

## Welcome to Your Courageous Year

~ January 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Day One of the Stop the Job Suckage Challenge Begins! The challenge runs from Jan 1-10.	2
3	4	5	6	7	8	9
10 The Stop the Job Suckage Challenge Ends—see the category “job suckage” to review all entries.	11 Final date to register for The Courageous Year. See <a href="http://www.yourcourageouslife.com/ecourse.html">www.yourcourageouslife.com/ecourse.html</a> for deets!	12	13 Do you have a story that you have to do it all alone?	14	15	16
17 Announcement sent out to all Courageous Year participants with info on how to log in to the website.	18 The Courageous Year Officially begins!	19 Note to self: the inner critic does not need to make your choices for you.	20 What excites you about beginnings?	21	22 Weekly accountability check-in: How has this week been for you?	23
24 Consider setting an intention for this upcoming week. What will it look like?	25	26 First Courageous Conference Call (signups will happen via the Forums) 8pm Pacific time, using Skype.	27 2 <sup>nd</sup> Courageous Conference Call (signups will happen via the Forums) 8pm Pacific time, using Skype.	28 Consider signing up for a one-on-one coaching session: <a href="http://www.yourcourageouslife.com/life-coaching.html">www.yourcourageouslife.com/life-coaching.html</a>	29 Weekly accountability check.	30 Are you giving yourself time to rest? Remember that it's the “weekend” not the “weakened.”
31	Notes: Welcome to the Courageous Year! This calendar will help you to look at how you can LIVE BIG in 2010. Consider using this calendar in tandem with a regular planner where you schedule your life's daily events. Use the questions interspersed throughout this calendar to guide you as the Year progresses. Scroll to the end of this calendar for more worksheets. If you're not already signed up for The Courageous Year, head over to <a href="http://www.yourcourageouslife.com/ecourse.html">http://www.yourcourageouslife.com/ecourse.html</a> for more details.					

~ February 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 What nourishes you? Registration opens for the Across Mediums Inspiring Art E-course! See the website for details. <a href="http://www.yourcourageouslife.com">www.yourcourageouslife.com</a></p>	<p>2 Courageous Conference Call #3 (signups will happen via the Forums) 8pm Pacific time, using Skype.</p>	<p>3 Where do you resist self-care? Courageous Conference Call #4 held tonight at 8pm, Skype.</p>	<p>4</p>	<p>5 Does your home reflect your inner state ?</p>	<p>6</p>
7	<p>8 Got a case of the Mondays? What's that about? List all the reasons, then brainstorm solutions.</p>	<p>9 Are you following on Twitter? <a href="http://www.twitter.com/katecourageous">www.twitter.com/katecourageous</a></p>	<p>10</p>	<p>11 "Turn your face to the sun and the shadows will fall behind you." – Maori Proverb</p>	<p>12 Accountability check—are you in integrity with yourself? If not, how can you get back on the horse?</p>	<p>13</p>
14 Happy Valentine's Day!	<p>15 Want to start Level ONE of the Courageous Year? Registration for Level ONE begins today! <a href="http://www.yourcourageouslife.com">www.yourcourageouslife.com</a></p>	<p>16 What stories do you tell others about who you are? How often do you tell others that you are lazy, slow, forgetful, always late, etc.?</p>	<p>17</p>	<p>18 What resistance have you noticed coming up lately? What's your story about why that happens? Is the story true?</p>	<p>19 If you had 12 weeks to work with a coach one-on-one, what would you want to accomplish? Consider signing up for one-on-one sessions.</p>	<p>20</p>
21	<p>22 Courageous Year participants already taking Level One—information will be posted about registering for Level TWO.</p>	<p>23 What are your stories about money?</p>	<p>24 What are your stories about "the way the world works"?</p>	<p>25 "Those who are free of resentful thoughts surely find peace." –Buddha</p>	<p>26 Accountability check! Notice where you're living a 5 and make it a 10.</p>	<p>27 "We are the chemist in the laboratory of the infinite. What, then, shall we create?" –Ernest Holmes</p>
<p>28 Are you getting enough rest?</p>	<p>Notes: We've started the Year off with Self-Care and now we're moving into Belief and Story. What are your stories about how powerful you are? What are your stories about how "it always is" with other people? What do you gain from your stories? Where does it limit you, make you less powerful, or disconnect you from others? What if it's ALL story?</p>					

