

The Courage Agreement

In order to live life in the zone, I am going to step up in my life and practice courage. Over the next month, I pledge to do these 10 things to build my Courage Muscles!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

My reward upon completing these 10 Acts of Courage will be:

Signed: _____ **Start Date:** _____

Goal Date for Completion: _____

©Debra Smouse Coaching
<http://debrasmouse.com>

Downloaded via blog post **Treat Yourself to Courage**
<http://debrasmouse.com/treat-yourself-to-courage/>