



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 46 Action Guide: Risk, Failure and Recovery

"Do one thing every day that scares you." -Eleanor Roosevelt

Identify one scary thing you can do today to practice crossing the edge of fear into a positive experience of courage and risk. Commit to doing a new, scary thing every day for 30 days to re-wire a courageous and resilient brain. Write about what you are going to do here:

Identify something new and unfamiliar in your life that you are wanting to move toward. What are the thoughts, feelings and sensations that are signaling you to play it safe?

How could you embrace the risk of failure in a way that releases dopamine and reinforces the pleasurable behavior of change? What's the new story you can write around your fear of failure?



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Think of a recent mistake or perceived failure in your life. What is the reward you received in taking the risk? What did you learn?