The Courage Map

: 13 Princilpes to Living Boldly

by Franziska Iseli

Buy this book here: <https://amzn.to/2yujAzt>



# My Review & Summary

This was a great book. It basically chronicles Iseli’s motorcycle trip across the Silk Road. Her boldness in undergoing such an amazing feat combined with her knowledge of success made this book a trove of wisdom. It was during her motorcycle trip along the Silk Road when she conceived this book, a compilation of 13 principles to help you master courage and live boldly.

# INTRODUCTION

* Iseli’s Story
	+ Took a motorcycle trip on Silk Road through Asia like Marco Polo
	+ This book draws heavily from lessons learned there
* Courage
	+ Instigator for action
	+ Best ally for living life fully
	+ A skill you can learn
	+ Courage Boundaries = comfort level
	+ Risks have costs, but they also have rewards
	+ Courage IS NOT FEARLESS
		- Facing fear
		- Acting when fear is present
* Courageous people…
	+ Stay true to themselves
	+ Take more risks => receive more rewards
	+ Face difficulties head on
	+ Lead by example
* Facing Fear with Courage
	+ Going Against the Grain
	+ Do something AGAINST the norm
	+ Ask Questions
		- Why do we do this?
		- Is there a better way?
		- What do we need to do to lead a change?
	+ Don’t AUTOMATICALLY ACCEPT
* Iseli tells her story
	+ Facing courage of her father’s passing
	+ Courage helping her move through life
* Fear
	+ Fear is like an alien
		- Scary from far off
		- Close up less intimidating – get intimate with facing it
		- Fear is an emotion
		- Fear is safe
	+ Fear’s Purpose
		- Trying to keep you safe
	+ Fear’s Problem
		- Keeps you from reward while keeping you from harm
	+ Fear prison
		- Don’t be a prisoner
		- Fear stops action
		- Be okay with FEELING fear
* Living Courageously = Taking The Leap Despite Fear!!
* This book – Courage Map – the 13 principles
	+ Travel Tunes – belief affirmations
	+ Pit Stops – action steps
	+ Travel Journal – journaling your journey – you can download her journal here: <https://www.franziskaiseli.com/thecouragemap/>

# THE 13 PRINCIPLES FOR LIVING BOLDLY

The principle are:

1. Stories
2. Truth
3. Intentions
4. Trust
5. Intuition
6. Love
7. Kindness
8. Imperfection
9. Non-Attachment
10. Flow
11. Playfulness
12. Evolution
13. Commitment

# PRINCIPLE 1: STORIES

* Everyone has stories they tell themselves
	+ Stories create a lens you see the world through
	+ They determine how you live
* Stories can be crafted in a way to…
	+ Help you -> MORE COURAGE
	+ Hinder you -> MOER FEAR
	+ \*(This is unconscious)\*
* Characteristics of stories
	+ Conscious choice
	+ Like a map
	+ Shape beliefs
* You choose your stories
	+ These stories design the life you experience
	+ Many are formed in youth
	+ Many stories just give us a lot of drama
* The Poop Shower
	+ Wallowing, grumpy, and negative spirals
	+ Comes from ourselves – we just hold on to negative narratives
	+ Comes from others – like people raining on our parade
	+ Comes from fear
* The Transformation Power of Stories
	+ Stories >>> Beliefs >>> Influence Action >>> Hardened Habits >>> Influence RESULTS (What we experience)
	+ 1. Observe your thoughts
	+ 2. Rewrite your stories
	+ 3. Take consistent action
* Travel Tunes (Affirmations for this principle)
	+ I wrote/write my own stories
	+ I can change them to support me
* Pit Stop (Action step for this principle)
	+ Discover and record your current beliefs (good and bad)
* Travel Journal (Question prompts for this principle)
	+ What results have come from your beliefs
	+ What beliefs help you soar?
	+ What beliefs hold you back?

# PRINCIPLE 2: TRUTH

* What is your truth
	+ Talents, flaws, and all
	+ Feel safe with you
	+ Stand in your truth and respect others
* Find your truth
	+ Core values – internal code
	+ Guiding principles (e.g. freedom, honor, love, trust, conviction…)
	+ What’s important to you?
* Be true to you
	+ Only do what you truly want to
	+ Take a stand for yourself
	+ Live in your own home – the way you want to
	+ Be consistent
* Respect others
	+ Set them free
	+ Allow others to live their own lives
	+ Embrace and accept flaws in others and yourself
	+ Be happy right now, with you, the way you are
	+ ALLOW others to disagree with you
		- Politely agree to disagree
		- Respectfully disagree
	+ Avoid making assumptions
	+ Appreciate others
* Avoid truth traps
	+ False beleifs
	+ Or true beliefs that should not have your focus
* Travel Tunes (Affirmations for this principle)
	+ I know who I am, and love and fully accept myself
	+ I honor who I am and am loyal and consistent in living in my skin
* Pit Stop (Action step for this principle)
	+ Record and redefine values. Ask…
		- What is important to me?
		- What makes me happy?
* Travel Journal (Question prompts for this principle)
	+ Brainstorm your values, what makes you you, what’s important, and what you can do to live true to you

