

BARE NAKED BRAVERY

for courageously creative misfits

12 Bravery Boosting Prompts

*Answer These Before
Doing Anything Brave!*

BareNakedBravery.com

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12 Prompts for Building Your Bravery

Keep this doc on file (or screen capture & save it to your phone) for the next time you're facing a "brave moment" and need an extra boost of creative courage. I highly recommend answering them with a pen, paper, and warm beverage in hand.

1. On a scale of 1-10 how honest am I right now?
2. What's really at stake here?
3. What do I *wish* I could say?
4. Where is the precise edge of my comfort-zone?
5. Where are the actual limitations in this situation?
6. If the stars aligned perfectly, what would I hope for?
7. When/what was the last time/thing I created?
8. What is realistically possible?
9. Where do I feel the most friction in this situation?
10. What is my gut telling me?
11. Where is my power of choice?
12. When is my gut telling me to use that power of choice?