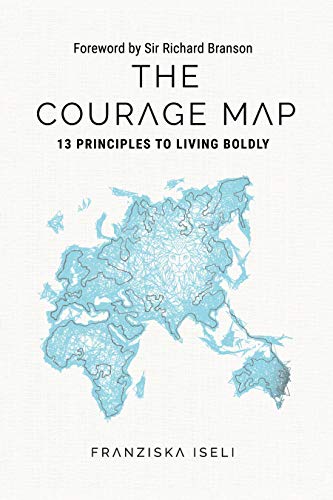
The Courage Map

: 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