# PRINCIPLE 3: INTENTIONS

* Everything starts with intention
	+ Mental creation
* You Choose
	+ You can choose your journey and your destination
	+ Choose who you want to be
	+ Be intentional
	+ Don’t drift
* Keep and open heart
	+ Shift your energy
	+ Influence others (rather than the other way around)
* Intention requires clarity
	+ Pick your style
	+ Push yourself (lean forward)
	+ Align your goals/ destination with your values
	+ Manage your state of mind (stay calm and content)
	+ Let the wind blow you in your direction.
* Travel Tunes (Affirmations for this principle)
	+ I choose to be intentional
	+ I design my life, journey, and destination
	+ I live life the way I want to live it
* Pit Stop (Action step for this principle)
	+ Get clear on where you are going
* Travel Journal (Question prompts for this principle)
	+ Have a clarity exercise about where you are going
	+ Where are your actions propelling you currently?
	+ What actions will propel you in your direction/destination?
	+ Be intentional, choose, and lean into it – make a plan NOW.

# PRINCIPLE 4: TRUST

* Trust is important
	+ Without trust, decisions are likely to be guided by uncertainties and fear
	+ Trust supports courage
* Three types of trust
	+ In Yourself
		- In your abilities
		- Your decisions
		- Your actions
		- Just assume that you can do it
	+ In Others
		- So many experts and
		- Lots of advice
		- Most people in the world are kind
		- Protect yourself, but … trust in strangers sometimes (especially if the risk is low)
		- Assume that people generally mean well
		- People step up when they see that you trust them – we all have fundamental needs
	+ In The Universe “The Universe’s got my back” [others might say God, here]
		- Have the attitude that forces are working in your favor
		- Things will always work out – they always have done so in the past
		- If you have this attitude, courage is more accessible & you are more likely to succeed
		- Listen to natural clues that things need to change
			* Example: uneasy feelings >> sick >> seriously ill – the message grow louder when you don’t pay attention
* Sit in the Eye of the Hurricane
	+ At the center it is peaceful despite a storm raging all around
	+ Remind yourself to stay calm
	+ Emotionally step out of the chaos
* Travel Tunes (Affirmations for this principle)
	+ I trust myself
	+ People generally mean well
	+ The universe always has my back
* Pit Stop (Action step for this principle)
	+ Trust everyone you meet
	+ When the risk is low, let your guard down and extend your trust – let others in
* Travel Journal (Question prompts for this principle)
	+ What would happen if you trust your intuition?
	+ Where do you need more trust in your life?
	+ What bold decision would you make if you knew the universe has your back?
	+ When did you trust your intuition or your gut and things turned out well?

# PRINCIPLE 5: INTUITION

* Intuition
	+ Fully trusting your inner wisdom
	+ Underlying Philosophy: Somehow your heart and your intuition already know what to do
		- Intuition from unconscious mind, which is more powerful, decisive, and faster
		- Helps you face fears with confidence
		- Pulls on total life experience to date
	+ In practice
		- Your gut feeling
		- “Something is not quite right…”
		- Seemingly random hunches
		- Seven ways to tap into intuition
			* 1. Tune in and observe – be more self-aware and pay attention
			* 2. Connect with your heart – open your heart and mind
			* 3. Practice mindfulness – being where and when you actually are
			* 4. Embrace solitude – seek out silent moments to yourself
			* 5. Make decisions faster – don’t let the conscious mind over think things
			* (there were actually 5 not 7)
		- Be empathetic – feel the emotions of others (putting yourself in other’s shoes without judgement
	+ Results
		- Follow the perfect path for you
		- Not trapped by what others want
* Travel Tunes (Affirmations for this principle)
	+ I trust my hunches
	+ I listen to my intuition
* Pit Stop (Action step for this principle)
	+ Take a day or a week to consciously make an effort to listen to and follow your intuition in making decisions (don’t overthink it)
* Travel Journal (Question prompts for this principle)
	+ When have you trusted your intuition and it really helped you?

