



Journal with the Light

You Can Be Daring Without Being Reckless

Quote for Reflection

"You can be daring without destroying everything in the process."

"Daring isn't about danger. It's about deciding to live with your whole heart."

Pause and breathe. What do these words awaken in you? Write freely:

Writing Prompts

1. Where have I equated daring with being irresponsible?
2. What bold move have I been craving but holding back on?
3. What small, intentional action could I take that feels both daring and true?



Gentle Affirmations

Complete the sentences below:

- I am daring when I...

- I trust myself to...

- I no longer need to...