~ March 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Interested in going to Italy, sipping wine at a villa, seeing amazing Renaissance works...on an affordable budget? See the Retreats page for details!	3	4	5 Accountability check— which areas of your life are you first to neglect when things get busy or hectic?	6
7 Ready to make this the Year that things happen? A NEW Level I of The Courageous Year is starting on March 29 <sup>th</sup> ! Register today!	8 Follow @katecourageous on Twitter to receive Courageous Questions. Search #courageousquestions	9 "Let your life lightly dance on the edges of Time like dew on the tip of a leaf." – Rabindranath Tagore	10	11 Declare how beautiful you find someone else to be. Let them receive it all the way.	12 Declare how beautiful you are to someone else. Receive it from yourself. Follow @katecourageous on twitter for a Friday accountability reminder.	13 Spontaneous JOY mission—do a kind deed for someone else but don't tell them that you did it. Smile.
14 When's the last time you had a laugh session?	15 What emotions are you most afraid of feeling? The Across Mediums Art Inspiration E-Course begins today! Welcome, new participants!	16 Courageous Living Retreats- some parts living big, some parts play, all parts connection! www.yourcourageouslife.com/retreats.html	17 Are you wearing a bit o' green today? What are your stories about how lucky or unlucky you are?	18 How often do you feel angry? Are you accepting of that?	19 How often do you feel joy? Are you accepting of that?	20
21	22 What is the role of PEACE in your life?	23 Where are you telling yourself to play it small?	24 Where in your life could you SURRENDER?	25	26 Where in your life are you grasping or not allowing?	27 "The only genuine love worthy of the name is unconditional." –John Powell
28 Level One, Group B participants, be sure to check your email for information on how to log in to The Courageous Year!	29 Level One, Group B starts The Courageous Year today! Level Two, Group A— welcome back!	30	31 What's one emotion that you notice you have difficulty being around when others express it?	Notes: Level One participants in The Courageous Year can opt to move on to Level Two, which begins March 29 <sup>th</sup> . Registration for a NEW Level One, open to new participants, also starts on March 29 <sup>th</sup> ! NOTE: Registration will begin this month for Courageous Living in Italy!		

~ April 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 What are you excited about? <b>Registration opens for another round of Across Mediums!</b>	2 Who in your life is emotionally draining?	3
4	5 What would it be like to connect more deeply with others?	6 <b>Courageous Conference Call #1 for GROUP B, LEVEL ONE to be held today via Skype (see Forums for scheduling)</b>	7 <b>Courageous Call #2 for GROUP B, LEVEL ONE to be held today via Skype (see Forums for scheduling).</b>	8 What is the role of loneliness in your life?	9 Accountability check—celebrate yourself!	10
11 Follow @katecourageous on Twitter to receive Courageous Questions. Search #courageousquestions	12 In what ways is lack of accountability not caring for you?	13 In what ways are you caring for yourself? <b>Courageous Conference Call #3 for GROUP B, LEVEL ONE.</b>	14 Who is more important to care for than yourself? Why? Can you care for anyone else if you aren't taking care of you? <b>CCC #4, GROUP B</b>	15 What are your stories about how okay it is to make self-care a priority? Who told you?	16	17
18	19 When's the last time you took a vacation day?	20	21 Review the course work you've done so far. Without beating yourself up, ask: are you accountable? Are you in integrity?	22 "Love is an act of endless forgiveness." –Peter Ustinov	23 Accountability check!	24 "When you change the way you see things, the things you see change." – Unknown
25	26 Procrastination is a form of control. Consider how this shows up in your life.	27 What do you put off? Why?	28 Are you usually late, or always on time? Why?	29 What does "balance" look like for you?	30 Commitment: what does that word trigger in you? <b>Last day to register for Across Mediums</b>	Notes:

