BRAVERY PRACTICE

My Brave Reps

Building my bravery muscle, one rep at a time.

Name: _____

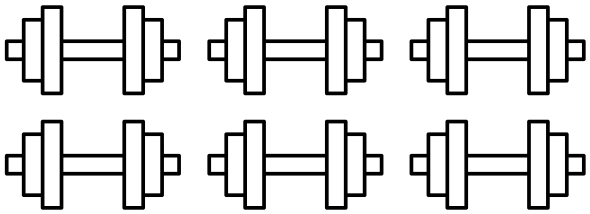
Date: _____

A brave rep is something a little uncomfortable but doable. The goal isn't to feel calm immediately. It's to do it while the nervous feeling comes along for the ride, then notice what really happened.

Do a rep, then log it 

My brave rep	What my worry said would happen	Nervous before 0–10	What actually happened	Nervous after 0–10	What I learned
Example: ask the librarian for help finding a book	She'll think it's a dumb question	6	She smiled and walked me right to it	2	Asking was easier than my worry said

Color one in for every rep:



The bravest thing I did this week:

_____

_____

_____