

# Daily Courage Journal

This journal is designed to help you explore your inner courage. Each page encourages you to take brave steps, reflect on your actions, and build resilience. Use this space daily to connect with your boldest self.

**Date:**

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**Today, I Will Be Brave By...**

What's one action (big or small) you can take today that requires courage?

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**Something That Scares Me (But I Want to Face It):**

Identify something outside your comfort zone.

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**Encouraging Truth or Quote:**

A mantra, affirmation, or quote to empower you.

“ \_\_\_\_\_ ”

(by \_\_\_\_\_)

**If I Wasn't Afraid, I Would...**

Imagine who you'd be or what you'd do if fear weren't holding you back.

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**Small Win From Yesterday (or Recent):**

Reflect on a time you showed courage—even if it felt tiny.

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**Tonight's Reflection:**

At the end of the day, come back and reflect.

Did I take the brave action I wrote down? Yes ■ No ■

How did I feel afterward?

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What did I learn about courage today?

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