~ May 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Want to start your Courageous Year? Registration for LEVEL ONE opens today! Level One begins July 12 <sup>th</sup> .
2	3 What beliefs do you cling to?	4 Find time to PLAY today.	5 Find time to PLAY again.	6 Make the time to PLAY even harder today.	7 What was it like for you to consider the possibility of playing several times this week?	8
9 Are you getting enough rest?	10 What's your story about PLAY? Is it okay?	11 Want to go to Italy this fall? Check the Retreats page for information!	12 What is one core belief you have about life that you love?	13 Trying to do it all alone? What would it look like to work with a Coach? <a href="http://www.yourcourageouslife.com/life-coaching.html">www.yourcourageouslife.com/life-coaching.html</a>	14 Accountability check—make time for being in integrity with you, today.	15
16	17 What's your story about being accountable to yourself? Is it good or bad? Where do you resist? Where is it easy?	18 Check the website for details on summer Courageous Living retreats! <a href="http://www.yourcourageouslife.com/retreats.html">www.yourcourageouslife.com/retreats.html</a>	19	20 "Gratitude is a magic wand." —Jan Kinney	21 "May you LIVE all the days of your life." —Jonathan Swift	22 Follow @katecourageous on Twitter to receive Courageous Questions. Search #courageousquestions
23	24 Explore what you are creating in your life, today.	25 Explore the concept of "worth" today.	26 "Love is the energizing elixir of the Universe, the cause and effect of all harmonies." —Rumi	27 What are you most grateful for?	28	29
30 Time is running out for LEVEL ONE registration—be sure to join up, ASAP!	31	Notes: Registration for new participants for the Courageous Year will start now and end June 5 <sup>th</sup> (I'm on vacation from June 12 <sup>th</sup> -July 12 <sup>th</sup> ). Group A participants, instructions for registering for Level 3 will be on your website. Group B, instructions for registering for Level 2 will be on your group's website. I hope to see everyone during the next time around! ☺				

~ June 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		I What would your life look like if it were infused with PASSION, tomorrow?	2 What are your stories about sex and sexuality? Who taught you? Are they right?	3 Walk with your inner sexual god/goddess. What does that mean to you?	4 What's the difference between sexual and sensual?	5
6	7 Will you be going to Italy this fall? Check the Retreats page for information on registering!	8	9 "We are shaped and fashioned by what we love." –Johann W. Goethe	10 LAST DAY to register for Level One of the Courageous Year starting July 12th!	11 Get an accountability reminder by following @katecourageous on Twitter.	12 Follow @katecourageous on Twitter to receive Courageous Questions. Search #courageousquestions
13	14	15 Who in your life are you most likely to BLAME?	16	17 List fifteen things you're grateful for.	18 "There is no chance, no destiny, no fate, that can circumvent or hinder or control the firm resolve of a determined soul." –Ella Wheeler Wilcox	19
20	21 Throw a dance party. Invite yourself or someone else. Dance with the music all the way up.	22 "Happiness is a function of accepting what is." – Werner Erhard	23 Stage a portrait session with a friend.	24	25 Want to go to Italy? Check the website for information about fall retreats in Florence, Italy!	26
27	28	29 Consider trying a sport you've never tried before.	30	Notes: I'll be on vacation from June 12 <sup>th</sup> -July 12 <sup>th</sup> ! During that time, access to the boards will be turned off (though your information will not be deleted).		

