

Week 51 Practice

You have been practicing bravery during this year of listening, loving, and living, but you practiced it long before this year, as well. You practiced it as a child, every time you did something you weren't certain you could do. And you've practiced bravery every day of your life. How many of us know for sure we can handle the demands any day might throw at us? And yet you do it. Every day. This week, we are going to focus on that, and in doing so, we are going to transform the hard work of bravery into something easier. Lighter.

We're going to transform it into joy.

Usually, when we anxiously anticipate a life event, once we bravely get through it, we rarely reflect on the fact that we survived it. We just move on and start focusing on the next fearful event, which will require more bravery that we forget to focus on. So, this week, instead of looking toward the future and anticipating all the moments that will call upon your courage, it is time to focus upon the fear you've already faced. In quiet reflection throughout the week, gradually make a list of every event in your life you can recall—*every* event—which you anticipated fearfully. This is going to take some time. Next to each event, write “Stepped into” if you chose to go through it, or “Stepped away from” if you chose to avoid the situation you feared. Finally, next to each time you wrote “Stepped into,” write two additional phrases.

“I was brave.”

“I AM brave.”

As you go through your week, let those two phrases begin to descend from your head down into your heart. And when they do, listen to the sound of them landing there. It's the sound of joy.