Courageous Being

Courage Cards

Courageous Being

COURAGEOUSBEING.COM

— CREATED BY —

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MANY WAYS TO BOND WITH
YOUR COURAGE CARDS AND ALIGN
WITH YOUR AWESOMENESS

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Learn how to deepen your own card reading skills, so you can get more out of your deck

Your wisdom is only a shuffle away!

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"What do I need to know about this situation? I am willing to listen."

- Shuffle & form an open-ended question
- Pull a card daily or when you need a nudge
- Use one for meditation, journaling, or decision-making
- Place your card somewhere visible as a reminder

TO UNLOCK EXCLUSIVE GIFTS, BONUSES & PRACTICES, SCAN THE QR CODE


release
& renew

Release and Renew

A new beginning is here, inviting you to clear space, inside and out. When you release stagnant patterns and old scripts, you make room for something greater. Tidy your world with intention, from your mind to your desk to the quiet corners of your heart. Let go of what weighs you down. Embrace what lifts you higher.

BEFORE CONTENT

INTENT

Intent Before Content

Every experience holds two layers: intent and content. Content is what happens, the words spoken, the actions taken. Intent is the energy behind it. You can be in the intent to control, or the intent to learn about what's loving. Low intent distorts even the best content. Loving intent brings clarity and connection. Shift your intent from control to love and goodness will follow.


BE what
you SEEK

Be What You Seek

Your life is shaped by the consistent actions you take every day. Kindness, respect, and inclusivity come to life in the smallest moments, especially when they feel the hardest to choose. You are invited to stay steady and calm in the face of difficulty, and if you have to hold your ground, to do so with grace. Remember that every choice you make has a short-term and long-term effect.

Begin

Within

Begin Within

The world urges you to chase external goals, but real fulfillment starts inside. Before rushing into action, pause and turn inward. Get to know yourself first. Notice the emotions, beliefs, and thoughts quietly shaping your experience. Meet your own needs before tending to others. From that place of clarity, take action with purpose.


open to learning

Open to Learning

Life constantly presents a choice: You can tighten your grip in control or open yourself to learning. It's natural to default to protection, but don't build walls of hypervigilance and resistance. This will drain your vitality and stifle creativity. The antidote is curiosity! Begin by understanding what is truly loving for you, then extend that love to others.


CLEAR
is KIND

Clear Is Kind

Clarity is a form of kindness. When you speak your truth with compassion, honesty becomes a bridge, not a weapon. Your transparency will dissolve confusion, and your thoughtful words will strip away harshness. Say what you mean, say it once, then pause. Give space for understanding.

Harmony begins with your honest, purposeful expression, and connection can thrive when communication is clear.


LEAD BY
EXAMPLE

Lead by Example

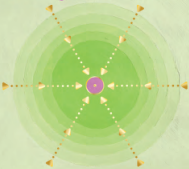
Live your values rather than preaching them. If you want to inspire change, embody what you believe. Stand by your convictions, even when it is difficult. Love is the strongest, bravest force in any endeavor. It may go unnoticed, but it always shapes the world around you. Lead with love and let your presence create the change that words alone cannot usher.


course
correct

Course Correct

Life is ever-shifting, and at times, you will be thrown off course. When that happens, call on resilience and grace, and reassess the situation. What do you need to do to get back to your calm inner center? How can you adjust? Ask for support, and remember to remain patient and flexible. It is okay if you need to change direction. You will still keep moving forward.

stay on self



Stay On Self

Your true strength comes from staying rooted in yourself. When you are grounded, you think clearly, communicate with confidence, and resolve issues quickly. But when your energy scatters—overextending, people-pleasing, chasing validation—you lose your center. Tension builds, clarity fades. The next time you feel unsteady, pull your energy back. Reclaim your focus. Stability returns when you stand firmly in yourself.


CHANGE the PATTERNS

Change the Patterns

When painful challenges arise, notice how old, negative patterns take over. Do your thoughts spiral into fear, doubt, or frustration? Does your mind make things harder than they are? Recognizing the pattern is the first step. Instead of feeding stress, choose a new response. Every choice is a chance to reframe the story, shift your perspective, and create a new pattern.


welcome
wellness

Welcome Wellness

Wellness is the steady practice of nourishing your body, mind, and spirit. It comes from the choices that restore energy, build resilience, and create harmony. Prioritize deep rest, move in ways that feel good, and fuel yourself with wholesome food. Open to support, knowing you don't have to do it all alone. The way you care for yourself will revitalize and sustain you.


not my
work

Not My Work

Boundaries are the framework that supports your well-being. They are not shields or walls, but containers for your energy. They define where your responsibility ends, and protect your time, mental and emotional space, and overall vitality. Without them, you carry more than you are meant to hold. When you set clear, healthy limits, you act out of respect, to yourself and others.