~ July 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Note: I'll be on vacation until the 12 <sup>th</sup> , with limited or no computer contact.	1 Vacation	2 Vacation	3 Vacation
4	5	6	7	8	9	10
11 Everyone—check your email as I'll be sending an announcement about logging back into the websites!	12 WELCOME! Group C starts Level One today, and Group A returns for Level 3 while Group B returns for Level Two.	13 When is the inner critic most likely to show up?	14 How lucky are you?	15 What's the most beautiful thing you've ever seen?	16 Take 100 pictures today.	17 "To oppose something is to maintain it." –Ursula K. LeGuin
18	19 Share your stories of synchronicity with someone. Registration opens for a new round of Across Mediums	20 Courageous Conference Call #1 for Group C, Level ONE, via Skype. See the Forums for scheduled times.	21 Courageous Conference Call #2 for Group C, Level ONE. See the forums for scheduled times.	22 Tell five people today that you believe in magic.	23 Accountability check! Are you doing what you've told yourself you were going to do?	24 "Minds were designed for carrying out the orders of the heart." –Emmanuel
25 Doing it all alone? Consider scheduling a one-on-one session with me: <a href="http://www.yourcourageouslife.com/life-coaching.html">www.yourcourageouslife.com/life-coaching.html</a>	26 In what ways are you abundant?	27 Courageous Conference Call #3 for Group C, Level ONE. See the forums for scheduled times.	28 Courageous Conference Call #4 for Group C, Level ONE. See the forums for scheduled times.	29 How has life prepared you for now?	30 If you're ready to go to Italy, so are we—Register for the Courageous Living Retreat in Italy!	31

~ August 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 With who are your toughest relationships, and with whom are your easiest? Why?	3	4 Is accountability a dirty word?	5	6 Accountability check—how are you doing with self-care?	7
8 Are you getting enough rest? Why or why not?	9 Last call—Registration opens for another Level 1. Current participants—info on registering for your next level of the course are on your website.	10 Make it a point to have fun, today.	11 Make a list of 100 things that are WORKING in your life right now.	12 “When you realize nothing is lacking, the whole world belongs to you.” —Lao Tzu	13 Use the phrase “re-do, please” when someone speaks to you disrespectfully. Accountability check—is your communication respectful?	14
15 REGISTRATION CLOSES FOR THE FALL COURAGEOUS LIVING RETREAT IN ITALY.	16 Who are you wanting to BLAME? What do you get out of that?	17 Consider setting up a one-on-one life coaching session.	18 Write sincere thank you notes to people you love.	19 How BIG are you willing to allow yourself to live? Where do you not allow yourself?	20	21 “I have learned silence from the talkative, tolerance from the intolerant, and kindness from the unkind. I should not be ungrateful to those teachers.” —Khalil Gibran
22	23 Eliminate powerless phrases from your speech. Last chance in 2010 to start The Courageous Year! Registration for the last Level One group begins today!	24 What are your stories about the word POWER?	25	26 Does it benefit others if you are not empowered? Where do you play small?	27	28 Follow @katecourageous on Twitter to receive Courageous Questions. Search #courageousquestions
29	30	31 “People say that what we are seeking is a meaning for life. I don’t think this is what we’re really seeking. I think what we’re really seeking is an experience of being alive.” —Joseph Campbell	Notes: Have you ever wanted to go to Italy? Try a week spent in Florence, the heart of the renaissance. I’ll be hosting a Courageous Living retreat at a beautiful villa near Florence, where our days will be spent exploring the city as well as what it means to live courageously! Art, good food, good wine, rest, the Italian countryside... Check out the Retreats page for more information!			

