



# **The Dare To Be Brave Challenge**

A Journey of Self Discovery

By Julie Martella

Navigating  Widowhood

# The Dare To Be Brave Challenge

Welcome to the Dare To Be Brave Challenge, where I'm inviting you to embark on a journey of self-discovery and growth as you step into this unknown, future version of yourself, one dare at a time.

I know that stepping out of your comfort zone is hard. I know that it will require you to embrace your vulnerable side, and that you will have to take an ACTION (a dare) despite your fear.

However, I also know that this is a perfect way to show up for who you are now, as well as who you are becoming. You will try new things and either like/love/or hate them, but either way, at the end of the day, you will have new information about yourself which can be invaluable.

You will become an expert in bravery. Do you know what happens when you do this? You become fearless, unshakable, and incredibly grounded. You take life by the horns and hold on. You tap into your personal power and use that to fuel your bravery.

---

"The willingness to show up changes us,  
it makes us a little braver each time."

*-Brene Brown*

---

Maybe it's been a while since you've shown up for yourself. You've had a lot of grief work to do. Maybe your loss has left your universe spinning, and you feel like it's time to try something new. This is what will happen when you do:

Navigating  Widowhood

1. It will help you embrace personal growth as you open yourself up to new experiences, perspectives, and opportunities.
2. It will help you break free of the familiar routines which may be keeping you stuck.
3. It will help you overcome possible fears and limitations as you confront and conquer barriers you may have unintentionally created over the years.
4. It will help you discover untapped hidden passions (and possibly a new vocation) as you try new activities and pursue some less conventional interests.
5. It will help you build self-confidence and resilience because stepping outside of your comfort zone flexes those muscles!

So, are you ready to embark on The Dare To Be Brave Challenge? Are you ready to tap into the immense potential that lies within you? Then get ready, because by the end of your challenge time, you will be able to celebrate the beauty of pushing boundaries, conquering your fears, and discovering the extraordinary in the ordinary. Most importantly, you will be able to embrace this new, incredible version of you that you are becoming.

---

Remember, the greatest adventures in life often  
begin when we dare to be brave.

*– Julie Martella*

---

# How To Do the Challenge

1. Decide a time frame and a number of new things you are willing to try. Have fun with it. It could be one dare a day for seven days. It could be one dare a week for a month, season or year. It could even be "I will fill the page in \_\_\_\_\_ days."
2. Peruse the list of suggestions on the next page for inspiration. When you see something that you would like to investigate further, highlight it, or put a checkmark next to it so you'll remember.
3. Make a plan of attack. Once you have decided how many dares you want to try and the timeframe, begin researching them and adding them to the calendar. In addition to looking at the online search engines, you can also check out apps such as MeetUp, Groupon, or Eventbrite. Google classes or locations and allow those to help guide you. There may be a photography class somewhere that you'd like to take. Mark it on the calendar so you will do it!
4. Be prepared to freak out! This is your primitive brain's way of trying to keep you safe in the cave, and it's a normal response to a new situation. Come up with your one-line response to tell yourself when this happens. It may be as simple as, "I am learning new things so I can..."
5. I have given you an entire page of inspiring quotes you can read when you're feeling afraid. Find one or two that speak to you and make them a screen saver on your phone. It will help!

6. Remember, this is a data gathering experiment. That means there is no judgement, only observations. It's like trying on hats. If you try one on and hate it, just say pass and move on to the next hat (or activity). If you can jot down notes about why you did or didn't like an event or activity, it may lead to some powerful insights you can harness for Future YOU.
7. AFTER the challenge, I want you to let me know how it went! What did you discover about yourself? What did you decide not to repeat? Was there an epic fail or an amazing ah-ha? Go to Instagram or Facebook and tag Navigating Widowhood and use the hashtag #daretobebravechallenge and tag Navigating Widowhood. Send me a note while you're there. I personally reply to all of my DM's and I love hearing from you!



Navigating  Widowhood

# What Could I Dare Myself To Do?

- Go rock climbing
- Try bungee jumping
- Learn skydiving
- Explore hiking
- Go backpacking
- Try tent camping
- Take up painting
- Try drawing
- Write a short story
- Write a poem
- Play a musical instrument
- Try photography
- Take up dance
- Take a theatre class
- Audition for a play
- Explore international cuisine
- Attend a cooking class
- Host a dinner party
- Create a new recipe
- Train for a 5k/10k
- Go axe throwing
- Go kayaking
- Write in a journal
- Go wine tasting
- Take a cooking class
- Join a book club
- Invite a friend to lunch
- Take a day trip
- Take an overnight trip
- Go horseback riding
- Take a class
- Go to a spa
- Go star-gazing
- Do someone a favor
- Keep a plant alive
- Hold a board game night
- Plant some flowers
- Watch a sunrise/sunset
- Meditate using an app
- Visit a nearby tourist attraction
- Schedule singing time
- Try a new puzzle
- Do some volunteer work
- Create a piece of art
- Go to the farmers market
- Send someone a gift
- Learn calligraphy
- Visit a national park near you
- Join a community club
- Learn Yoga or Tai Chi

# Dare To Be Brave List:

Activity	Y	N
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>



# Inspirational Quotes

1. "Sometimes all you need is twenty seconds of insane courage. Just literally twenty seconds of just embarrassing bravery. And I promise you, something great will come of it." -*We Bought a Zoo*
2. "Oh yes, the past can hurt. But the way I see it, you can either run from it or learn from it." -*Rafiki, The Lion King*
3. "Courage doesn't mean you don't get afraid. Courage means you don't let fear stop you." -*Bethany Hamilton*
4. "You can choose courage, or you can choose comfort, but you cannot choose both." -*Brene Brown*
5. "Courage is not the absence of fear but rather the judgment that something is more important than fear." -*The Princess Diaries*
6. "Even miracles take a little time." -*Fairy Godmother, Cinderella*
7. "Courage is contagious. Every time we choose courage, we make everyone around us a little better and the world a little braver." -*Brene Brown*
8. "Venture outside your comfort zone. The rewards are worth it." -*Rapunzel, Tangled*
9. "Bravery is being the only one who knows you're afraid." -*Franklin D. Jones*
10. "Being brave means you're scared, really scared, trembly scared, but you do it anyway." -*Coraline*



11. "You are more powerful than you know; you are beautiful just as you are." -*Melissa Etheridge*
12. "Courage is not the absence of fear, but rather the strength to keep going forward despite the fear." -*The Hobbit: An Unexpected Journey*
13. "I'm not afraid. I'm brave. Only brave people are not afraid." -*The Lion King*
14. "One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency." -*Maya Angelo*
15. "It takes a great deal of bravery to stand up to our enemies, but just as much to stand up to our friends." -*J.K. Rowling*
16. "You are braver than you believe, stronger than you seem, and smarter than you think." -*A.A. Milne*
17. "Bravery is not the absence of fear but rather the strength to keep going forward despite the fear." -*Paulo Coelho*
18. "Have the courage to follow your heart and intuition. They somehow already know what you truly want to become." -*Steve Jobs*
19. "The flower that blooms in adversity is the most rare and beautiful of all." -*Mulan, Mulan*
20. "Courage is not about being afraid. It's about being scared to death...and saddling up anyway." -*John Wayne*