



DR  
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WARRELL



# Lead with Courage

BRING YOUR BRAVEST SELF  
TO YOUR BIGGEST  
CHALLENGES



“

**Courage and comfort cannot ride the same horse.**

Fear

Courage

Reset Your  
**FOCUS**

Train the Brave  
**ACTION**

Challenge Your  
**STORY**

**Unlock Courage**



**Refuse to let the fears and limiting beliefs of others become your own.**



# Lead from Within

- **Vision = Power**
- Ground yourself in **self-certainty**
- Dare to make a bet on your boldest ‘invented future’

**BE → DO → HAVE**



**Lean toward risk. We fail more from timidity than over daring.**



# Breakout Discussion #1

## *Introductions:*

1. Three adjectives to describe yourself
2. What's your ideal 'invented future' in 5 years?
3. How will you 'measure success'? e.g. What would you be doing more/less of? What would you be known for?

Fear

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Reset Your  
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Challenge Your  
**STORY**



# Challenge Your Story

*(Beware your bias and  
blind spots)*

## Outcomes

The results  
you create  
(or opportunities  
lost)

## Your “STORY”

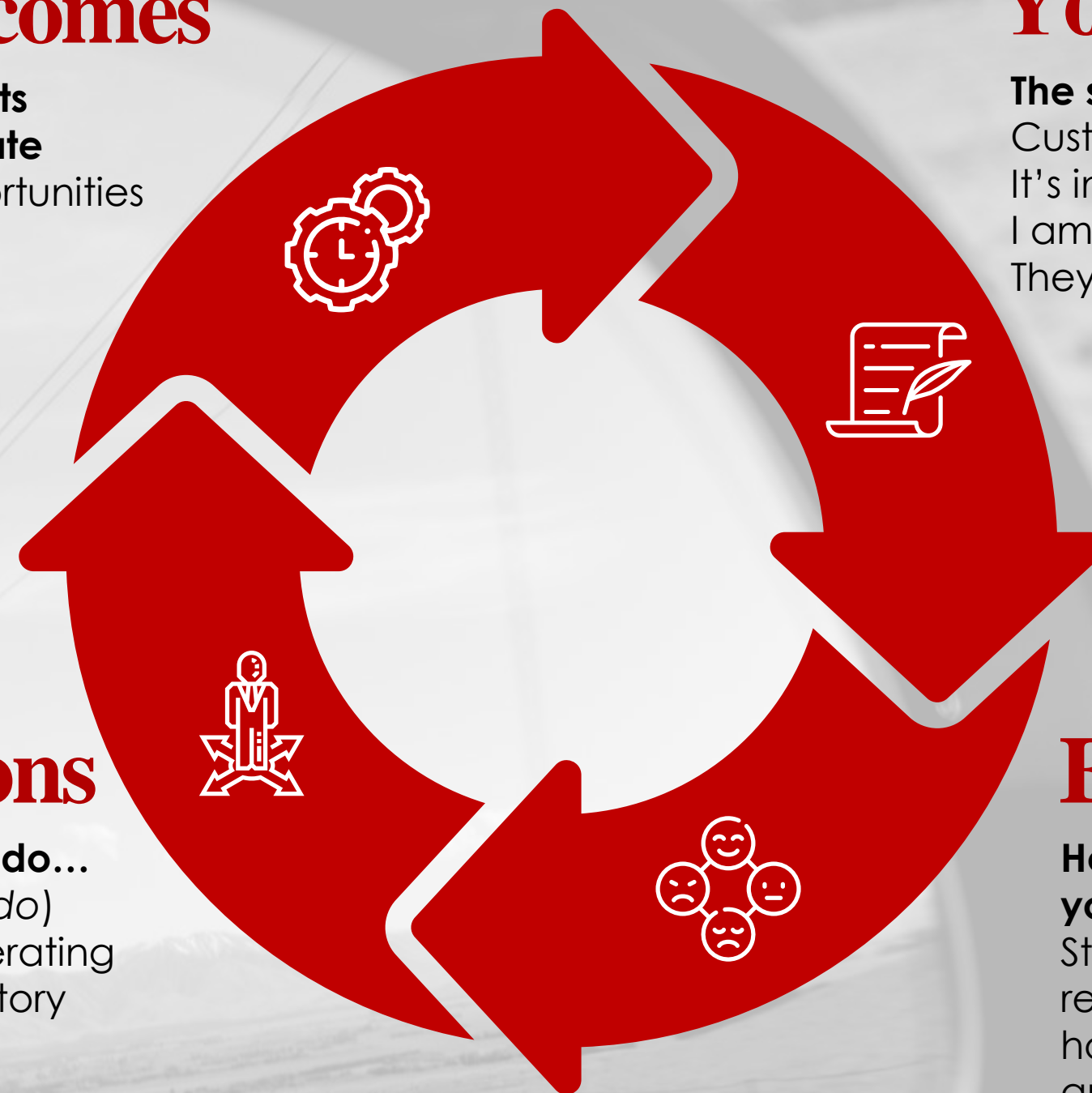
The story you’re spinning  
Customers will never....  
It’s impossible to...  
I am....  
They are....