move on, move up

Move On, Move Up

Rise to the next level. Moving onward and upward means you are invited to release what no longer serves you and reach for new opportunities. The path ahead may feel uncertain, but growth happens when you step beyond the familiar. Trust your strength, embrace change, and welcome what is waiting for you. You are ready to ascend.


tend
the
garden

Tend the Garden

Nurture yourself as you would a thriving garden. Plant nourishing thoughts, water your well-being with rest and joy, and pull the weeds of doubt and distraction. Give yourself sunlight through movement, and enjoy fresh air through new experiences. With attentiveness and care, your inner landscape will grow strong, vibrant, and full of life.


stabilize the system

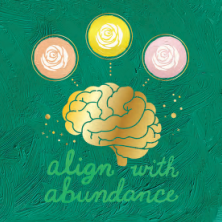
Stabilize the System

Your body is its own solar system, each part working in harmony to keep you steady. Your breath is the unifying force, your nervous system holds everything in orbit, your digestion fuels the core, and your circulation carries life, like cosmic currents. When outer forces pull at you, return to your center, replenish, and move with care so your system can stay in smooth alignment.


ditch the
drama

Ditch the Drama

Drama thrives on masks—on pretending, posturing, and protecting an image. But holding up a façade is exhausting. Where in your life are you acting instead of being real? The more you stay in character, the more conflict and confusion take hold, draining your energy. Step off the stage of old roles and scripted reactions. Drop the performance, rewrite the narrative, and let your authenticity take center stage.


align with
abundance

Align With Abundance

Abundance is all around you. You can find it in the glory of the rising sun, the changing seasons, the warmth of a meal, the sound of laughter. Shift your focus from what is missing to what is present. Real wealth is not only about possessions. Release attachment to scarcity and open to receive life's natural flow of gifts. Notice that you are already rich in ways that truly matter.


celebrate
flow

Celebrate Flow

Life moves whether you resist or embrace it. You cannot control the current, but you can learn to move with it. Fighting against change creates struggle, while trusting the flow brings ease. Some moments will be turbulent, others calm, but each one teaches resilience. Instead of pushing back, adapt, stay open, and let the flow carry you onward.


Not
Now

Not Now

Tune out the cacophony of everyone's inputs and take a step back. Even when others urge you to move forward, listen to your inner wisdom. If you hear a "No," trust it. "Not Now" is not the same as "Not Ever." Today, acknowledge that some doors are meant to remain closed, allowing space for clarity to emerge.


Not
Yet

Not Yet

Stand at the edge of what's to come but hold back from rushing. "Not Yet" isn't a "No," it's about taking more time to prepare. Use this moment to check in with yourself and get clear. The perfect time will appear when everything aligns. Until then, focus on setting the foundation for what's next.


Maybe
Later

Maybe Later

Give yourself the freedom to stay open without making a final decision. You don't have to commit right now, or retreat. "Maybe Later" is about letting things unfold. Stay open to the possibilities, and when the path becomes clearer, you'll know when it's time to move forward. If not, something better will emerge in its place.


Yes
Let's

Yes Let's

This is your call to act with confidence and excitement, joy, and readiness. Step into the experience with a sense of adventure, and trust that an exciting journey will unfold, even if the full picture isn't clear. Embrace the energy of newness and move forward with purpose and enthusiasm.


REVEAL
TRUE HUES

Reveal True Hues

Embrace your true colors and let them shine. Release the need to conform, and honor who you are. When you show up as your most authentic self, you deepen connections with those who love the real you. Celebrate your uniqueness and trust your essential self to lead the way as you create a more vibrant, honest world filled with understanding.

caring counts

Caring Counts

Love can be seen as "soft," but don't mistake this softness for weakness. In truth, "courage" comes from "cor," the word for heart. It takes real bravery to communicate with heart and show that caring deeply matters. You are invited to embody love-infused values: Learning, Open-heartedness, Vulnerability, and Encouragement, and guide your world to greater empowerment.


agile
is able

Agile Is Able

Embrace the power of your body and its remarkable ability to adapt. Take care of your physicality and nurture your agility, as this strength supports your overall well-being. Commit to staying mobile and flexible, allowing your body to move freely and with ease. When your body, mind, and breath are in harmony, you become more capable, focused, resilient, and grounded, ready to take on whatever comes your way.


BLAZE
the
TRAIL

Blaze the Trail

Harness the courage to break free from old beliefs and dare to create something new. Armed with the light of love, truth, and boldness, cut through the barriers of "impossible." Forge a path where none existed before, and trust that your willingness to innovate will reshape your life. Your audacity will not only transform you but will also light the way for others to follow.


