

THE JOURNAL FOUNDRY CO.

FREE SAMPLE

The Courage Journal

The opening pages and the first three dares, exactly as they are in the full journal.

Print single-sided on A4 or US Letter, or fill it in on a tablet with any PDF markup app.

Do the opening page before the first log. It takes five minutes, and the logs mean very little without it.

If the three dares work for you, the full journal carries on from exactly where this stops.

A self-help record, not medical, psychological or financial advice, and not a diagnosis.
Interior written and laid out with AI assistance and edited by hand. Quotations are public domain.

Free for personal use. Please share the link rather than the file:
thejournalfoundryco.co.uk/journals/courage/

HOW THIS WORKS

Confidence is not something you wait to feel before you act — it is what builds up afterward, from having acted. That is not a slogan; it is the same mechanism behind exposure therapy: repeated, deliberate contact with something you fear shrinks the fear response over time. This journal turns that into a 30-day system: one small, real act of courage a day, tracked honestly.

THE COMMITMENT

One page, before Day 1, where you name the bigger fear you are working toward and the smaller dares that will get you there — signed, dated, no wiggle room.

30 DAILY PAGES

Today's dare, the specific fear behind it, a quick worst-case check, and an honest after-action note — built to take under two minutes to fill in, and one real action to actually do.

TWO CHECKPOINTS

On Day 10 and Day 20, a short, honest review of what is actually getting easier — and what you are still avoiding.

A CLOSING PAGE

One page at Day 30 to measure the distance between who you were and who you are now.

The dare does not have to be big. It has to be real, and it has to be today. Small and done beats big and imagined, every time.

BEFORE DAY ONE

THE COMMITMENT

Sign this before Day 1. Naming the fear on paper, in cold blood, now, is easier than confronting it for the first time in the moment.

THE BIGGER FEAR I AM WORKING TOWARD FACING

WHY THIS FEAR, SPECIFICALLY — NO VAGUE ANSWERS

START DATE

DAY 30 LANDS ON

SMALLER DARES THAT WILL GET ME THERE

1.

2.

3.

4.

5.

SIGNED

DATE

DAY 01 OF 30

DAILY DARE

DATE

DAY

TODAY'S DARE

THE FEAR BEHIND IT — WHAT EXACTLY AM I AFRAID WILL HAPPEN?

FEAR-SETTING — worst realistic outcome, and could I handle it?

COURAGE SCORE

☐ ☐ ☐ ☐ ☐
STAYED SAFE WENT ALL IN

DID I ACTUALLY DO IT?

☐ YES ☐ NO

WHAT ACTUALLY HAPPENED

ANYTHING ELSE WORTH REMEMBERING

"It is not death that a man should fear, but he should fear never beginning to live."

— MARCUS AURELIUS, *Meditations*

DAY 02 OF 30

DAILY DARE

DATE

DAY

TODAY'S DARE

THE FEAR BEHIND IT — WHAT EXACTLY AM I AFRAID WILL HAPPEN?

FEAR-SETTING — worst realistic outcome, and could I handle it?

COURAGE SCORE

☐ ☐ ☐ ☐ ☐
STAYED SAFE WENT ALL IN

DID I ACTUALLY DO IT?

☐ YES ☐ NO

WHAT ACTUALLY HAPPENED

ANYTHING ELSE WORTH REMEMBERING

"Never let the future disturb you. You will meet it, if you have to, with the same weapons of reason which today arm you against the present."

— MARCUS AURELIUS, *Meditations*

DAY 03 OF 30

DAILY DARE

DATE

DAY

TODAY'S DARE

THE FEAR BEHIND IT — WHAT EXACTLY AM I AFRAID WILL HAPPEN?

FEAR-SETTING — worst realistic outcome, and could I handle it?

COURAGE SCORE

☐ ☐ ☐ ☐ ☐
STAYED SAFE WENT ALL IN

DID I ACTUALLY DO IT?

☐ YES ☐ NO

WHAT ACTUALLY HAPPENED

ANYTHING ELSE WORTH REMEMBERING

"Do not act as if you had ten thousand years to throw away. Death stands at your elbow. Be good for something while you live and it is in your power."

— MARCUS AURELIUS, *Meditations*

THE COURAGE JOURNAL

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THAT WAS THE FIRST THREE DARES

The rest of The Courage Journal

30 daily dares, two checkpoint reviews and a closing page.

A few days of this is a sample. The part that changes anything is keeping it going long enough for the record to mean something, and that is what the checkpoints and the closing pages are for.

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Paperback

amazon.co.uk/dp/B0HJ5JGQTR

How it works

thejournalfoundryco.co.uk/journals/courage/

Questions, or want it for a team? Write to kzukas@thejournalfoundryco.co.uk. One reply, from a person.