



Courage in Small Steps

Move towards what matters at a pace your system can hold

The fox does not need to cross the whole forest today. Choose a safe, realistic challenge and one step that stretches you without overwhelming you.



WHAT I WANT TO FEEL MORE ABLE TO FACE

WHAT FEAR PREDICTS

WHAT COULD ALSO GO RIGHT

My smallest safe first step

Support I can take with me

What I will notice afterwards instead of judging the result