PAUSE
then PROCEED

Pause Then Proceed

At times, the song of your journey's mixtape becomes difficult to hear. The familiar tune of daily life gets interrupted. In these moments, take a beat. Stop the boombox and press pause with intention. This silence allows you to catch your breath and reconnect with your rhythm. When you press play again, you do so with a fresh tempo and melody.


rewind
the
mind

Rewind the Mind

When the mental story becomes overwhelming, it's your wounded ego trying to take control. In these moments, don't rush into action. First, take a deep breath. Then, ground yourself in your heart space. Slow down to regulate your emotions. Stop the spiral of self-criticism and engage your higher brain centers to expand your perspective. Tune into what's loving for everyone, beginning with yourself.


radiate
harmony

Radiate Harmony

Stop striving for perfect balance and instead focus on integrating your mind, body, and spirit. When these are in harmony, you will feel inner peace, which will, in turn, naturally radiate outward. You are invited to become a source of calm and create an environment where diverse people, experiences, and perspectives can coexist and collaborate without conflict.


Cultivate calm

Cultivate Calm

In the rush of daily life, channel the spirit of a sloth. Slow your pace and resist the urge to hustle. Seek out relaxation and enjoy slow movement and tranquility. Move with intention, conserve energy, and let calm be your foundation. This simple shift can transform your thinking and, in the future, help you make fast decisions.


slow is fast

Slow Is Fast

Embrace consistency, constancy, and persistence as you move toward your goals. There is no need to rush to the finish. You can let go of the compulsion to hurry. Focus instead on clear intention, and move at a pace that sustains your energy and vision. Your progress will come from deliberate steps. Slow and steady brings lasting results.


dig
deeper

Dig Deeper

To understand the root issues of any situation or problem, be willing to dig deeper. Peel back the layers and delve into the core. If you keep addressing the surface, you gloss over the real underlying challenge, leaving it to fester and grow. It's in the depths where true healing occurs, where the heart of the matter lies waiting to be uncovered and understood.


my way
is okay

My Way Is Okay

The world may nudge or push you to blend in or conform, but don't forget: Your way is okay. Your uniqueness is your strength, your voice is your gift. Show up as your true, authentic self, and bring something only you can offer. Trust in your "you-ness." Add richness and vibrancy to the world. Celebrate what makes you irreplaceably you.


PRACTICE PLAY

Practice Play

We often think play is something that just happens when there's time, but what if you treated it like practicing an instrument? What if you set aside intentional moments to play, knowing that it isn't just for kids; it's for everyone. Rediscover joy and wonder. Schedule play time. Make it sacred. The music of your Soul deserves it.

MAKE it EASY

Make It Easy

Embody quiet wisdom and embrace the art of ease. Release the unnecessary struggles and complexities. Find your sanctuary in simplicity. Take the path of least resistance. Rest when you need to, and approach life with a soft, gentle heart. You don't have to carry the weight of the world on your shoulders. You can carry only what's truly important.


set a limit

Set a Limit

Time is a most precious asset, a currency that cannot be reclaimed once spent. When you set loving boundaries, you're not just marking the hours of your day; you are honoring your own sacred cycle. Establish healthy limits, for your highest good. When you treasure time, instead of running on empty, you'll find yourself more energized, supple and adaptable.


grieve the losses

Grieve the Losses

Grieving is not a weakness.
It is a brave act of facing loss and sitting with what remains. Light your candle of grief. Watch the flame flicker.
Let it reveal the spaces inside that ache. Don't push aside the pain.
Learn from it. Choose to feel your feelings instead of burying them away.
In time, joy will return.


STRONG
is SUPPLE

Strong Is Supple

Like the slender stalks of bamboo, you too can stand tall: rooted deeply, yet ready to sway. With every gust of wind, bamboo bends with ease, but never breaks. It reminds us that strength does not have to be rigid to be real. Strength, in its purest form, is supple. Allow yourself to adapt and stand tall, unbreakable.


Essence
Expresses

Essence Expresses

Your essence is meant to be expressed. It's a natural, undeniable part of who you truly are. Instead of holding it back, take time to understand it. What if you truly got to know it, and then show it to the world, with love? As you share more of yourself, your voice will begin to reflect your inherent worth and wholeness.


FULL
BODY
YES!

Full Body Yes!

Listen when your body says "Yes!"
That surge, that undeniable pull, is your truth. It's not a "Maybe"—it's a "Go!"
No more hesitating. Feel that energy?
That's your sign to leap into the moment, even if it's hard. If your whole being is saying "Yes," trust it. It's a sign:
Rise up, this is your time!


i don't know

I Don't Know

It's okay not to have all the answers. This present moment is all there is, and admitting that we don't know what the next moment will bring opens us to something new. From "I don't know," we can step into "What if?" The path begins with admitting that you don't have the answer, so you pose a better question, and start.


