100 Ways to Exercise Your BRAVE

Brave is a muscle. You know that by now, right? The more we work it, the more we challenge ourselves to step out of our comfort zone, the braver we become. And you know what's even better? Brave is contagious. Your brave inspires others. Your determination to live your bravest life, motivates other people to do the same. So grab a friend and Choose Brave together. Here are some great ways to get started!

HOW THE LIST WORKS: So here's the deal. We are all at different places with our brave. And that's okay. It's good even. We are all unique, with different talents and callings so your brave may look completely different than someone else's. Because of that you may have already mastered some of the things on this list. That's wonderful. That is why there are 100! Pick the ones that challenge and stretch you. Think hard, dig deep; this is only a launching pad to get you started. Be intentional about it. You are here, so you are already off to a great start. Now dive in and Choose Brave. I'm choosing it, right along with you!

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1. Take a class at a local college — photography, computers, anything.
2. Learn to snowboard or ski.
3. Ride a segway for the day.
4. Laugh a little too loud.
5. Eat calamari or frog legs at least once.
6. Share your faith.
7. Ride a bicycle built for two.
8. Take up hand lettering.
9. Refuse to gossip.
10. Go skydiving.
11. Be faithful.
12. Be brave enough to cry.
14. Try to kick a field goal.
15. Call a friend you haven’t talked to for 2 years or more.
16. Run. And then, run farther.
17. Play raquetball.
18. Do a new work out. A hard one.
19. Go on a zipline.
20. Shoot a bow.
21. Dive in.
22. Learn a new language. And then use it.
23. Climb the highest hill.
25. Start a conversation while standing in line.
26. Drive a tractor.
27. Rock a baby to sleep.
28. Tell the people you love how much you really care about them.
29. Build something.
30. Surprise someone with a homemade dinner.
31. Write out your big, scary dream.
32. Invite someone over to dinner on the fly.
33. Pray. Out loud. For someone you don’t even know.
34. Ask for help.
35. Follow a strict budget.
36. Trade small talk for a discussion that matters.
37. Read a fat book.
38. Shoot a gun.
40. Stay up way too late.
41. Get up way too early.
42. Unplug for a day. A week. A month.
43. Set a goal to pay off your mortgage.
44. Lead a group or start one.
45. Spend an hour in nature. Alone.
46. Pay your debts.
47. Try a new recipe.
48. Say yes.
49. Say no.
50. Give completely underserved kindness.
51. Memorize a Bible verse. Or a whole chapter.
52. Make a friend.
53. Tell someone your big scary dream.
54. Volunteer.
55. Wear red lipstick.
56. Rock a baby to sleep.
57. Watch the sun rise.
58. Be humble.
59. Show up.
60. Go a week without makeup.
61. Go out to eat by yourself.
62. Find a mentor. Become one.
63. Be the first to start a standing ovation.
64. Take a step toward your big, crazy dream.
65. Go on a road trip.
66. Bite your tongue.
67. Take a stand.
68. Pray before you respond.
69. Pay it forward.
70. Say no to something good, when you know it’s not your best yes.
71. Ask for forgiveness.
72. Run for office. The council. The board.
73. Practice gratitude.
74. Be the last to leave.
75. Tell your story.
76. Babysit for an overwhelmed mama.
77. Go deep sea fishing.
78. Do a past.
79. Sleep under the stars.
80. Give money to a great cause.
81. Do a polar bear plunge.
82. Learn how to knit.
83. Listen.
84. Speak.
85. Be submissive.
86. Over tip.
87. Pick fresh peaches and learn to can them.
88. Be honest.
89. Create.
90. Cook for a crowd.
91. Be the first to smile.
92. Take an art class.
93. Speak truth.
94. Introduce yourself.
95. Share the stage.
96. Visit a nursing home.
97. Embrace change.
98. Play an instrument.
99. Give someone a haircut.
100. Fight to see the good.

So there you have it! 100 ways to get started working out your brave. The rest is up to you. Think about it. Talk about it. Make a plan and make it happen. Not everything on this list for you, but some of them, many of them, are. And I bet you know which ones they are. So dive in, head first, and Choose Brave.