# PRINCIPLE 6: LOVE

* Love
	+ Keep an open heart
* Benefits
	+ Allows you to make brave decisions and take brave actions
	+ Experiences are more profound
* Philosophy: Love v. Fear
	+ Fear leads to negative and destructive emotions
	+ Love leads to supportive emotions and thus supportive experiences
* How to…
	+ Connect to yourself – if you love yourself, others will more likely love others, but more importantly, you are in the right frame of mind to face outward and love others
	+ The heart drop-in: taking a chance and going for it, letting your guard down, and jumping in
		- Sit and imagine your heart opening
	+ Tap into an abundance of energy
	+ Love is not a pie – it doesn’t divide the more you dish it out
	+ The Octopus question
		- Do your relationships squeeze you in a needy way
		- Do they link up with you, pulling you to a more meaningful level
	+ Feeling all the feels – allow yourself to feel the emotions you experience
* Travel Tunes (Affirmations for this principle)
	+ I keep an open heat
	+ Love is abundant and flows from me
* Pit Stop (Action step for this principle)
	+ Consciously open your heart with the drop-in exercise
* Travel Journal (Question prompts for this principle)
	+ When are you most likely to open your heart?
	+ When was a time that you opened your heart and had a great experience?

# PRINCIPLE 7: KINDNESS

* Kindness comes from open heart
	+ Application of LOVE
	+ Creates a positive self-perpetuating cycle
* How
	+ Start with yourself – be kind to yourself
		- Cheer yourself on
		- Respond with love and understanding
		- Encourage rather than berate
	+ Respond
		- React to others with kindness
		- Take a moment to reflect before you react
		- Refrain from rudeness
		- Look at it with love
	+ Establish boundaries
		- Kindness’s unintended message – will let you use me
		- Take a stand
		- You can be kind and not fix people’s problems
		- You can be kind AND still disagree or disapprove of others
	+ Understanding
		- 1. People are doing the best they can
		- 2. Conspire for people’s success
		- 3. Be the Observer, not the judger
		- 4. Pick your flavor
			* Respond with unconditional kindness
			* Respond with presence
			* Respond with playfulness
		- 5. Meet people at their level and then lift them up
		- 6. Make “Always Respond With Kindness” a habit
* The Solution – Kindness…
	+ Opens doors
	+ Dissipates negativity
* Travel Tunes (Affirmations for this principle)
	+ I am kind to me
	+ I always respond with kindness
	+ I conspire for people’s success (and they conspire for mine)
* Pit Stop (Action step for this principle)
	+ For a time (week or month), intentionally respond with kindness
	+ Bring your kindness up a level or two
* Travel Journal (Question prompts for this principle)
	+ When do you struggle with kindness?
	+ When is being kind easy for you? How can you make that happen more?
	+ When were you kind and resolved a situation or improved things?

# PRINCIPLE 8: IMPERFECTION

* Striving for perfection
	+ Nothing is truly perfect
	+ Perfection is an illusion
	+ Striving for perfection can hold us back
	+ Paralyze you
	+ Don’t wait for the “perfect moment” to be courageous
	+ Price for chasing perfection >>> stagnation
* Be OK with being imperfect!!!
	+ Imperfect is interesting
	+ Flaw are part of being human
	+ Redefine what perfect means for you
	+ Imperfect is memorable
	+ Fail – Fail courageously
	+ Avoid the comparison trap
	+ Compete only with yourself
	+ We are in this together
	+ Acceptable perfection aspirations are in tiny moments
	+ Say, “That’s perfect!”
* Travel Tunes (Affirmations for this principle)
	+ It’s OKAY to be imperfect
	+ Being imperfect is beautiful, interesting, authentic, and valuable
* Pit Stop (Action step for this principle)
	+ For the next week/month …
	+ Say things like, “that’s perfect”
	+ Find joy in being okay with your imperfection
* Travel Journal (Question prompts for this principle)
	+ How would lowering the bar from perfect to imperfect help you have the courage to start projects
	+ How can you find greater joy and happiness in celebrating your humanity

