Plan it
CouRage Planner

This is a 4 week challenge, but you can spread it out or take as long as you need to build your courage. Go at your own pace. Pick one or more of the CouRage Challenges, or focus on your own challenges.



CouRage Challenge 1: Try a treatment



CouRage Challenge 2: Face your fears



CouRage Challenge 3: Talk it out



CouRage Challenge 4: Turn off



CouRage Challenge 5: A mindful week



CouRage Challenge 6: Pick a date, meditate

Week 1

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Week 2

Week 3

Week 4

Reflection time: how did your challenges go? Would you do it again? Are you proud? (Tip: you should be!)

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