



PUT IT ALL TOGETHER

1. Remember, who you are--here on purpose and for purpose. Stand in AWE of that.
2. Fear is a choice. We all have it as a result of hurt, trauma, etc. but we give it more time and attention and focus than what we want. **SHUT!**
3. When you face your fears, you shine the light on darkness and prove there's no alligators under your bed.
4. That rickety old Fear Fence can only hold you back if you give it permission. Likewise, the Truth Trench needs to be tended for the Truth seeds to **SPROUT!**
5. Vulnerability, values, trust & skills create courage--it's a learned skill; you're not born with it.
6. It takes courage to find your purpose & purpose to find your courage. They sometimes come together hand in hand, sometimes one comes before the other, but the most important part of this is willingness.