



## DIG DEEPER

### READ

- ***Unbroken: A World War II Story of Survival, Resilience and Redemption*** by Laura Hillenbrand
- ***The Courage Habit: How to Accept Your Fears, Release the Past, and Live Your Courageous Life*** by Kate Swoboda and Bari Tessler
- ***The Courage Challenge Workbook: Creating a Culture of Courage*** by Cindy Solomon

### LISTEN

- ***Akimbo***: A Podcast from Seth Godin
- ***Andy Molinsky: The Psychology of Getting Out of Your Comfort Zone*** on The Unmistakable Mindset

### WATCH

- ***Invictus***. This recounts the true story of Nelson Mandela's courage to believe that one simple idea could unite an entire country.
- ***Brené Brown: The Call to Courage*** – Netflix. In this 2019 documentary, Brené Brown discusses what it takes to choose courage over comfort in today's culture.
- ***How to Build Your Courage*** | Cindy Solomon – TEDxSonomaCounty

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## ACTION STEPS

Where does a lack of courage show up in your life? Think about your current friends and peers:

**List those who have big goals:**

**List those who might be holding you back (intentionally or unintentionally) from pursuing your dreams and setting bigger goals in your life:**

Revisit your past failures and challenges. Who or what have you blamed? Think deeply about how you could move away from your past struggles, challenges or mistreatments that are holding you back today and how you can move toward a more self-accountable future where you write your own success. How might you choose to handle future challenges differently?