

# COURAGE CHECKLIST

This 10 question checklist is designed as an opportunity for you check in with yourself before pursuing goals, as a reality check before making decisions and a solution to the slow torture of hesitation/ procrastination.

**It is not a magic formula to assign responsibility for your choices to an outside source. Only you can decide what is best for you, which endeavours you will pursue and whether an option is worth the risk.**

**Please consider your answers carefully and then match your final total against the best decision maker ever known - your gut.**



Write down the goal or action you're evaluating in this box:

|   | YES                      | NO                       |
|---|--------------------------|--------------------------|
| 1. Have I done the research on the task I want to tackle?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Am I aiming high enough?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have I identified someone who has already achieved it?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have I weighed my chances of succeeding against the possibility of not succeeding? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Will I be able to learn something valuable from this pursuit (even if I fail)?     | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Can I afford what this goal might cost (money, time, mindset)?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do I have anyone in my corner to help me?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Will the possible outcome be worth the risk?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Would I take action if I managed my fears & placed them in perspective?            | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Will taking action be better than the regret of not acting?                       | <input type="checkbox"/> | <input type="checkbox"/> |

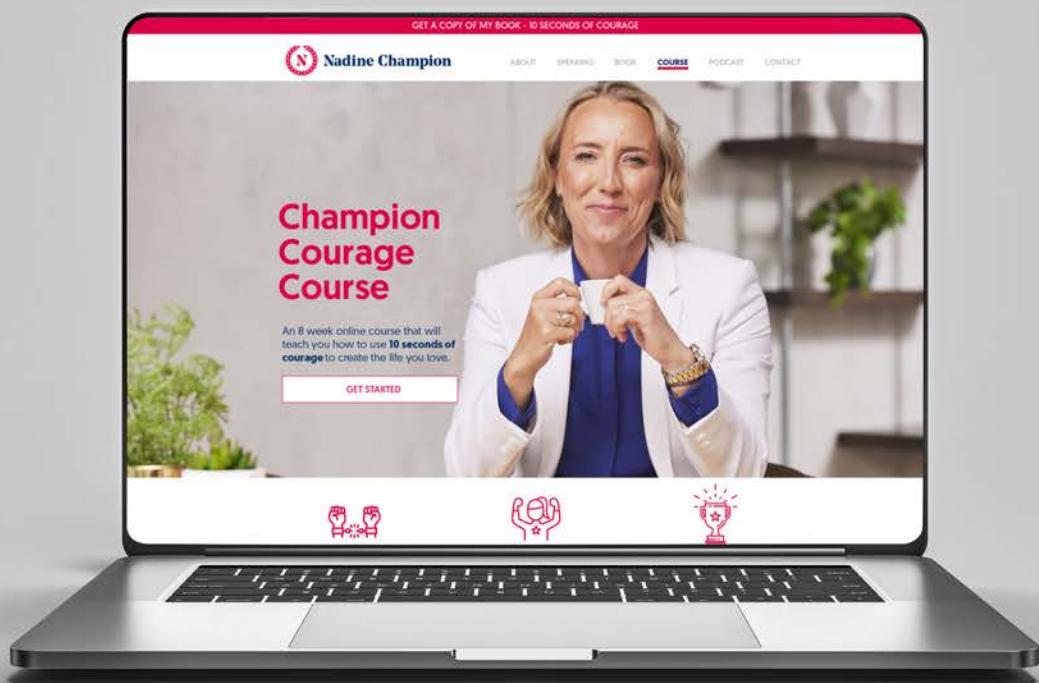


# What's next?

The difference between a life you like, and a life you love is often your mindset and the actions you choose because of that perspective. If you'd like to keep uplifting your mind and get more support in creating courageous action, then you should join my soon to be released [The Courage Course](#).

I will teach you how to create a more positive, confident inner voice and discover patterns that keep you stuck along with how to create more successful strategies. I'll take you on a deep dive into the daily mindset practices I've used to create a life better than I could have previously imagined - with a more positive sense of self, professionally, financially, in marriage, health and friendships. I've been teaching these frameworks privately for decades to powerfully change the lives of others and they are soon to be available for the first time ever to YOU!

You'll even gain access to your very own team of good people to have in your corner who are also working on positive personal growth and using courage to create a life they truly love.



## The Courage Course

[www.winyourfight.com/waitlist](http://www.winyourfight.com/waitlist)

I'll be in  
your corner  
proudly  
cheering  
you on!



# Thank you

Thank you for taking the time to complete your checklist.

I hope (if it's the right decision for you) that the checklist can help you to get out of your comfort zone and take courageous action.

I'd love to know how you go. #10secondsofcourage

Tag me online and tell me:



[nadinechampion\\_](#)



[nadinechampion](#)



[nadinechampion](#)

