



Do One Thing Every Day That Scares You: A Journal

Robie Rogge, Dian Smith

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Each day is an opportunity to perform one small act of bravery; singing out loud, asking for help, admitting a mistake, pitching an idea, accepting a compliment, changing your hair, going for the prize, failing spectacularly and trying again. This journal contains a year's worth of fear-facing prompts and mottoes of encouragement. It provides space to jot down daily examples of your own courage--the small steps that culminate in one bold year. Jotting down one thing a day, especially on fortifying subjects like gratitude and happiness, is an enormously popular journaling practice (one that is recommended by nearly every best-selling self-help author). Bravery is another key ingredient of self-actualization, so why not make a daily habit of thinking courageously? This journal is perfect for recent graduates, milestone birthdays, or as a year-end holiday gift to kick off "New Year, New You" projects.

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