# YOUR BOLDNESS JOURNAL

An essential part of becoming Superbold will be logging your results on a daily basis, so a journal is critical. I recommend making it a physical journal, with a nice cover on it, because this is your transformation manual, and you want it to be tangible. I do believe there is something about having a real object, like a talisman symbolizing and empowering your growth and transformation. Trust me on this.

And keep it private. This is for your eyes only.

If you absolutely must go digital, then use an app like Evernote so that you are putting everything in the right place and can access it anywhere on any device. You can also print this document and use it, or just use it as a guide to create your own journal.

Also, you will have the opportunity to do testimonial posts on my website, where you can talk about your greatest successes and failures, and exercises that you created yourself. It will be a great experience for you to share your evolution and see what other people have experienced.

Your Boldness Journal has three purposes: to track your progress, both the failures and the victories; to reflect on your past, for motivation to become even bolder; and to lay out your dreams and goals. The more dedicated you are to detailing these thoughts and experiences, the faster you will progress in confidence, boldness, and fulfillment. Re-read them often for inspiration and guidance.

#### **JOURNAL SECTIONS**

#### 1. Moments That Made a Difference

List any moment, or action, where you took bold action and it changed the course of your life. Think back and list all th
times when you did or said exactly what you wanted to. What happened? How did it feel? When did speaking up make
difference? When did you get more than you expected because you acted? Also, list what situations you already act with
confidence in, either because you are highly skilled or just naturally feel comfortable.

2. My Missed Opportunities
List anytime when you hesitated and the moment passed, when you could have met someone, introduced yourself, said
something good, or been helpful or encouraging, or took a big risk. Write them here whenever you recall another one. Ther
also add:
What did you miss out on?
<ul> <li>What did you have said or done?</li> </ul>
What difference would that have made in your life?
Highlight when company care you a colden amounts in laid it wight out in front of you and you still missed it These co
Highlight when someone gave you a golden opportunity, laid it right out in front of you, and you still missed it. These ge a special label all their own, called "Super Goofs."
a special laser an inch own, cancer Super Goots.

3. My Barrier Beliefs
What are the beliefs you hold, your negative self-programming, the messages from Doctor No, that you've used to defin
yourself? List them now and add to them every time you catch yourself thinking another one. Every time you hear your inne
voice playing a discouraging thing, or a barrier belief, or an excuse why you won't attempt something, write it down. The
make a note if you think it's really true. You may likely come back later and see if it's still true ninety days from now. If no
make a notation of how you've overwritten this code to define yourself better.

## 4. My Crutches

What are the excuses you give yourself for why you are not acting boldly?
What are the crutches you fall back on, however large or trivial, true or fantasy?

# 5. Ranking Other People's Opinions

List all the people that you are close to in life, in work, family, and fun. Then, on a scale of 1 to 10, lay out how much each person's opinion about you should matter (you can put in your own score—these are mine):

Your spouse/partner: 8 (It should matter almost as much as yours, but not replace it.)

Mentors: 9 (If your mentor's opinion doesn't matter almost as much as your own, why are they your mentor?)

Close friends: 10

Facebook "friends": 1 Coworkers: 4

Audience members: 5

Random strangers' opinions: 0

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6. My Fantasy Encounter List	
List anyone you would like to meet, no matter how unlikely it would be.	
Here is a suggested list of living people that it may seem incredibly unlikely that you would ever meet, but it would be	he
very exciting to you if you did:	,,
Sir Richard Branson	
Bill Clinton	
George W. Bush	
Bradley Cooper	
Meryl Streep	
• Ellen DeGeneres	
Kamala Harris	
• Lady Gaga	
Mark Zuckerberg	
• Bill Gates	
Elon Musk	
Get the idea?	
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7. My Realistic Encounters List	
What person or people would you really like to meet that you could meet in the next week or two if you w	vere iust bold
enough? Some suggestions:	, ere just eera
Your CEO	
That guy in the finance department	
That gal in marketing	
That singer in the club you like	
A multimillionaire entrepreneur	
<ul> <li>The appealing person you see in the grocery store every week</li> </ul>	
Your favorite author	