~ September 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Walk with POWER in your stride.	2	3 Pick up every lucky penny you see.	4
5 Are you getting enough rest?	6 Is there such a thing as synchronicity? Or is it all just coincidence? Which belief feels more powerful?	7	8 If money was no consideration, what would your life be for?	9 What stories do you tell yourself about traveling in foreign countries? Is it easy? Hard? Why?	10 Accountability check—how balanced are you feeling these days? Why?	11
12	13 Is your health usually the first thing you'll sacrifice?	14 Contact someone you haven't spoken to in awhile and tell them how much you appreciate them.	15	16 Consider setting up one-on-one coaching sessions.	17 What are your beliefs about community? <b>Registration for Level One of The Courageous Year (open to new participants only) closes today.</b>	18 Follow @katecourageous on Twitter to receive Courageous Questions. Search #courageousquestions
19 <b>New Level 1 Participants, check your email—I'm sending instructions on how to login to the website!</b>	20 <b>Welcome, new Level 1, Level 2, Level 3, and Level 4 participants!</b>	21 CONTROL—good or bad? Neither? Both?	22 "An abundance mentality springs forth from internal security, not from external rankings, comparisons, opinions, possessions, or associations." —Stephen Covey	23 What changes in your life were hardest to deal with? Why?	24 Are you willing to acknowledge how many things support your life in this moment?	25
26	27 What stories has the inner critic told you lately?	28 <b>Courageous Call #1 with Group D, LEVEL ONE, held via Skype. See the Discussion Forums for scheduling times.</b>	29 <b>Courageous Call #2 with Group D, LEVEL ONE, held via Skype. See the Discussion Forums for scheduling times.</b>	30 How passionate and excited would you be about the thing you love most in this world, if embarrassment were not a factor?	Notes: A final opportunity for this year will be offered to take Level 1 of the Courageous Year. Participants who have already taken Level 1 will have the opportunity to register for the net level via our private class website.	

~ October 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Note: I'm traveling to Italy today to prepare for the COURAGEOUS LIVING RETREAT—ITALY STYLE!	2
3	4 With whom will you share your deepest secrets?	5 Courageous Call #3 with Group D, LEVEL ONE, held via Skype. See the Discussion Forums for scheduling times.	6 Courageous Call #4 with Group D, LEVEL ONE, held via Skype. See the Discussion Forums for scheduling times.	7 "You are what you are by what you believe." —Oprah Winfrey	8 In whose presence are you most alive?	9 "Great people are those who make others feel that they, too, can become great." —Mark Twain
10 "Worry never robs tomorrow of its sorrow. It only saps today of its strength." —A.J. Cronin	11 FLORENCE COURAGEOUS LIVING RETREAT -----	12 FLORENCE COURAGEOUS LIVING RETREAT -----	13 FLORENCE COURAGEOUS LIVING RETREAT -----	14 FLORENCE COURAGEOUS LIVING RETREAT -----	15 FLORENCE COURAGEOUS LIVING RETREAT -----	16
17 Are you getting enough rest?	18 "Most people are about as happy as they make their minds up to be." — Abraham Lincoln	19 Do it today—commit to what you most believe in.	20 Accountability check (mid week? Yes! )	21	22 Where do you resist growth?	23 Consider signing up for one-on-one coaching sessions.
24	25 "A generous heart is a happy heart." —Ida Taylor	26 Take it to the limit—where could you be more committed and more accountable?	27 What role does money play in your life? How committed are you to abundance? How accountable are you, financially?	28 Who helps you to be your most powerful self?	29 Accountability check!	30 Follow @katecourageous on Twitter to receive Courageous Questions. Search #courageousquestions
31 "If you want to be happy, be." —Leo Tolstoy	Notes: I'll be traveling in Italy from October 1-20 <sup>th</sup> , so email contact may be just a bit spotty! Please have patience.					