# PRINCIPLE 9: NON-ATTACHMENT

* Non-Attachement
	+ Synonymous with detachment
	+ Powerful challenge
	+ Don’t be tied to specific outcomes
	+ (Happiness is not conditional)
* What it’s not
	+ Doesn’t mean not trying, ignorant, or avoidant
	+ Not indifferent
	+ Not unemotional
* Desire
	+ Having desires is natural
	+ Detach from desire
* Attachement
	+ Happiness based on outcome or result
	+ Possessions, emotions, relationships, ideas, results, or thoughts
	+ Fear driven
	+ Antiquated form of motivation
* Non-Attachment Benefits
	+ Live courageously
	+ Without fear of the outcome
	+ You derive happiness from within – not without (the results of some situation)
	+ Avoid reliving “what if” scenarios
	+ Nothing can take your happiness
* How – 3 Steps
	+ Find Clarity (Know your vision)
	+ Commit – give it your best shot
	+ Detach
		- Be content and grateful for what you can’t control
		- Take what you have and look forward
		- Derive happiness from within
* Warnings
	+ Unmet expectations-don’t expect things and set yourself up for unhappiness
		- Instead hope
		- Be okay with any progress
	+ Don’t be afraid to lose everything
		- Be okay with it
* Unconditional generosity
	+ Unconditional giving
	+ No expectations
	+ Zero attachment
* Remember
	+ Remind yourself of non-attachment every day
* Travel Tunes (Affirmations for this principle)
	+ If I lost everything, I’d be okay
	+ I give my all and hope for the best
	+ I can handle anything life gives me
* Pit Stop (Action step for this principle)
	+ Play out “What if I lost everything” episode in your mind
	+ Find gratitude in what you have
	+ How could you arise from it
	+ (Similar to the fear setting protocol)
* Travel Journal (Question prompts for this principle)
	+ Is there anything you are waiting on “so you can finally be happy?”
	+ Can you let go of the outcome of everything important in your life
	+ Can you be happy regardless the results or your situation in life?

# PRINCIPLE 10: FLOW

* Flow with life gracefully
	+ Don’t fight it
	+ Find your current and move with it
* The flow principle
	+ Being adaptive
	+ Adjusting to constant change
	+ Leaving room for unpredictability
	+ Willing to abandon original plan
	+ Metaphor: surfing the waves of life
	+ Everything is impermanent (not permanent)
	+ Embrace vicissitudes
* Flow. Don’t fight.
	+ Don’t bang your head
	+ Don’t fight the current, use it
	+ Flow like water
	+ Welcome the new
* The flow spectrum
	+ Variety and unpredictability
	+ Control and structure
	+ Tolerance, comfort, …
* How
	+ Push gracefully – not drifting, but gently and consistently pushing
	+ Surrender and then surrender some more – be okay with losing some control to be a part of something bigger
	+ Be a Chameleon – adapt to feel comfortable in new situations
		- Let go of the need to fit in (don’t let go of your authentic self)
		- Just adapt to allow others to flow with you
		- If it doesn’t fit, EXIT
	+ Embrace option B
		- If option A won’t work out, go with the next option B, C,…
		- Embrace your new path with full heart (let go of option A)
	+ Say goodbye to your inner control freak
		- Control = security (certainty)
		- Acknowledge the inner control freak, but don’t take it too seriously
	+ Be Present!
		- Savor each moment
		- Observe and experience
* Travel Tunes (Affirmations for this principle)
	+ Everything is not permanent
	+ I flow like water and adapt like a chameleon
	+ I surrender and embrace change
* Pit Stop (Action step for this principle)
	+ For a period of time (week or month), make a concerted effort to go with the flow
	+ Live in the moment and appreciate evolution and unpredictability
* Travel Journal (Question prompts for this principle)
	+ When have you been successful just going with the flow?
	+ How can letting go of control take you in wonderful new paths?
	+ What awesome courageous move would you make if you knew that nothing was permanent?

# PRINCIPLE 11: PLAYFULNESS

* Playfulness brings lightheartedness
	+ Make difficult things easy
	+ Takes the edge off
	+ Makes courage easier
	+ Make heavy experiences more digestible
	+ Disarm the darkest
* How it works
	+ When basic needs are met >>> we play
		- Food, shelter, clothing, safety
	+ Suggests to the mind good times
	+ Quashes fears – turns off stress response
* How to do it
	+ Make a joke
		- Must be done right or can hurt
		- Playful is graceful, charismatic, and intelligent
	+ Tease
	+ Look for the funny
	+ Do it with a smile
		- Open your heart without judgement
		- Let them know you are not perfect either
	+ How to balance?
		- It’s the feeling behind what we say
		- Say it with a playful heart
		- By being playfully blunt, you can communicate messages that would normally be hurtful
* Seven ways how to
	+ 1. Don’t take yourself too seriously
	+ 2. Make people feel special
	+ 3. That sparkle in your eyes (language, smirk, gentle nudge, warm voice)
	+ 4. A gentle invitation (share your opinion without being preachy)
	+ 5. Lighthearted seriousness (playfully exaggerate life’s dramas)
	+ 6. Keep a curious mind (childlike, see through new eyes)
	+ 7. Be playfully unfuckwithable (Teflon – don’t buy into the drama of others
* Travel Tunes (Affirmations for this principle)
	+ I don’t take it too seriously
	+ I am curious
	+ I see play and enjoyment in everything
* Pit Stop (Action step for this principle)
	+ For a week or so, try looking at everything (serious or not) with a playful attitude
* Travel Journal (Question prompts for this principle)
	+ How would approaching life with a playful attitude make courage easy?
	+ What could you do to be playful more often or in more situations?
	+ How would being playful help you reach your goals?