## Actions

What you do...  
(or don’t do)  
when operating  
from this story

## Emotions

How this belief makes  
you feel...  
Stressed, excited,  
resigned, passionate,  
hopeful, resigned,  
ambitious, connected,  
isolated...





Just because you don't know how right now doesn't mean you can't figure it out.

**What's another story you can tell that fuels...**

**Power?**

**Purpose?**

**Positivity?**

This is my story™

### WRITING EXERCISE

1. A situation that has been causing me some negativity is...
2. The story I've been telling myself about it is that... *how you explain it? Blame, justification, excuses, complaints?*
3. This story makes me feel... *what emotions have you felt?*
4. It has driven me to ... *what actions have you taken or not taken?*
5. Another story I could tell myself is.... *Share alternate story that fuels Power + Purpose + Positivity*

This is my story<sup>!!!</sup>

## Breakout Discussion #2

### ***STORY TIME!***

1. One person will share their old story
2. The group will listen for 'victims' 'villains' and disempowering limiting language.
3. The group will help 'rewrite' their story (3P's)

Repeat with second person if time permits



# Train The Brave

Lean into discomfort  
and make a bet... on  
yourself.

Train the Brave  
**ACTION**

Reset Your  
**FOCUS**

Challenge Your  
**STORY**

**You are wired  
for safety,  
but...**



**Overestimate risk**

**Catastrophize outcomes**

**Underestimate yourself**

**Discount the cost of inaction**

**Protect status quo (sunk cost bias)**

**Playing it safe can be very  
risky.**

**TIMIDITY HAS A HIDDEN TAX**

*If you only do what's comfortable,  
you'll never discover  
what's possible.*

**Write down 5 brave actions you will  
take in the next 5 days?**





# Breakout Discussion #3

## *Time To Commit!*

1. Share your 5 brave actions commitments (be specific; make them measurable!)
2. Decide how you will hold each other accountable

