

SMALL STEPS, BIG COURAGE: HOW TINY ACTS OF BRAVERY TRANSFORM YOUR LIFE

© 2026 by MyRestartLife™



This lesson includes **nine powerful tips** and **three action steps** you can take immediately.

It also includes a list of **suggested readings** for even more information.

TOP TIPS

Small Steps, Big Courage: How Tiny Acts of Bravery Transform Your Life

This lesson explores how small, consistent acts of bravery can create major shifts in our lives over time. Whether it's speaking up in a meeting, trying something new, or setting boundaries, everyday courage builds resilience and self-confidence. Today, you'll learn how to recognize and practice these tiny acts of bravery to build a more confident, empowered version of yourself.

1. Start with Small Risks

You don't have to jump out of a plane to be brave—small risks count too. Saying hello to someone new, trying a new food, or sharing an opinion in a group are all tiny acts of courage. These manageable challenges build your bravery muscle over time.

2. Acknowledge Your Fear

Bravery isn't the absence of fear—it's the decision to act despite it. Recognize what scares you and name it instead of pushing it away. This awareness can diminish the fear's power and allow you to move through it.

3. Celebrate Small Wins

Every courageous act, no matter how minor, deserves recognition. Celebrate it internally or even with a trusted friend to anchor the positive feeling. Over time, this reinforces your ability to act bravely again.

4. Speak Your Truth Gently

Being honest in a kind and respectful manner is a powerful form of bravery. Practice expressing your needs or feelings in situations where you'd normally stay silent. This cultivates both self-respect and deeper connections.

5. Learn to Say No

Saying no is a brave act, especially if you're used to people-pleasing. It affirms your boundaries and teaches others how to treat you. Even a single, respectful 'no' can create a ripple effect of empowerment.

6. Take Action Before You're Ready

Waiting until you feel totally confident can lead to paralysis. Sometimes, acting while still uncertain is where the real growth happens. People often underestimate how much courage they already have within.

7. Ask for Help

Reaching out for support is a significant yet often overlooked act of bravery. It shows vulnerability and the courage to admit you can't do it all alone. This can deepen relationships and lighten your emotional load.

8. Step Outside Your Comfort Zone Daily

Push your boundaries slightly every day with a simple act that stretches you. It might be driving a new route, trying a new hobby, or initiating a conversation. These tiny discomforts accumulate into substantial growth.

9. Reflect and Journal About Your Courage

Writing down times you acted with courage helps you recognize progress. Journaling also provides insight into patterns of fear and how you overcame them. This reflection acts as evidence that you're braver than you think.

FAST ACTION STEPS

1. Do One Thing That Scares You Today

Choose something slightly uncomfortable and commit to doing it within the next 24 hours. It could be sending that email you've been avoiding or volunteering to speak in a meeting. Taking immediate action shrinks the power of fear.

2. Start a 'Bravery Journal'

Each evening, jot down one brave act you took during the day. Over time, this becomes a confidence catalogue you can revisit during self-doubt. Seeing a record of your courage makes you more likely to act bravely again.

3. Ask One Honest Question

Think of a situation where you've held back from asking something uncomfortable or vulnerable. Today, ask that question clearly and kindly. This will train you to seek clarity and connection, both rooted in courage.

FURTHER READING

Daring Greatly By Brené Brown

Feel the Fear and Do It Anyway By Susan Jeffers

The Gifts of Imperfection By Brené Brown

Radical Acceptance By Tara Brach

Brave, Not Perfect By Reshma Saujani

The Confidence Gap By Russ Harris

Year of Yes By Shonda Rhimes

Quiet: The Power of Introverts in a World That Can't Stop Talking By Susan Cain

Big Magic By Elizabeth Gilbert

Braving the Wilderness By Brené Brown