

The Three Courage's of Freedom Mountain

There are 3 different kinds of courage required to live a fulfilling life of genuine meaning and prosperity:

1. Clarity Courage 2. Your Courageous Self 3. Commitment Courage

Each courage represent 3 different aspects of your heart - and the 3 different types of courage that you will mobilize to design and create your meaningful life of vitality, intimacy and prosperity.

In each of the 3 sections below, follow the instructions and fill in your answers to the best of your ability.

1. Clarity Courage

In this section please identify 3 words that best represent your future aspirational goals for you, your relationships, your work. For instance, my 3 aspirational words for me are ALIVENESS, for my relationships WARMTH, and for my work PROSPERITY. Each of these words mean something to me. What are your 3 words that you want to be the best example of in your life?

Self Word _____

Relationship Word _____

Work Word _____

2. Your Courageous Self [CS]

In this section please draw a simple time line of your age from the day you were born and graph the ups and downs of your life. We want to focus on the peaks above the time line despite he challenges that you have experienced in your life. Know that your Courageous Self was operational when you were in your peak "sparkly moments" AND when you were climbing out of the trough/ basement of the troubled areas below the line. Close your eyes and tune into this CS. Take 3 minutes to imagine him or her mobilized in your life now.

What is one image that best describes your CS? _____

What is one bodily sensation of your CS? _____

How does your CS walk in life? _____

3. Commitment Courage

Please identify 3 people who will help, support and even challenge you to commit and live into your aspirational words [#1 above] AND see, mentor and remind to mobilize your CS [#2 above] when you forget to walk into your genuineness and be the captain of your ship. In other words, these "Villagers" are going to hold your feet to the fire of you being the person you aspire to be, want to live into and will be encouraged by the Villagers to fully express - your life of sincerity, meaningful prosperity and nobility of soul - but especially when you loose the plot of fully living your meaningful life of aliveness, intimacy and genuine fulfillment.

1. Villager _____

2. Villager _____

3. Villager _____