

The Courage Agreement

In order to begin falling in love with my life, 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!

This is my Courage Agreement for the Month of _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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

Signed: _____ Date: _____

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

Downloaded via blog post
On The Subject of Fear
<http://debrasmouse.com/on-the-subject-of-fear/>

The Courage Agreement - Ideas

PAGE 1 OF 3

Need some ideas for Step Two? Some of them are big. Some of them seem small. Some of them seem silly. But they're not. It's all about stepping into a little discomfort as we build our courage muscles and step away from our fears!

Here are 100 ways to practice courage.

1. Learn a new language
2. Start a blog
3. Write a novel in a month
4. Write 750 Words a Day for a Month
5. If you are a planner, do something spontaneous.
6. If you are spontaneous, plan something in advance and stick to it.
7. De-clutter your closet, getting rid of everything there that you don't love and/or that doesn't fit
8. Host a dinner party.
9. Get up in the morning after having a bad day yesterday. Be nice to yourself and start fresh.
10. Give yourself the gift of routines by creating a morning and evening routine.
11. Join Toastmasters.
12. Attend the symphony, ballet, or opera.
13. Go to a haunted house.
14. Try a new recipe.
15. Host Thanksgiving – and yes, cook a turkey!
16. Try a new restaurant
17. Take a yoga class
18. Join a gym
19. Hire a life coach.
20. Take a painting class.
21. Take a cooking class.
22. Teach yourself to make Classic Cocktails.
23. Learn Ballroom Dancing.
24. Sign up for an e-course
25. Write a love letter to your sweetheart
26. Write a gratitude letter to a friend
27. Hire a professional to write a letter for you
28. Be a tourist in your own hometown
29. Slow down when you're grocery shopping – nod, smile and speak to others you pass
30. Hire someone to clean your house
31. Teach a workshop on something you know how to do.
32. Find an accountability partner. Schedule regular meetings with each other.
33. Double a recipe and share it with a neighbor.
34. Start a mastermind group with at least two other people.

The Courage Agreement - Ideas

PAGE 2 OF 3

35. Decide that your desire to be happy is an adequate reason to say no to requests of your time.
36. Honor your needs first.
37. Buy flowers for a lover
38. Buy flowers for yourself
39. Buy flowers, visit a cemetery and place the flowers on a long-neglected grave
40. Choose one room of your home to “make-over”. Get rid of everything in that room you don’t love
41. Decide to tackle another room next month!
42. Research your family’s genealogy.
43. Tell someone you love them
44. Sign a Peace Agreement
45. Share your Courage Agreement with a Friend
46. Ask your friends to create a courage agreement
47. Play
48. Make a play date with your partner
49. Join a writer’s group.
50. Worry less. Act more
51. Take a last-minute trip overseas.
52. Buy yourself some sexy underwear.
53. Indulge in a pair of old-fashioned stockings
54. Enter a writing contest.
55. Decide to let go of some emotional baggage.
56. Start your own business.
57. Ask someone out on a date.
58. Take yourself on a date – go to a movie and/or a fancy restaurant alone.
59. Go to bed early every day for a week. You deserve adequate sleep.
60. Take a road trip to a nearby town.
61. Order business cards for yourself – YES, for your “side” business. Be bold. Title yourself as WRITER, ARTIST, SPEAKER.
62. Eat at an ethnic restaurant you never considered before.
63. Listen more. Talk less. (Remember that listening doesn’t mean waiting to say your piece.)
64. Hire a trainer.
65. Attend a lecture.
66. Disconnect from technology.
67. Invite a neighbor over for coffee.
68. Ask an acquaintance out for lunch.
69. Host a “game night” at your home with old-fashioned board games.
70. Start a book club.
71. Test-drive a luxury car. Act as if you could buy it if you wanted it.
72. Go to an open house.
73. End a relationship that drains you or hurts you. You deserve to be happy.

The Courage Agreement - Ideas

PAGE 3 OF 3

74. Start a mediation practice.
75. Start a prayer list – and pray every morning.
76. Go to a nursing home and visit the residents
77. Take time to talk to a stranger.
78. Call an elder relative and ask for a story from their childhood.
79. Create a collection of favorite family anecdotes and create a book as a holiday gift for your family members.
80. Create a collection of family recipes.
81. Quit smoking.
82. Take different routes to work once a week.
83. Get lost on purpose.
84. Wake up at 5am and write.
85. Question your assumptions.
86. Stop making excuses.
87. Admit it when you're wrong.
88. Apologize.
89. Forgive.
90. Write a fan letter to your grocery store to applaud an employee that delights you.
91. Question your assumptions.
92. Make a list of incomplete items in your life and pick one to tackle. Chunk away at it in fifteen minute increments.
93. Visit a new church.
94. Pay for the coffee of the person behind you in line at Starbucks.
95. Give yourself credit for facing your fears and taking action – it isn't about the outcome, it's about you taking action in your life.
96. Get political – instead of complaining to your friends and family, call your city council representative, state senators, or Congress people, and voice your opinion.
97. Take an improvisational comedy class.
98. Wake up early and walk your dog before work.
99. Leave work on time.
100. Take a “Mental Health Day” from work.

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

Downloaded via blog post
On The Subject of Fear
<http://debrasmouse.com/on-the-subject-of-fear/>