

ACTIVATE.

USE EVERY BIT OF PAPER
PRINTED: FRONT + BACK

PROGRAMMING TO HELP PREPARE YOU FOR FUTURES CAMP AND LIFE

YOUR NAME

CURRENT DATE
(MM/DD/YYYY)

YOUR AGE

YOUR GRADE

FAVORITE FOOD

THE CONTENT

We are talking about **SYSTEMS MANAGEMENT** - all the stuff that goes into you living your big and busy life with joy and purpose.

3 places to view content

www.morebrave.com/activate

This is static programming (will not change) that will provide context for our SYSTEMS discussions.

daily emails

Each of the 10 emails you receive will provide quick information and an activate IN the email.

day-by-day content containers

Each daily email will provide a link to a dedicated page for content specific to that day.

PICK A HABIT

Pick **ONLY ONE** from the list below and commit to doing it every day.

3 tips

▼ **find a reason** to that YOU want to commit to this new habit.

▼ **identify an obstacle** that will threaten your streak

▼ **establish the best time** to do it every day (and set an alarm)

circle the one

MAKE YOUR BED

DRINK 100oz WATER

MEDITATE FOR 10 MINUTES

THE PLAYBOOK

You are here. This is for you to document what you are learning, feeling, processing, and braving.

THE EVENTS

We have some kind of event every day. If you cannot attend, do not fret. We'll have recordings and post them.

BRAVE BANK

Find a way to **SAFELY** try everything on this list:

Mark when you complete.

- ___ SCREAM OUT LOUD FOR :10 SECONDS
- ___ TELL SOMEONE YOU LOVE THEM + WHY
- ___ REST FOR 20 MINS, STILL, NO PHONE
- ___ DO 100 PUSH-UPS PRIVATELY
- ___ DO 10 PSH-UPS IN VERY PUBLIC PLACE
- ___ WALK OUTSIDE IN NATURE
- ___ WRITE 100 THINGS YOU'RE GRATEFUL FOR
- ___ INTRODUCE YOURSELF TO A STRANGER
- ___ EAT SOMETHING SPICY (NEW)
- ___ MAKE SOMEONE SMILE YOU DON'T KNOW
- ___ DANCE WILDLY TO YOUR FAVORITE SONG
- ___ ASK SOMEONE FOR HELP
- ___ FORGIVE YOURSELF FOR SOMETHING

ZOOM

Quick and interactive. Recordings available.

CAR OFFICE HOURS

[ZOOM] Discussion (in cars) about content, guests, etc.

IG LIVE

Discussion and fun, comments and engagement from those attending.

WALK n' TALK

[IG LIVE] If you can, take this one on the move.

HYDRATION + INTERVIEW

Pre-recorded.

DAILY JAMS

Spend 2-10 minutes being reflective and intentional.

gratitude for little things

curiosity that will threaten your streak

purpose behind what you do and what you want

[cover page]

CALENDAR

TO HELP YOU CRUSH IT IN YOUR AWESOME + BUSY LIFE

 If you do not have or participate in social media, do not worry about these segments!

follow **@getmorebrave** on IG

download **Playbook**

pick your **10-day habit**

Th

email 14

habit

bravery



12noon ET KICK OFF PARTY
[ZOOM]


F

email 15

habit

bravery

WALK n' TALK
[IG LIVE]
9am ET



Sa

email 16

habit

bravery

BRAVERY FOR MENTAL HEALTH
[IG LIVE]
11am ET



Su

email 17

habit

bravery



HYDRATION + INTERVIEW
[pre-recorded]
posted: 6am ET

M

email 18

habit

bravery

WALK n' TALK
[IG LIVE]
9am ET



T

email 19

habit

bravery

CAR OFFICE HOURS
[ZOOM]
10am ET



W

email 20

habit

bravery



HYDRATION + INTERVIEW
[pre-recorded]
posted: 6am ET

Th

email 21

habit

bravery

CAR OFFICE HOURS
[ZOOM]
4pm ET




F

email 22

habit

bravery

BOOM SESSION
[ZOOM]
12noon ET




Sa

email 23

habit

bravery

WALK n' TALK
[IG LIVE]
9am ET



Su

GROUP HUG + CAMP TIPS
[EMAIL]



day 1: july 14, 2022

- email
- habit
- bravery

my intention for the day

what is hard to admit about yourself? why?

what is hard to accept about yourself? why?

i am grateful for

day 2: july 15, 2022

- email
- habit
- bravery

my intention for the day

what's your gut telling you?

when did your heart get you in trouble?

i am grateful for

day 3: july 16, 2022

- email
- habit
- bravery

my intention for the day

when have you fallen?

when did you surprise yourself?

i am grateful for

day 4: july 17, 2022

- email
- habit
- bravery

my intention for the day

when do you feel empty?

when do you feel full?

i am grateful for

day 5: july 18, 2022

- email
- habit
- bravery

my intention for the day

what have you made?

what are you made of?

i am grateful for

day 6: july 19, 2022

- email
- habit
- bravery

my intention for the day

when were you quiet?

when were you loud?

i am grateful for

day 7: july 20, 2022

- email
- habit
- bravery

my intention for the day

what do you want to say?

what don't you want to hear?

i am grateful for

day 8: july 21, 2022

- email
- habit
- bravery

my intention for the day

when did you crash?

why do you care?

i am grateful for

day 9: july 22, 2022

- email
- habit
- bravery

my intention for the day

what do you believe?

what do you know?

i am grateful for

day 10: july 23, 2022

- email
- habit
- bravery

my intention for the day

what are you scared of?

how are you brave?

i am grateful for

THE CONTENT

Though we want you to have fun, it is important for you to know that we think hard is fun. We know that fear can be fun. And, we believe that knowing your truth leads to confidence. SYSTEMS MANAGEMENT is a way to starting organizing all the stuff that goes into living a big, fun, hard, scary, brave and confident life.

HEALTH SYSTEMS

Think about all it takes to get out of bed, to move your body, to face facts, to express joy, to grow, to strive, and to work for something that means something to you. These systems are critical:

- PHYSICAL
- MENTAL
- EMOTIONAL

We will talk about interconnectedness, rest, recovery and how maintaining comprehensive health systems is key to managing STRESS SYSTEMS.

STRESS SYSTEMS

We all feel and process stress differently. Learning how to break stress apart into systems can be helpful to you in discovering effective tools and coping mechanisms to manage it. We will make the following distinctions between stress triggers:

- FEAR
- PRESSURE
- OVERWHELM

Processing stress wrecks havoc. Learning how to organize, filter, metabolize and release stress is so to growth.

GROWTH SYSTEMS

Growth is hard because it relies on you trying new things that are likely beyond your comfort zone. Growth is all about expansion, and there is nothing better than intrinsic motivation for sustaining long term growth and goals. Really important systems to create, nurture and constantly calibrate are

- JOY
- PASSION
- IMPROVEMENT

For these, we get to use our heart and mind with excited curiosity and pointed hope.

