



Leo SEASON:

## 5 DAY CHALLENGE: Courage Challenge

Leo is ruled by the Sun which corresponds to our third chakra- our power center. One of the themes for our Third Center is courage and we all can reference the Lion (Leo) as a symbol for courage. To live life fully is to be courageous, to move forward in the face of fear. Like a muscle, we can strengthen this ability and witness ourselves while we manifest faster and become more productive. Take this challenge to kickstart your life or move yourself out of stagnation.

This challenge will focus on 5 different types of courage: social, physical, intellectual, emotional, and spiritual.

Journal about your experience every day.

Day 1: Social courage challenge & mantra- Be Your Authentic Self

Say no to something you've been asked to do but don't want to do. Sometimes the fear of disappointing someone is more in our heads than reality.

Day 2: Physical courage challenge & mantra- Brave the Unknown

Take one step towards completing a task you've been procrastinating or do something for at least 20 minutes that scares you.

Day 3: Intellectual Challenge courage & mantra- Learn & Unlearn

Identify a belief you completely believe- then identify the opposite and listen to or read 5 different sources that explain the exact opposite.

Day 4: Emotional challenge courage & mantra- Heal Your Wounds

What is your biggest emotional block? Take some time to be curious about your attachment style and the origin of it. ([Learn more about attachment styles](#)).

Day 5: Spiritual challenge courage & mantra- Trust the Process

Identify your biggest fears and worries with something you care about - then remember a past fear or challenge that worked out brilliantly. Try not to excuse it away as some special circumstance. Force yourself to trust your next biggest challenge to work out exactly the way you want...or even better.