



Creating Your Courage Ally

with Laura Clark
Your Soul Wise Living Mentor

Your Courage Ally:

is someone or something that you can connect with for support in those pesky moments of self doubt

List 5 people/animals/fictional characters who you know to be courageous:

Write ALL The attributes they have that make them courageous:



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Creating An Environment for Sacred Soul Journaling™

Circle the Top 10 Attributes you wrote that you believe are 'must haves' for courage and write them below:

Narrow these top 10 attributes to your top 5 and write those below:



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Reflect back on the people/animals/fictional characters you thought of and the 5 top courageous attributes of courage. How do they portray and possess these?

In your mind's eye create the Most Courageous Ally as a combination of these. Create a fictional character in the shape and form YOU can connect with. You may want to sit quietly and do this in meditative fashion.

Write about this Courage Ally you've created. What does he/she look like? Is he/she an animal, a goddess, a person? What other attributes support their courage.



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Connect with this courage ally. Find a quiet space and time and connect with this ally? What message might they have for you in this place and time?

Find an image of this ally and print it out and put it where you can see it while working. Clients of mine have courage allies such as lions and griffins, SuperWoman and WonderWoman, Goddesses & Fairies, Actresses and Politicians. Even Joan Of Arc!

Know that you can connect with Your Courage Ally, their wisdom and insights as well as their attributes anytime for they are within you as well.



Creating Your Courage Ally

Connect with Me!

Let me know who or what your courage ally is! I'd love to know !
You can email me anytime at Laura@soulwiseliving.com

You can also find me on facebook at www.facebook.com/soulwiseliving