

## Practice of the week: Self-remembering - Acts of Courage

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| <b>What</b>     | <ul style="list-style-type: none"> <li>• <b>Self-remembering</b> - Acts of Courage</li> </ul>   |
| <b>When</b>     | <ul style="list-style-type: none"> <li>• <b>Daily, whenever works (for one week)</b><br/>Consider adding this into your 1-1 Meeting with yourself</li> </ul>  |
| <b>How</b>      | <ul style="list-style-type: none"> <li>• <b>Step 1. Get Present.</b> Take 10 conscious breaths (approximately 1 minute)</li> <li>• <b>Step 2. Self Remember.</b> Bring to mind a situation today or in the past in which you demonstrated courage by taking action or speaking up in the midst of fear</li> <li>• <b>Step 3. Seek Support.</b> If you are having trouble remembering an act of courage, consult someone you trust to help you recall one.</li> <li>• <b>Step 4.</b> Congratulate yourself! We cultivate courage by practicing and self-remembering can be a supportive tool to help us remember moments when we have felt fear and acted anyway.</li> </ul> |
| <b>Duration</b> | <ul style="list-style-type: none"> <li>• <b>5 minutes</b></li> </ul>  |

***In the practice of Self-remembering, we call in the expansive knowledge about ourselves that has us know what's true in our core — the depth of our inherent essential qualities. . . these qualities are always there, all we have to do is turn our attention inwards.***

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***innerforce:*** our deepest, most authentic self and the source of our vitality.

*The most important connection we have is the one we cultivate with ourselves.*

*Take time to connect with yourself every day.*

