



COURAGE AND TRUTH

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MINI
WORKBOOK

SUNDAY SESSIONS SERIES

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Finding Courage Through Truth

Being courageous leaders requires a great deal of bravery. Rather than running away from the dragon in the forest, we have to turn around and face it. Head on.

While we'd much rather turn back at the first sign of trouble, the best thing we can do for ourselves is face the thing; fight the dragon. If we decide to stay where we are comfortably sleeping behind the castle walls, we will always fear the dragon. We will be held hostage by our own comforts. The dragon will guard the gates that we're supposed to control, and that fear will always be there.

But if we have the courage to face that dragon, our peace of mind will be secured. What's more, the dragon also sits on a treasure chest that we can harvest to build a more secure future for ourselves.

Finding Courage Through Truth

Which would you rather have: A life where you're bound in the jail of your comfort and fear, or a future where you know you can face anything and have great riches to boot? You decide.

The following pages are just a snippet of a longer workbook and spiritual advising program that helps readers know the difference between their fears and intuition. Though this is not the entire book, it is a valuable little tool to help guide you through most any challenge you will encounter in your spiritual growth journey. I've used these same questions to move through a divorce, quit a job that I loved but couldn't continue, and find the love of my life.

Feel free to use it over and over again and share with friends.

Finding Courage Through Truth

REFLECTIONS

WHEN HAVE I IGNORED THE TRUTH IN THE PAST AND WHAT WERE THE
CONSEQUENCES?

WHAT TRUTH AM I CURRENTLY IGNORING OR DOWNPLAYING?

Just because you are confronting a truth about a situation, or person does not mean you need to completely cut that thing or persona out of your life. It can be as simple as making adjustments to find your sweet spot of peace.

This image shows a full page of handwriting practice paper. It contains ten identical rows of horizontal guidelines. Each row is defined by three lines: a solid top line, a dashed middle line, and a solid bottom line. The rows are evenly spaced across the entire page, providing ample space for practicing letter formation and alignment.

[illegible]

IF THIS ADJUSTMENT IS SUCCESSFUL, WILL THIS SITUATION OR RELATIONSHIP BE BETTER AND HEALTHIER FOR ME?

WHAT ARE MY NEXT STEPS TO BRING MYSELF TO PEACE IN THIS SITUATION?

Who can I ask for support with this? What spiritual practices will guide me through this challenge?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

Congratulations!

You have just done something incredible! Congratulate yourself on a job well done. You can complete this exercise over and over again with different aspects of your life that need to be nurtured. Remember to acknowledge all the hard work you're doing and treat yourself to something nice.

To purchase the full version of this workbook, go to avastclaire.com/shop.