

# Courageously You!

Learning to Give Voice to Your Dreams

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## Five Steps

1. Invite Jalils
2. Believe Jalils



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1. Invite Jalils
2. Believe Jalils
3. Identify a small action step



**From:** [Nina]  
**Sent:** Thursday, January 29, 2015 11:30 PM  
**To:** Sabina Nawaz  
**Subject:** ok I finally did it :)

I just sent the email to [Alice] – It's been a long week, I'm exhausted, I can't think quite clearly so I just did it 😊

That was my small moment of courage for the day.

Happy Friday! 😊

## Five Steps

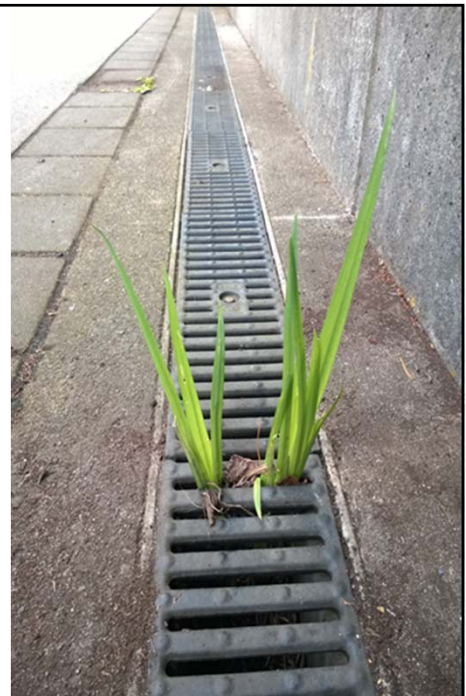
1. Invite Jalils
2. Believe Jalils
3. Identify a small action step
4. Ask for what you want



## What is Failure?

Failure is the opportunity to  
expand your definition of  
success

@SabinaNawaz 





# Five Steps

1. Invite Jalils
2. Believe Jalils
3. Identify a small action step
4. Ask for what you want
5. Failure is the opportunity to expand your definition of success



*"Dear Sabina,*

*My 17-year-old son Alex has many learning challenges. To put it simply, it is very hard to be Alex. This week he had the dreaded task of taking his high school final exams that he was certain he would fail. We have been very fortunate to be able to send Alex to top-rated schools as well as see the most gifted and encouraging tutors but even as hard as he tries, he does not pass most tests.*

*His self-esteem has been destroyed since we received his SAT scores. He started giving up on not only the idea of going to college or trade school but on trying all together. As a result, he didn't see any reason at all to study anything this week. He was going to fail anyway so why try?*

*I showed Alex your video last night. He liked the part where you talked about failing. He did not know that people who have engineering degrees and work for Microsoft **actually fail**. Maybe he did not know because most people do not talk about failing in a positive light?*

*I want to thank you for your voice and for encouraging my son to try."*

## Share your courageous story

- Specific story of courage: what, how
- What was the voice you tapped into?
- Which voice did you have to negate?
- At each table, create flip chart: One positive and one negative voice each and what did they say to you? Use actual quotes.



We tend to compare our insides to other people's outsides

Jim Sorensen

## As you take courageous steps

- The temptation to quit will be greatest just before you're about to succeed
- Small \* Often = Big Change



## The courage to pursue your dreams

Having a dream... Courage.

Visualizing your dream... Persistence.

Physically moving towards your dream... Guts.

Letting go of the "cursed hows"... Wisdom.

The look on your friends' faces, when they see you on the red carpet... Priceless.

--- TUT's Adventurers Club



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