~ November 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 REGISTRATION FOR LEVEL 1, Jan 2011 begins today! This is the first "New Year's" group of 2011. See the E-Course page for details.	2 Make amends for any times you have made promises you couldn't keep.	3 "Inspiration is in seeing a part of the whole with the part of the whole in you." =Khalil Gibran	4 Accountability check—are you continuing to limit yourself in any way? How? What do you want to recommit to?	5 Accountability check—are you regularly taking inventory of your emotions?	6
7	8 What are your stories about how capable you are of doing all that you want to do? Are you aware that it's all a story?	9 What role is self-care currently playing in your life?	10	11 "Nobody has measured, not even poets, how much the heart can hold." –Zelda Fitzgerald	12 Accountability check—do you resent being accountable?	13
14 The holidays are coming—consider getting support with one-on-one coaching.	15 Where were you at this time one year ago? What has changed?	16 What are you most grateful for?	17 What are you most proud of?	18 What would your inner little kid tell you he/she needs right now?	19 What stories do you carry that you didn't do enough?	20
21	22 Your entire life, you have never known how it was going to turn out, and it has always turned out okay.	23	24 Get the big box of crayons and color outside the lines.	25 "By far the best proof is experience." –Francis Bacon	26	27 "An unhurried sense of time is in itself a form of wealth." –Bonnie Friedman
28 How has the Courageous Year benefitted you? Who would you recommend it to?	29 What does the word SURRENDER mean to you?	30 Where in your life have you not had closure? Make a list—then get started.	Notes: The year is starting to wind down...and so much amazing stuff has happened! Start taking inventory now—what have you said you wanted to do this year? Has it happened? Why or why not? You still have a few weeks left. Only the inner critic will try to convince you that that is "not enough." Change happens anytime, anywhere, and it's always enough.			

~ December 2010 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 "Life is a constant prayer of gratitude for those who cherish its moments." – Mary Browne	2 What's the gold in the hard experiences of your life? What powerful choices can you make in terms of how you view your past?	3 Can you honestly say you would trade lives with anyone? What are your experiences worth to you?	4 Happy birthday to me...and congratulations to Group A for finishing the final 10 weeks of the Courageous Year!
5 A new year is beginning...want to be a part of The Courageous Year? See the website for registration details—the 2011 Group A will begin in January	6 What kind of meaning or power do you give to the holidays? Why?	7	8 Do something today that scares you!	9	10 Accountability check—what's been last on your list of priorities lately? How might life shift if you brought it to the forefront?	11
12	13 What's your plan for maintaining a healthy lifestyle over the holidays?	14 What's your favorite thing about being you?	15	16 Who is the most influential person in your life? What traits do you admire? Where do they show up in you?	17	18
19 "It is good to have an end to journey towards, but it is the journey that matters in the end." –Ursula K. LeGuin	20 Are you getting plenty of sleep?	21	22 Are you rushing to relax?	23	24 Happy Holidays!	25 Happy Holidays!
26	27 What would you like to create in 2011?	28 Have you taken time to acknowledge yourself for all of the growth you saw in 2010?	29 What were the challenges of 2010? Where is the "gold" in those challenges?	30 "No life is so hard that you can't make it easier by the way you take it." – Ellen Glasgow	31 This is the last day of a year. Be present. Be here now. Where are you trying to get to so fast? ☺	Notes: I'll be on vacation the next few weeks, but will schedule 2011 coaching sessions via email!

# A few good questions to get you focused for this year:

One month goals:

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Three month goals (accomplished by March 1<sup>st</sup>):

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Six month goals (accomplished by June 1<sup>st</sup>):

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Nine month goals (accomplished by September 1<sup>st</sup>):

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What system are you using for personal accountability? (A few ideas: iCal/electronic calendar reminders, Life Coaching, an accountability or action partner, a daily journal or blog, follow @katecourageous on Twitter for Weekly Focus and Action Inventory reminders posted Mondays and Fridays ).

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What roles in your life are influenced by the goals you're setting? (I.e., do these goals impact your role as a mother, breadwinner, etc.? Identify who/what your goals effect aside from you):

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What is your action plan for handling discouraging days? (i.e., what actions will you take when you recognize that you are not living your vision? Suggestion: Visit [www.yourcourageouslife.com](http://www.yourcourageouslife.com) and look for the "De-Muck-ifier." If you're feeling stuck in the "muck" of it all, this page will randomly generate suggestions).

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Finish by writing a contract with yourself, making 3 copies, placing each copy in a sealed, stamped envelope and then giving that envelope to someone you trust. Put the date on the envelope so that they know when to send it out to you. Your contract could be a more formally stated response to the questions on this page, a letter to yourself, or some other way of making a statement of what you want life to look like and how you're going to get there.