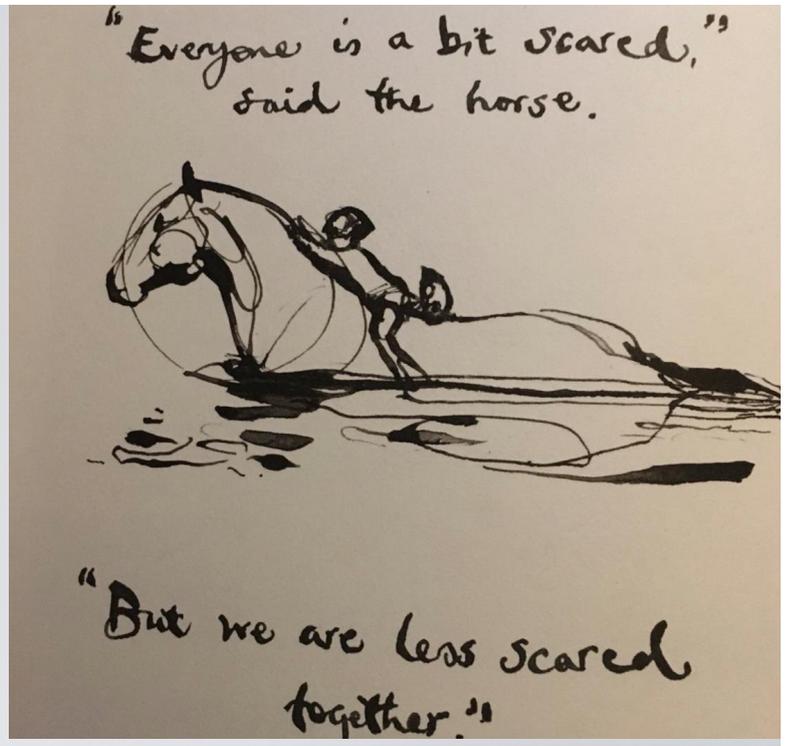


Be Brave

WORK OUT HOW TO OVERCOME FEAR



Remember that if any of the advent thoughts seem too tough - Plan A can work with you. We are stronger together.

What does being brave look like? The truth to that is that it looks different for all of us. One thing for certain is that if we have fear as our core then our reactions are defensive by default. How do you react when someone gives you feedback that is tough to hear? If the answer is that you explain why you were right, make excuses, twist a truth, get emotional then maybe it is time to be brave. Bravery often looks like honesty. It is often done with the support of someone else. It often takes practice. But it always removes barriers.