



Brave Action Log™

# From Overthinking to Doing

Part of The Empowered Transition Blueprint™ — Stage 2: REWIRE – From Reactive to Empowered

# Before You Begin

Find a quiet space where you won't be interrupted. This is about action, not overthinking. You don't need to feel ready. You just need to be willing to take the next step.

Brave action is about learning to take a step in the right direction. It doesn't matter how small the steps is, if its in the right direction that's all that matters. It's a skill that can be learned, knowing that you can take action, when not feeling ready or tense or even concerned about the outcome is the key to truly transforming life.

The Brave Action Log™ works because it redirects energy away from rumination and overthinking. It takes you towards evidence-gathering. Every time you use it, you are not just taking a step — you are building a record of who you are becoming.

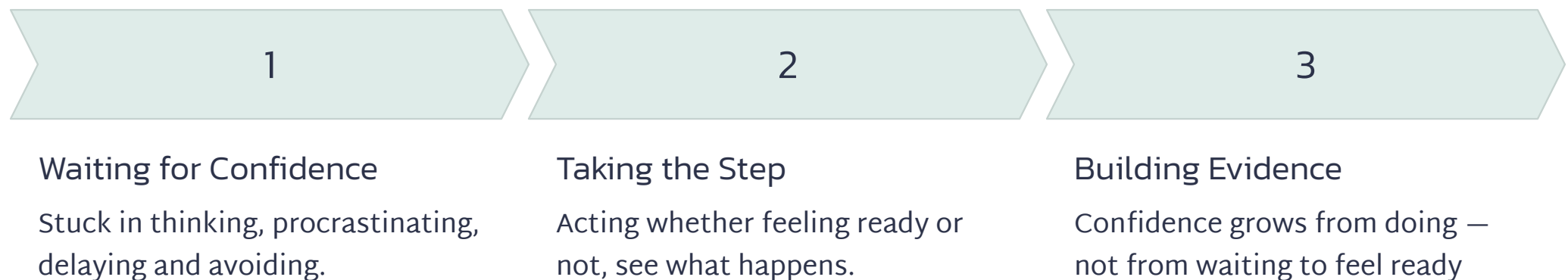
Set aside ten to fifteen minutes before you act, and a further five minutes after. The tool is most powerful when used as a before-and-after practice. Bring honesty. Leave the need for certainty at the door.

☐ You don't need to feel confident to begin. Confidence is what you earn by showing up anyway.

# Why Brave Action Works

Insight on its own doesn't create change. Thinking and day dreaming don't create change. You can know in your heart and your mind what needs to happen — you can name the pattern, trace the origin, know what's keeping you stuck — and still stay exactly where you are. Understanding is necessary, but it is not enough. Action is where the real shift occurs.

Brave Action is not about grand gestures or sudden leaps. It is about taking one small, specific, deliberate step, sometimes before you feel fully ready. That step — however modest — does something understanding never can: it produces real-world evidence. Evidence that you are capable. Evidence that the feared outcome often fails to materialise. Evidence that you can move even when it feels uncomfortable. When you have taken one step, it becomes easier to take another. The skill is in taking steps and learning. The EVERYTHING becomes possible. This is how you find a way to achieve great things.



Instead of waiting for confidence to arrive before you act, you take a step — and build confidence through the doing. This is the mechanism at the heart of The Empowered Transition Blueprint™, and this log is how you track it.

# Section 1: Identify the Brave Action

COMPLETE BEFORE ACTING

This first section brings clarity to what you have been avoiding — and narrows it to one specific, actionable step. Vagueness is the enemy of follow-through. The more precisely you name the action, the more likely you are to take it.

Do not list five things. Choose one. The goal is not to clear your whole backlog in a single session — it is to build the habit of acting on what matters, one step at a time. Specificity is what transforms intention into execution.

Prompt	Your Response
What is the action you have been avoiding?	
Why has this been on hold?	
What is one small, specific step you will take in the right direction?	
How long do you expect it to take?	