8. My Dream Life List
Who do you want to become? What do you want to achieve? What's on your bucket list? For the moment, let go of how long it might take or how much money would be required. These can be fanciful, be a one-time thing, or take a lifetime, but stay in the range of what's possible. They can be deeply personal as well. Here are some suggestions:
Get a ride to the International Space Station      Improportions and sing healty to Lody Core
<ul> <li>Jump onstage and sing backup to Lady Gaga</li> <li>Meet a life partner</li> </ul>
Live in Europe for a month
Learn salsa dancing
Swim with sharks
Heal my relationship with my father

9. Incantations
What are you going to tell yourself every day, as if it's already true? List all the incantations you create over time and notice
the progression. You should also be adding them as sticky notes on your mirror.

# 10. My Cringeworthy Moments

These are the events or encounters in your past where you:

- Spoke up or acted, but did it so awkwardly that the result was painfully bad or embarrassing.
- Said or did the wrong thing, but never apologized or explained yourself later.
- The painful moments that haunt you, for one reason or another.
- · What scared you?

With each one, also write what you could have said or done differently.

Also list what you believe you missed out on.

11. Meanings I Could Change
Take a few moments and think of two or three experiences that really bothered or hurt you and probably still do. They could
be very significant in your life or only mildly so. Write them down and then come up with at least two alternative meanings.
Start with the fact, and then your interpretation, and then add the meanings.

12. Positive Judgments
Write down every judgment you have about anyone for an entire day, both the negative and then the positive one you replace
it with. Repeat this each week for a month, and then once every month for a year. You might want to use a separate notepa
for this, or the Evernote app on your phone.
13. Defusing Cringeworthy Moments
Find the person with whom the cringeworthy event, or the moment, or the exchange occurred. Apologize, if necessary, an
explain it. If you can't find the person, tell a friend. Make an entry on these three things:
1. How did it feel to express it?
2. What was the reaction to the apology and explanation?
3. Did you feel released from the cringe-worthiness?
(I sure hope so!)


## 14. My Personal Rules

What will you do or not do from now on?

This is where you will start to list the things that you will do consistently, without exception. You will add to this list as you become more comfortable doing more things. They are ironclad, nonnegotiable. Make your own list with your own rules. For example:

- 1. Always ask a person's name. And remember it. Even if I have to ask three more times.
- 2. Always start on a positive note with anyone I meet.
- 3. Apologize quickly and sincerely.
- 4. Never go to sleep without having made at least one person feel good about themselves.
- 5. Never let a day pass without venturing out of my comfort zone.
- 6. Always be considerate, knowing that I may still make some people uncomfortable.
- 7. Use my superpower for good, not just for myself, but for others.
- 8. Dream bigger.

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Add to and revise this list as you become more clear on your goals and pathway.

#### **ANNUAL REVIEW**

At least annually, reread these entries. See how much you've changed. And have that precious insight that you are still you, just a much better version. You can post videos of testimonials of your bold moves, and also make suggestions for exercises that you've created so that other people can try them. Do that at fredjoyal.com/superbold.

#### YOUR EXERCISE RESULTS

You are now doing the Boldness Exercises, and you will want to be recording what happened with each of them here in your journal.

For each exercise, record these details:

- Date and time
- What did you say or do?
- What was the reaction of the other person? What happened?
- How did you feel before?
- How did you feel after?
- What worked?
- What PRIDE steps did you miss?
- What could you have said or done instead?
- What more could you have said or done to continue the encounter beyond the exercise?
- Was it a success? Or a lesson? (You win either way!)
- How many attempts did it take to act or speak?
- Celebrate! Reward yourself for your bold move!

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What happened:
What could I have done differently? What did I learn? How did it feel? What PRIDE steps did I miss?

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Print more pages if you need them.