

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 the times when you did or said exactly what you wanted to. What happened? How did it feel? When did speaking up make a 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.

12. Positive Judgments

Write down every judgment you have about anyone for an entire day, both the negative and then the positive one you replaced it with. Repeat this each week for a month, and then once every month for a year. You might want to use a separate notepad 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, and 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!)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

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!

Date: ___/___/___ Time: _____ Exercise Level: ____

What I did: _____

What happened: _____

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

Print more pages if you need them.