

# Brave Challenge

## 2022



<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a letter to your future self	Do something for someone else	Go for a walk in nature	Thank your support system	Go to bed early
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to a new type of music	Dance, even if you don't think you can	Have a tough conversation	Try a new food	Write a love letter to yourself
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make a list of 25 things you like about yourself	Journaling (you decide how often)	Reflect on a time when you were brave	Practice gratitude	Try a DIY Project
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your top 3 values	Start a book focused on courage/brave leadership	Start a new hobby	Spend time with someone close	Identify a brave mentor
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learn about a culture other than your own	Be Still	Write out your goals	Set boundaries on your time/calendar	Watch the sunset
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a break	Learn a new skill	Create your ideal future	Surround yourself with positivity	Drink plenty of water

For resources to assist you, visit [www.kimregis.com](http://www.kimregis.com) and click on "Join The Brave Challenge"