

The Neuroscience of Courage

Understanding Courage in the Brain

- ✓ Amygdala: Reacts to fear and uncertainty.
- ✓ Prefrontal Cortex: Helps us regulate fear and make wise decisions.
- ✓ Neuroplasticity: Your brain can be trained to respond to fear with boldness.

3 Steps to Rewiring Your Brain for Courage

◆ **Step 1: Reframe Fear as a Challenge**

- Change your mindset from “fear” to “growth.”
- Try deep breathing to calm fear responses.

◆ **Step 2: Take Small, Courageous Actions**

- Confidence comes from action, not waiting to “feel ready.”
- Set a micro-goal to build momentum.

◆ **Step 3: Strengthen Your Courage Circuits**

- Use gratitude and visualization to rewire your brain.
- Surround yourself with people who encourage boldness.

Courageous Action Plan

✚ One Fear I Want to Overcome:

✚ One Small Step I Can Take Today:

✚ Who Can Support Me?

Remember: Courage isn't something you have—it's something you build.