Be specific. "Send the email to [name] by 10am Thursday" is an action. "Work on communication" is not.

# Section 2: Expectations vs Reality

## CORE OF THE TOOL

This is the engine of the Brave Action Log™. Before you take your Brave Action, complete the first two columns. After you have taken the Action — however it went — return and complete the final two.

Over time, this table becomes your personal evidence base: a record of the gap between what you feared and what actually happened.

Most avoidance is maintained by unchallenged assumptions. What you expect and are concerned about prevents many from starting. It doesn't have to stop you. Name them - naming them allows you to see what you are really dealing with. It is where limiting beliefs are hidden, in coaching its where people pleasing, perfectionism and self criticism emerge, this is where most of the work happens. Oust your darkest and the fears you might even think are absurd. (this is especially useful if like, me you are a catastrophiser) Usually the action itself is the least of anyone's worries!.

This table challenges them systematically. Use it across multiple sessions to build a body of real data about your own capability and resilience. The pattern that emerges will speak louder than any reassurance.

**Before the action:** Complete columns 1 and 2. | **After the action:** Return and complete columns 3 and 4. Use this to build real evidence — not assumptions.

What I expect to happen	What I'm worried might happen	What actually happened	What I learned / evidence / Aha moments

Return to this table after each action. The goal is not a single insight — it is a growing body of personal evidence that you can act, adapt, and move forward even when it feels uncertain.

# Spare Log

COMPLETE BEFORE ACTING

Commitment Prompt	Your Answer
When will you take this action? (date and time)	
Where will it happen? (specific location or context)	
What might get in the way?	
How will you handle that, if it arises?	
Who, if anyone, will you tell? (accountability)	

If-then planning works: "If [obstacle] happens, then I will [response]." Write it out explicitly in the row above.

# Section 4: Evidence Building

COMPLETE AFTER ACTING

This section is completed after you have taken the action. Its purpose is not reflection for its own sake — it is identity-level evidence gathering. Every brave step you take is data. Data about the person you are actively becoming, as distinct from the person you were when you were waiting.

The questions below are deceptively direct. Answer them plainly and specifically. Avoid generalisations. "It shows I can follow through" is a start — but "It shows I can send a difficult email to a senior colleague without waiting for the perfect moment" is evidence. Specificity is what makes this stick.

What does taking this action say about you?

Write 2–3 sentences. Be specific — not modest, not grandiose. Just accurate.

What evidence are you building about who you are becoming?

Consider the cumulative picture. What does this action add to the record?

Reflection Prompt	Your Response
On a scale of 1–10, how difficult did this feel before you started?	
On a scale of 1–10, how difficult was it actually?	
What would you tell someone else who was avoiding this same step?	
What is the next Brave Action?	

# Closing

Confidence is built through action. Not before it.

Every entry in this log is proof. Proof that you showed up. Proof that the feared outcome rarely matched the imagined one. Proof that you are not waiting for your life to change — you are actively changing it, one deliberate step at a time.

Return to this tool as often as you need it. Use it before the conversation you have been avoiding, the email you have been drafting for three weeks, the boundary you have been preparing to set, the opportunity you keep talking yourself out of. Each time you complete a row in the Expectations vs Reality table, you add to a growing body of personal evidence that you are someone who acts.

That evidence compounds. And over time, it becomes the foundation of the confidence you were waiting to feel before you started.

## Use it repeatedly

The Brave Action Log™ grows more powerful with every session. Each completed row adds to your evidence base.

## Review your entries

Periodically re-read your "What actually happened" column. The pattern across entries is the most powerful coaching you will receive.

## Share with your coach

Bring completed logs to your sessions. They are a direct window into your growth, your patterns, and your next edge.



# A quote to inspire

*“You are braver than you believe, stronger than you seem, and smarter than you think.”*

Christopher Robin to Pooh , House at Pooh Corner AA Milne