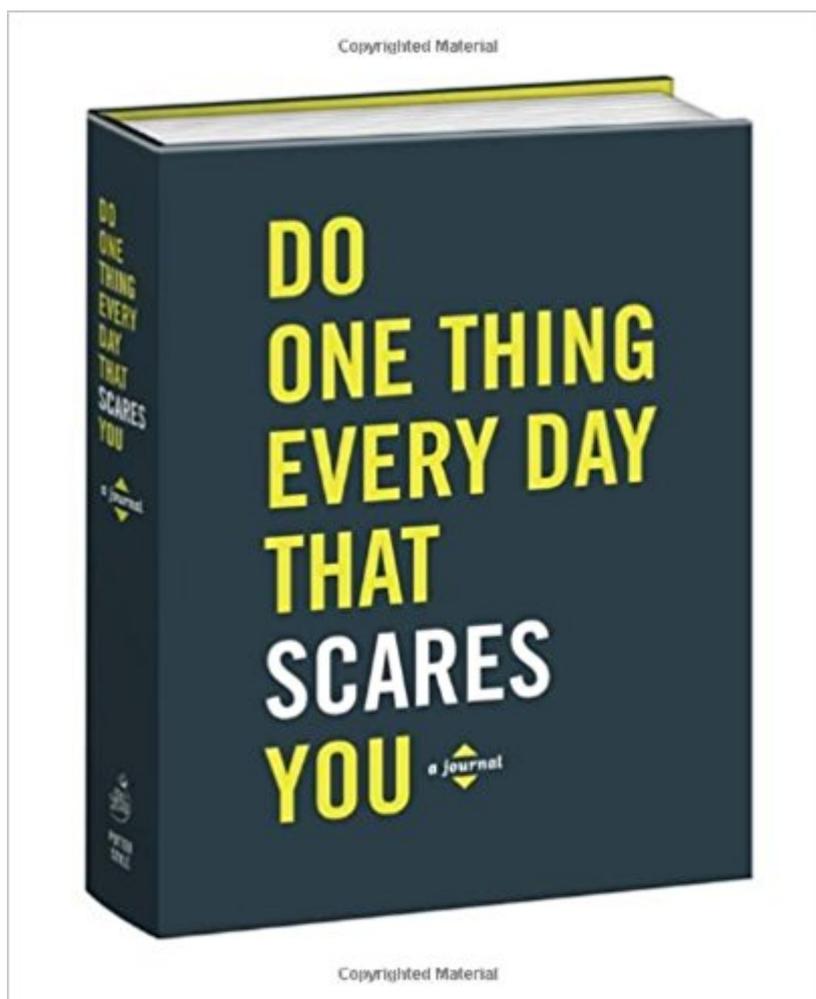


The book was found

# Do One Thing Every Day That Scares You: A Journal



## Synopsis

A year's worth of fear-facing prompts and mottoes of encouragement will motivate you to jot down one thing a day and make a daily habit of thinking courageously. Each day is an opportunity to perform one small act of bravery; singing out loud, asking for help, admitting a mistake, pitching an idea, accepting a compliment, changing your hair, going for the prize, failing spectacularly and trying again. This journal contains a year's worth of fear-facing prompts and mottoes of encouragement. It provides space to jot down daily examples of your own courage--the small steps that culminate in one bold year. Jotting down one thing a day, especially on fortifying subjects like gratitude and happiness, is an enormously popular journaling practice (one that is recommended by nearly every best-selling self-help author). Bravery is another key ingredient of self-actualization, so why not make a daily habit of thinking courageously? This journal is perfect for recent graduates, milestone birthdays, or as a year-end holiday gift to kick off "New Year, New You" projects.

## Book Information

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in Books > Self-Help > Art Therapy & Relaxation

## Customer Reviews

ROBIE ROGGE is New York City-based packager who has created guided journals for Chronicle Books and the Museum of Modern Art. DIAN SMITH is a freelance writer and public school teacher.

I've only filled out a little bit from this journal since I got it but I really enjoy the concept. The prompts are quotes that are extremely motivating and stress relieving. I don't feel guilty if I end up skipping days because it's written in a manner that allows you to flip randomly through the journal and pick

whichever prompt you want and enter the date. The quotes also aren't cheesy, which is so great considering I'm not a huge fan of optimistic jargon that I've heard my whole life anyway! The prompts are carefully selected and very empowering. I've considered just lugging this little book around for when I'm down even if I fail to fill out an entry. Overall I'm so happy I found this!

Love this journal. Motivated my day from the moment I opened it. Every page is dedicated to one day, contains a quote (quotes are purely awesome!) and a related question for you to answer. Here is an example from page #1 - Quote: "Behold the turtle. He makes progress only when he sticks his neck out" Question: "Today I stuck my neck out by:" and 3 lines for your answer. I'm happy I purchased this journal and hope to stay motivated by it.

Best little book to give as gift but I use mine each day, only 5 minutes and jumps starts my thoughts and goals. VERY HANDY AND CLEVERLY WRITTEN WITH GREAT QUOTES.

Perfect for inspiring the writer in me. And the adventurer. And the lioness that wishes to conquer her fears! I only wish I used it more!!!

Really thoughtful and challenging. If you have a clinical anxiety disorder(s) as I do, you may not really be able to do one frightening thing every single day. So I do them as I can. I randomly open the book to a page on days I feel able to take the risk and if it is too much, randomly choose another. Really nice quotes! Wish it was hardcover, though.

This book is fabulous! I love the daily prompts that force me to step outside of my comfort zone to become a bolder, better version of myself. Definitely a worthwhile purchase!

This book was not what intended it to be. Every page has a quote and says something along the lines of: I took a chance today by... or today I tried.... or I said no to a friend.....I thought there was going to be activities or challenges that actually force you to come out of your comfort zone. I plan on keeping it but I am disappointed.

Saw this on my friends bookshelf. I need to shake up my daily routine and get some writing prompts... this will completely fit the bill. paperback that is small enough to fit in a bookbag or a "larger" purse...

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