Brave Moment

[brāv •ˈmōmənt] • noun

Brave Moments are powerful instruments of transformation. Brave Moments can be small or big and call on us to be brave as we make a bold choice, stand up for ourselves or force much needed change. Similar to an Ah-Ha or Lightbulb moment a Brave Moment is much more active as it requires action. These moments present themselves daily and learning how to harness one of these Brave Moment opportunities comes with practice.

Brave Moment Zone

Think about times in your life where you felt scared, nervous, or hesitant. Write about how you made it through.