
THE COURAGE LAB PROJECT

A Guided Journal

for your next chapter

Courage isn't the absence of fear. It's practiced.

thecouragelabproject.com

How to use this journal

You didn't lose your drive. You just ran out of permission. This journal isn't a five-year plan, and it doesn't need polished answers — there aren't any wrong ones.

It's built around the same five areas of a life that tend to erode together, and rebuild together too: Relationships & Boundaries, Family & Distancing, Career & Money, Spirituality & Intuition, and Mindset, Habits & Fears.

Work through it in order, or open to whichever pillar is loudest for you this week. Each section has a few prompts and space to write. Nothing here needs to be figured out in one sitting — it just needs to be true when you write it.

Bring the version of your life you're not saying out loud yet.

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01

Relationships & Boundaries

Where you give, where you're giving too much, and how to say the smaller word.

This is the pillar where the pattern usually shows up first: the reflexive yes, the apology before the ask, the resentment that builds quietly and then all at once. Boundaries aren't walls — they're the shape that lets you stay in relationship without disappearing inside it.

Where have you said yes this week when you wanted to say no?

What would it actually cost you to hold that boundary anyway — and is that cost real, or is it a feeling you've mistaken for a fact?

Whose approval are you protecting when you over-give?

Name one relationship where the give-and-take feels lopsided. What's one small adjustment you could test this week?

02

Family & Distancing

Loving people from a workable distance instead of an exhausting closeness.

Distance isn't the opposite of love. Sometimes it's the only way love survives contact. This pillar is about finding the version of closeness that doesn't cost you your own ground to stand on.

Where does closeness with family cost you more than it gives you right now?

What would 'a workable distance' look like in practice — not less love, just less depletion?

What guilt shows up when you imagine that distance? Whose voice is it, really?

What's one small step toward a healthier version of this relationship this month?

Career & Money

Naming what you're owed and asking for it without apologizing first.

Somewhere along the way, asking for what you're worth started to feel like overreaching. It isn't. This pillar is about getting specific — about your value, your ask, and the sentence you keep rehearsing but haven't said out loud.

What are you actually worth in this role — and where's the gap between that and what you're being paid or credited for?

What's one ask you've been rehearsing but haven't made?

If you removed the apology from that ask, what would it sound like?

What would 'brave' look like in your career this quarter?

Spirituality & Intuition

Trusting the quiet read you had before you talked yourself out of it.

You already know things. The work here isn't learning to be intuitive — it's remembering how to trust the read you had in the first five seconds, before you talked yourself into something more comfortable.

Think of a recent decision. What did your gut say first, before you talked yourself out of it?

What does it feel like in your body when you know something is right?

Where have you overridden your own intuition to keep the peace?

What's one decision you're facing now — what does the quiet read say?

Mindset, Habits & Fears

The daily practice of choosing the brave option, on purpose, on repeat.

Courage isn't a personality trait. It's a rep you do on purpose, most days, until it stops feeling like a rep and starts feeling like who you are. This pillar is where the small actions live.

What's one small brave action you could take today, not someday?

What fear is loudest right now, and what is it actually protecting you from?

Where have you already been braver than you give yourself credit for?

What would it look like to make courage a habit rather than an event?

Your next chapter isn't waiting for you to feel ready.

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