

THE COURAGE GAP

Book Club Discussion Guide

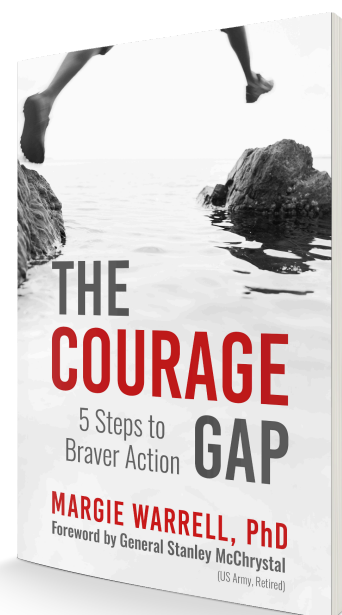
A note from Margie

Hello there book clubbers! I'm thrilled you've chosen my book for your book club and excited for the conversations that will ensue in your gathering.

We are braver together than we can ever be alone. So I hope that coming together to talk about where fear may have been holding the reins in your life and where you're feeling called to step into your 'courage gap' will encourage you in ways you might not have considered otherwise. If you've not yet taken the Courage Quiz available at margiewarrell.com/thecouragegap then you might find that a helpful and fun to do before or during your book club. It won't take long.

*I hope this guide will open up rich and authentic conversations that will help you step forward in your life more bravely. What you want most - in your career, your relationships, and every aspect of your life
- is riding on it.*

Margie



Reflections on Fear, Courage, and closing “The Gap”

Margie describes fear as the main barrier between our current lives and our un-lived potential. She sees courage as the bridge across this "gap."

- **Discussion Question:** How do you relate to the concept of a "courage gap"? Are there areas in your life where fear has limited your actions or ambitions?

Step 1: Focus on What You Want, Not on What You Fear

Margie says that what we focus on expands - for better or worse, for braver or more anxious. Given our neural 'wiring' dwells on potential risks, we need to counter that by focusing on what we actively wish to create and achieve.

- **Visioning Exercise:** Describe your ideal life. How would you like your relationships, career, health, and self-image to look if you reached your full potential?
- **Discussion Questions:**
 1. What values guide your life? How do you aim to embody them daily?
 2. Which fears or insecurities currently impact your decisions or mindset?
 3. Are there specific situations or triggers that make you feel insecure or unworthy? What could be the underlying source of these feelings?

Step 2: Rescript Limiting Narratives

Margie suggests that our self-protective stories often keep us in our comfort zones, limiting growth.

- **Personal Reflection:** Think of a part of your life where you feel disempowered. What story do you tell yourself about this situation, and how could it be holding you back?
- **Discussion Questions:**
 1. What language do you use when describing yourself? How does this impact your self-confidence?
 2. Are there labels or narratives that "protect" you from taking risks? What might you gain by changing the story you tell yourself?

Step 3: Breathe in Courage

The step focuses on how fear and courage can manifest in our bodies and our environment.

- **Embodiment Exercise:** Imagine yourself embodying courage. How would you walk, stand, or speak differently?
- **Discussion Questions:**
 1. Where do you physically feel tension or fear? How can you release these through practices like mindfulness or exercise?
 2. What relationships uplift you and help you feel courageous? How can you invest more in these?
 3. Are there people in your life who dampen your courage? How might you set boundaries with them?

Step 4: Step Into Discomfort

Facing discomfort is necessary for growth. This section emphasizes taking small, courageous steps, even in moments of doubt.

- **One-Minute Courage Exercise:** Consider an action you've been avoiding. How could you take a "one-brave-minute" to push through the discomfort?
- **Discussion Questions:**
 1. What fears are you currently avoiding? How might confronting them expand your future?
 2. If you allowed yourself to "experiment" without the fear of failure, what new action might you take?

Step 5: Find Treasure When You Trip

Margie believes our mistakes can guide us toward our best selves if we learn from them and that closing our 'courage gap' requires continually forgiving our fallibility and 'inner wimp.'

- **Failure Reflection:** Reflect on a past failure and the lessons it taught you.
- **Discussion Questions:**
 1. How did the family you grew up in shape your relationship with failure? How are you shaping it in your own family?
 2. Are there past failures that still weigh on you? What could forgiveness look like in these areas?
 3. How might embracing vulnerability and "imperfection" help you approach new opportunities with courage?

Helping Others to Be Braver

Margie stresses that bravery can be contagious. Supporting others can reinforce your own courage.

- **Reflection Exercise:** Identify someone in your life who could benefit from encouragement. Think of specific ways you could support or inspire them.
- **Discussion Questions:**
 1. How can you actively contribute to a braver community, even in small ways?
 2. What experiences could you share that might help others feel less alone in their fears?

Final thoughts...

- What are your key takeaways from this book? What is your favorite quote or line that Margie shared?
- Margie wrote that it is through our connection with others that we 'disentangle our fearful selves' and connect to our deepest courage. How can this group support each other in being braver in our lives?
- How will you commit to taking daily steps to close your courage gap?