
- Interview: Christine Wilson Miller**
- Slow, Down**
- Interview: Jen Louden**
- Acknowledge & Celebrate**
- Sharing Your Stories Brings to Baker & Stone**
- Slow, Down**
- Interview: Jen Louden**
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