

4 steps to **BEING BRAVE**

1

Start Small - Practice small acts of bravery.

- Gently push your comfort zone by doing something new and a bit scary every day.
- Remember that BRAVERY is feeling scared and taking action anyway.
- The more familiar we get with feeling that discomfort, the easier being brave becomes.

2

Identify your fears.

- We are all human and we all have fears!
- Shine a light on your fears and name them - they will lose some of their power once they are out of the dark.
- We talk about fears and how to overcome them in my free Facebook group, "Brave New Girl - with Naomi B" - [join this great community](#) of awesome women to learn more.

3

Remember that your fear can't hurt you - but stress can.

- Your fear is an internal response to something that may not even happen.
- Short-term & long-term stress CAN have negative effects on the body.
- If you are feeling some of these effects, and would like to talk about how to reduce them, email me at naomi.battah@outlook.com if you're ready to start feeling lighter.

4

Let go of needing things to be perfect.

- Being brave & taking action is the win here - the outcome doesn't actually matter!
- Everything is a learning opportunity. We can always try again.
- Don't worry about what other people think. This isn't their journey – it's YOURS.

I am hosting a **FREE TRAINING** to help you
in your journey to **BEING BRAVE!**

CLICK HERE TO REGISTER!

(you can join live or be sent the recording)



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