HEALTH IS WEALTH

Health Is Wealth

Health is your most profound resource, the rooted foundation from which everything flows. When you honor and protect it, you step into abundance. Tending to your health is a sacred practice. Every choice, every breath, every moment of care is a seed planted for a future of vitality and strength. That vitality is priceless. You can't buy it. You can't borrow it. You must grow it, daily, with love.


remember
your value

Remember Your Value

There's a truth so deep, so ancient, that no circumstance or person can ever touch it: You are inherently worthy. You were born enough. Before you learned to shrink yourself, before the world tried to tell you who to be. No need to hustle for it. No need to prove it. When you deeply remember that you've always been enough, nothing can hold you back.


honor the ancestors

Honor the Ancestors

You soar high because they flew before you. Their stories, struggles, victories, and love flow in your wings. Honor their experience by living out your own. You're the evolved version of all that came before. A new chapter in your lineage. Today, you honor the past by showing up, present and grateful, fully alive, open to all that's possible. It's your time to grow, evolve, and uplift the legacy.


face forward

Face Forward

Face away from what no longer serves and move toward what you want to create. You don't need to rush or force the future into shape. But trust the natural gallop of your journey. Face forward with confidence, knowing that every stride you take is infused with the energy of your desires. Don't hold back. Stay present as the path ahead deliberately unfolds.


cherish
this breath

Cherish This Breath

How often do we forget the power of our breath? We rush to the next task, the next worry, missing the moment. Right now, this breath is all that matters. Feel the rise and fall of your chest, grounding you, connecting you to your core. Breathe in aliveness and let the breath guide you from mind to body, from thought to sensation, leading you into the depth of your magnificence.


remember the hardships

Remember the Hardships

Remember everything you've been through. You have navigated storms you didn't think you could survive. But here you are. What you've overcome hasn't just left you standing. It's made you powerful. Every hardship is fuel. Every battle fought was a testament to your strength. Look back not with regret, but with pride. These are the moments that forged you.


notice the
good times

Notice the Good Times

Pause and remember the good times. The joy, the laughter, the moments when you felt alive and connected. These are the moments that have shaped you just as much as the hardships. Every smile, every achievement, every time you felt love or peace, they've all added to your strength. Notice how far you've come, not just as a result of struggle, but because of the beauty in brighter moments.


ASSESS &
ADDRESS

Assess and Address

Conduct an audit of your inner and outer worlds with radical honesty. What's working? What isn't? What have you been tolerating, postponing, or pretending doesn't need your attention? Be kind to yourself as you uncover the answers, but don't stop at insight. The way forward is clear: Act. Whether it's a tough conversation, a needed change in habit, or a leap into the unknown, take the step.


roll with
stillness

Roll With Stillness

Strength grows in the spaces where stillness settles. To experience this strength, like a mountain, ground yourself in the earth below and open to the vast expanse above. When the world around you spins out and feels chaotic, remember this: Your rooted presence is enough. From this calm, steady place, clarity and strength will rise naturally within you.


explore the silence

Explore the Silence

Silence holds the echoes of your truth. When you lean into it, memories and feelings may rise. Will you meet them with curiosity or turn away? Sacred silence can become your sanctuary, a source of serenity. Here, you'll hear the whispers of your Soul and the guidance of your authenticity.

When it's time to step forward, you'll emerge replenished—with grace, centered, illuminated, and profoundly self-reliant.


truth prevails

Truth Prevails

Each moment contains a threshold, an invisible line, a horizon where choice begins. Below it, fear clouds the way: closed, reactive, and gripping for control. Above it, clarity opens the path of most light: curious, compassionate, and aligned with truth. Truth always rises, timeless and unwavering. Will you rise with it? Lift yourself beyond the pull of fear, let your loving strength emerge.


toast your triumphs

Toast Your Triumphs

Reflect on this: the limits you pushed, the fears you stared down, the choices you made moment-by-moment, even when no one was watching. This is transformation. Not one grand event, but the steady layering of effort, courage, and growth over time. You've turned challenges into lessons, lessons into strength, and strength into momentum. Take stock of your growth. Celebrate how you've evolved.


choose courage

Choose Courage

The key to lasting change is consistent daily practice. Every time you choose to engage with your Courage Cards, journal, meditate, or follow your inner work routine, you strengthen trust in yourself. With regular use, these rituals help you release old beliefs, tap into inner strength, and move forward with purpose. The power to shift your reality lies in the courage to practice.