# Make Your Biggest Mark



FOCUS

ACTION

STORY

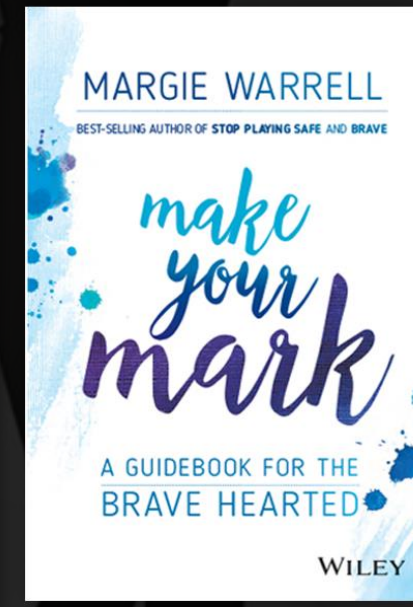
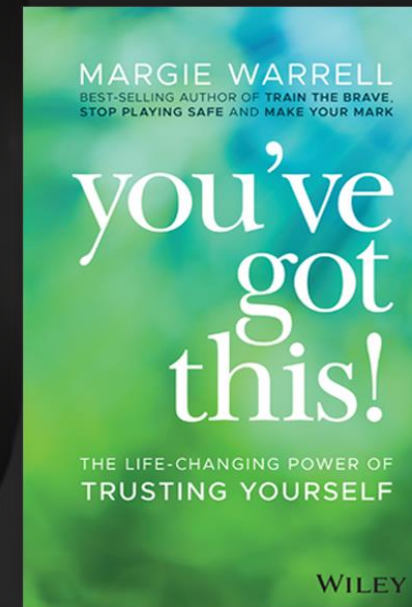
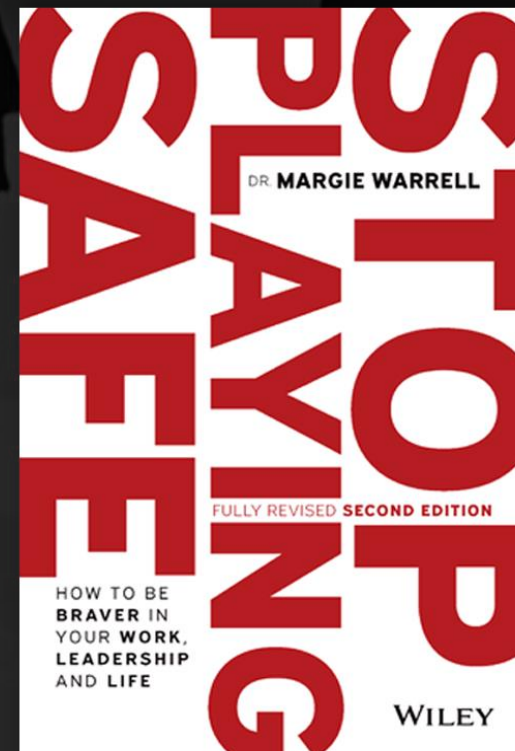
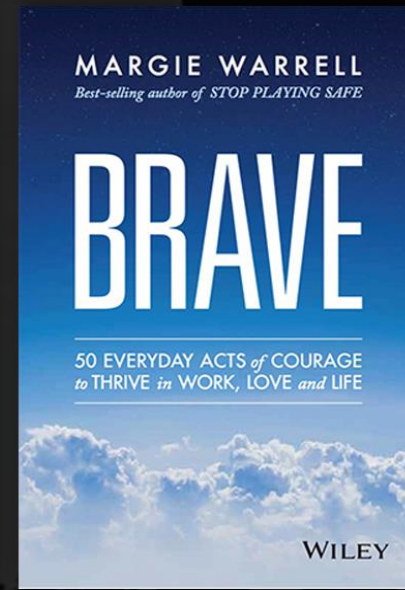
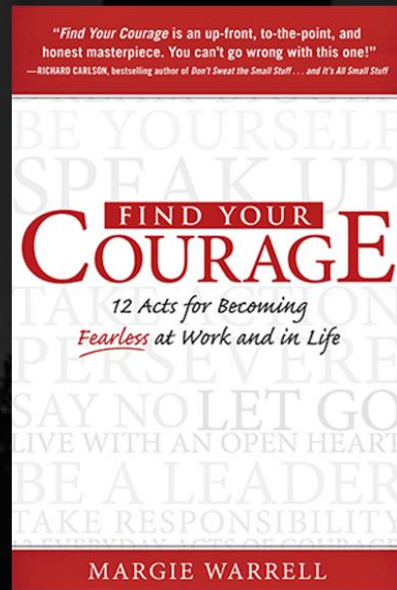
**The desire for safety and  
comfort will always pull...**



**against the desire  
for growth and service.**



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