

TABLE OF CONTENT

Chapter 1: Heart and Soul Query Choose Wisely	3
Chapter 2: Preparation Get Ready	3
Chapter 3: Training Get Schooled	4
Chapter 4: Commit Beforehand Decide	5
Chapter 5: What Bravery Does For You Advantages	5
Wrapping Up	6

Chapter 1: Heart and Soul Query

f you take a minute to design your day, write up your to-do list, or consider what action to choose next, stop and inquire, "Where is the course with a heart and soul?" This is potent as it will help you right away dispose of the choices that don't have a heart and soul.

Choose Wisely

If you're sitting at home, attempting to determine how to spend your night, ask yourself the heart and soul question. Observe how particular options feel hardhearted and void, while other courses bring about a tingle of fervor when you think about them.

Let your heart and soul help you discover the correct course. Take note that the word courage is in the word encouragement. Once we identify the course with a heart and soul, we feel boosted to get moving.

Maybe rather than watching TV, you're boosted to read something that makes you fell good. Perhaps rather than playing PC games, you're boosted to have a rich conversation with your partner about the future of your love and life. And perhaps rather than simply going through the motions at your job, you're boosted to press yourself to make the most beneficial contribution you are able to. The heart centered option leads you to the course of conscious development.

I frequently ask myself this question when choosing which content to write next. Due to the ceaseless influx of reviewer propositions, as well as my own development experiments, I never have a deficit of ideas, but it may be backbreaking to pick out a subject as there are so many great ones to think about. Once I stop and inquire: Where is the course with a heart and soul? The correct topic commonly becomes clean-cut. It's the matter that frightens me a bit, the one I'm not certain I can write on well, the one that excites my soul. On those occasions when the subject doesn't get clean-cut, it's because the heart-centered course calls for doing something; different than a piece of writing.

Post the heart and soul question in a position where you'll see it day- after-day, or set it as your PC's screen saver, so you will be reminded of it a great deal.

If you ask the question, you bring your system of logic and intuition into alignment.

Chapter 2: Preparation

ou are able to utilize the same grooming idea from that was discussed earlier in this series to step by step build your bravery. Rather than tackling your greatest concern straight off, face up to your smallest concerns first, and progressively work up to more important acts of bravery.

Get Ready

First of all, pick out a concern you'd like to overpower. It's all right if it's too large for you to take on straight off. Now see if you are able to distinguish one little step you may take to face up to that fear, something that may be a reasonably modest challenge for you but that would still spark off some type of change.

For instance, if you're afraid to start up a