



# Safe Brave Spaces Starts Within ME

## Chapter 3.3 – Showing Up

The key areas of focus which help ensure I more consistently show up as fully me are to: Start Strong; Stretch Often; and Reflect, Recharge and Revise. The tools and resources that support each of these areas are as follows.

### Start Strong

This is all about beginning your day with the right mindset and focus. A critical model that I have added into my morning reflection/devotion is something I call TLC or 3-2-1. Simply find a quiet space and reflect on and capture your thoughts around the following three things.

#### TALENTS

Three things that I bring. Reminding ourselves of three unique gifts, experiences and/or perspectives reinforces our confidence and helps us to tap into the beauty of our ME Search. This daily simple reminder deepens personal safe space and stokes the fire of our “brave.”

#### LOVE

Two things I am grateful for. Gratitude is a well-researched topic; it’s the booster fuel for activating your contribution to the world. It is also the foundation for openness and curiosity, which lead to further growth in this development cycle.

#### CONTRIBUTION

One specific action. One of my favourite books over the past few years is *The One Thing* by Gary Keller and Jay Papasan. What I so appreciate about it is its simplicity and focus. As someone full of ideas who sometimes over-commits, I found that adapting the book’s core insight to identify the one thing that, upon doing it, would most enhance safe brave space for myself and for others each day has significantly increased my level of personal impact. To add to the likelihood of impact, I use a bit of visualization simply by:

- Closing my eyes and thinking of one person whose space I can make safer and/or braver today. It may be me; it may be someone at home or someone at work.
- Thinking of one thing I can do to advance the safe brave space of that person. I find it helpful to actually visualize myself doing this.
- Last step.... Opening my eyes and putting this connection/action in my calendar or “next action” list.

### Stretching Often

This step is about finding ways to continually ‘work’ your safe and brave muscles. Two of my favourite exercises to do this are:

Mini mindset muscle builders > Tapping into the power of personal control before I enter into any situation, I try to ask myself three questions (depending on how much control you have over your calendar, blocking out five minutes before any meeting will help strengthen this practice):

- To release my fullest potential and contribution, do I need to flex more safe or more brave?
- What does more safe or more brave look like in this moment?
- What was the impact of my safe brave action?

# Reflect, Recharge and Revise

Building a regular cadence of reflection builds momentum and positive habits. The following Safe Brave Reflection Calendar provides questions to prompt this important process.

<p><b>Daily Reflection</b> 1 minute</p>	<ul style="list-style-type: none"> <li>— What was my personal safe brave action?</li> <li>— How did it go? What worked well? What didn't?</li> <li>— What's the most useful thing I learned today?</li> <li>— What one thing will I do tomorrow to advance safe brave space?</li> </ul>
<p><b>Weekly</b> 3-4 minutes</p>	<ul style="list-style-type: none"> <li>— What progress did I make last week?</li> <li>— What do I need to focus on in the coming week?</li> <li>— Where are my key opportunities to advance the safe brave space within me?</li> </ul>
<p><b>Quarterly</b> 15-20 minutes</p>	<ul style="list-style-type: none"> <li>— In the past three months, have I made the impact on myself, or in my relationships and in my world, to enable safe brave space?</li> <li>— What are my key priorities for this coming quarter to enhance safe brave space? What do I need to do differently to achieve these priorities?</li> <li>— Whom might I engage with to help me achieve my goals?</li> </ul>
<p><b>Annually</b> 1 hour</p>	<p>Once a year I take a deeper dive, reflecting on where I stand in regarding my life and the priorities that I have captured in my ME profile. From this reflection, I consider:</p> <ul style="list-style-type: none"> <li>— How have I strengthened my safe and brave muscles?</li> <li>— How has my growth helped enhance safe brave spaces around me?</li> <li>— Where do I want to be a year from now? What do I need to do or learn to get there?</li> <li>— What course corrections or changes do I need to implement this year to reach my goals? What kind of support do I need from others, and where will I find it?</li> </ul>