# PRINCIPLE 12: EVOLUTION

* Evolution allows you to grow and progress
	+ Push boundaries
	+ Achieve extraordinary
	+ Change
	+ Reinvent yourself
	+ Uncertainty
	+ Leave safety – comfort zone
* Choices
	+ Safe – comfort
	+ Face fear – goosebumps
* Begin to push boundaries
	+ Unsafe feeling -> feeling safe
	+ Courage grows
	+ Growth happens in difficult times
	+ Get comfortable with uncomfortable
	+ That point of departure
		- Jump off a cliff
		- Yes to feeling fear
		- Yes to evolution
* Ideas to help
	+ 1. Face the difficult conversations
	+ 2. Break things – throw out old – abandon the broken
	+ 3. Embrace Contrast – try new things
* 5 Levels of Evolution
	+ 1. Mental Evolution – train your mind to support you
	+ 2. Emotional Evolution – mature emotionally
	+ 3. Physical Evolution – optimize your health
	+ 4. Intellectual Evolution – expand you mind
	+ 5. Spiritual Evolution – believe in something bigger than yourself
	+ The Evolution of Relationships – grow together with someone intimate
* Masculine and Feminine Energy
	+ In a symphony, each instrument plays an important part
	+ When both work together, something greater happens
* Travel Tunes (Affirmations for this principle)
	+ I am becoming better day by day
	+ I am comfortable with being uncomfortable
	+ I am investing in myself
* Pit Stop (Action step for this principle)
	+ For the next week or so
	+ Get used to facing challenges that force you to grow
* Travel Journal (Question prompts for this principle)
	+ How can you get uncomfortable in a way that fosters growth in the direction you intend to grow?
	+ What fears are you shying from?
		- What conversations are you putting off?
		- What projects are you postponing?
	+ In what way can you grow today?

# PRINCIPLE 13: COMMITMENT

* Commitment
	+ Follow through
	+ Turn ideas >> action >> substance in the physical world
	+ Decide
	+ Pledge
	+ Sacrifice
* How
	+ 1. Identify your goals – get clear on where you are and where you want to go
	+ 2. Take your pick – narrow your focus (prioritize to very few and cut off the rest)
	+ 3. Get lucky – patience, practice, and stay the course (the magic of progression will work)
	+ 4. ZigZag and Course Correct – adjust your direction with integrity
* Play Big
	+ Make it bigger and more important and impactful
	+ Be alive
	+ Let yourself truly free
	+ Expand and grow
* Impossible is an opinion
	+ People may tell you your goals are impossible
	+ See the impossible as a challenge
* Remember, it’s not mommy’s fault
	+ “Parents have your back, but you have to grow your own backbone.”
	+ You learned lots from parents
	+ Your parents most likely made mistakes
	+ Life difficulties happen
	+ Make the most of it & turn it around if you have to
	+ Commit to showing up in the world
* Lead with courage
	+ Expand your boundaries
	+ Be clear on where you’re going, and where you are taking people
	+ Be inspiring (lead with your WHY, your purpose)
	+ Open heart, playfulness, pure intentions
	+ Live life with more courage
* Travel Tunes (Affirmations for this principle)
	+ I am committed – I must stay the course
	+ I accept the impossible as a engaging challenge
	+ I embrace the zigzags of life with integrity and grace
* Pit Stop (Action step for this principle)
	+ Commit
	+ Get clear on where you’re going
	+ STOP doing everything else
* Travel Journal (Question prompts for this principle)
	+ Where are you?
	+ Where do you want to go?
	+ What commitment will make the most impact in your life?
	+ What would happen if you completely commit to that right now and unwaveringly hold on to that for your whole life?

# THE BEGINNING

* You’ve begun
	+ It’s your turn now
	+ Live the best life
	+ Live an amazing life by design
	+ Every day is a chance to be courageous
	+ Remember what you learned
	+ Apply your intelligence