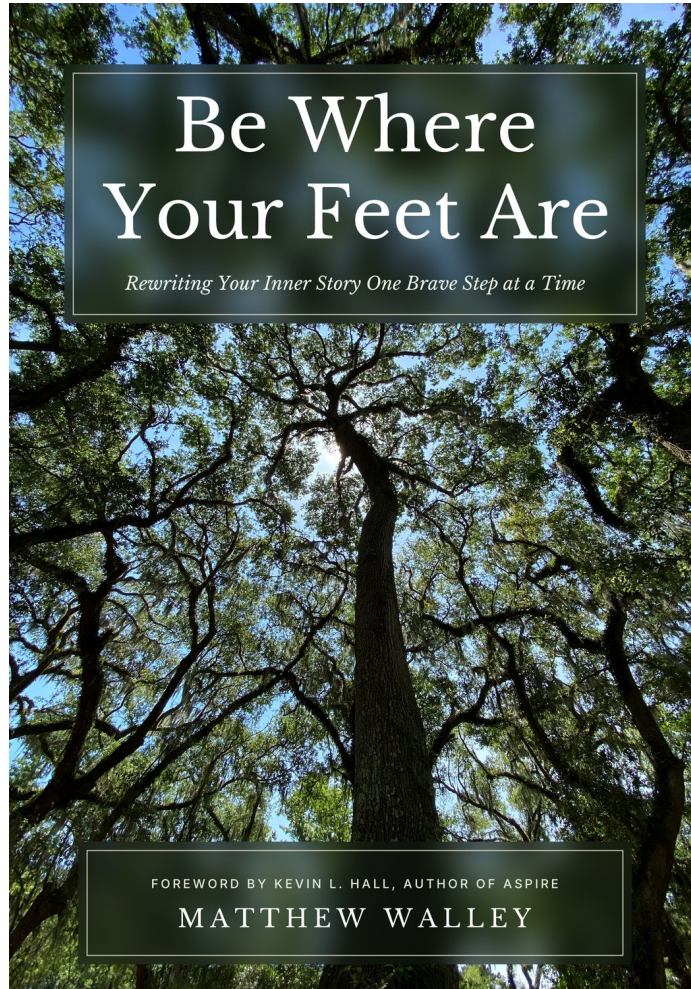


A PRINTABLE COMPANION



Reflection Pages



for Be Where Your Feet Are

MATTHEW WALLEY

HOW TO USE THESE PAGES



Change rarely happens all at once. It happens in small, honest moments of noticing, and in brave steps practiced again and again. These pages give you a place to do that work by hand.

For each chapter, you will find two pages. The first holds the chapter's *Micro-Courage Practices*, with room to note what you tried, what you noticed, and what shifted. The second is an open page for reflection, introduced by a line from the chapter to help you begin.

There is no right way to fill them in. Write a sentence or a page. Come back to a chapter months from now and see what has changed. Print as many copies as you like, and if you are reading with a group, bring your pages to share what feels comfortable.

Be where your feet are. Then take one brave step.

Name _____

Started _____

CHAPTER ONE

Be Where Your Feet Are



MICRO-COURAGE PRACTICES

1. Choose one daily anchor moment, such as your first sip of coffee, where you pause, feel your feet on the floor, and name what matters most in the next hour.

2. When you notice your mind drifting into the past or future, gently label it and take one concrete action within five minutes.

3. Before bed, write one sentence answering: “Where were my feet today when I actually felt most alive?”

CHAPTER TWO

The Stories We Tell Ourselves



MICRO-COURAGE PRACTICES

1. Pick one recurring self-story and write it down exactly as your mind says it.

2. Rewrite that story in a more temporary, specific, and compassionate way, then read the new version aloud once a day for a week.

3. Notice one moment each day when your old story appears, and silently say “old script” and repeat your new version instead.

CHAPTER THREE

Awareness Before Change



MICRO-COURAGE PRACTICES

1. Set a three-minute timer and list what you are soaking in most this week, including media, conversations, and self-talk.

2. Circle one input you can reduce and one nourishing input you can add, then schedule both changes into the next 24 hours.

3. Once a day, do a quick body scan from head to toe and write one sentence about what your body may be trying to tell you.

CHAPTER FOUR

From Reaction to Response



MICRO-COURAGE PRACTICES

1. At the end of each day, choose one small adversity and write **A** for what happened, **B** for your first belief, and **C** for the consequence.

2. Rewrite **B** so that it is more temporary, specific, and less about your worth, then imagine how a new consequence might feel.

3. In the next adversity you face, pause long enough to ask, “What else could this mean?” before you act.

What stood out to you? Where did you see yourself? What is one brave step you will take this week?



What You Water Grows



MICRO-COURAGE PRACTICES

1. Start a simple watering log where you note one thing you gave your attention to today that you want to grow.

2. Catch yourself once a day when you are mentally watering weeds, then shift to one thing you are grateful for instead.

3. Choose one five-minute practice, such as noticing beauty on a walk, and repeat it daily for seven days.

Thought, Feeling, and Alignment



MICRO-COURAGE PRACTICES

1. Write a brief description of your future self in three sentences, focusing on how that person thinks, feels, and acts.

2. Each morning, choose one behavior that your future self would practice today and do it in a small, specific way.

3. When your emotions and thoughts feel out of sync, pause and ask, “What am I saying I want, and what am I actually rehearsing?”



The Unrepeatable Life



MICRO-COURAGE PRACTICES

1. Make a short list of three ways your path has been different from people you often compare yourself to.

2. Ask one trusted person what they see as uniquely you, and write down the exact words they use.

3. Choose one small action that honors your uniqueness today, such as sharing your perspective, creating something, or saying no to copying someone else's path.

What stood out to you? Where did you see yourself? What is one brave step you will take this week?



CHAPTER EIGHT

The Cave and the Gift



MICRO-COURAGE PRACTICES

1. Identify one area you have been avoiding, whether it is a conversation, a decision, or a task, and name why it feels uncomfortable.

2. Break that avoidance into one ten-minute action and schedule it in the next 48 hours.

3. After you take that action, journal briefly about what actually happened versus what your fear predicted.

What stood out to you? Where did you see yourself? What is one brave step you will take this week?



Action Alleviates Anxiety



MICRO-COURAGE PRACTICES

1. Choose one nagging task and define a first five-minute move for it, then do only that move today.

2. When you feel stuck in worry, set a five-minute timer and work on any meaningful action before going back to thinking about the problem.

3. At the end of the day, list one place where taking action reduced your anxiety, even a little.

Resilience Is Not Hardness



MICRO-COURAGE PRACTICES

1. Recall a past setback you eventually moved through and write down two strengths that showed up in you during that time.

2. Choose one current challenge and name one way you can bend instead of break, such as asking for help, resting, or adjusting expectations.

3. Once this week, allow yourself to feel a hard emotion without rushing to fix it, and note how you come back to steady ground.

What stood out to you? Where did you see yourself? What is one brave step you will take this week?



CHAPTER ELEVEN

Gratitude as Grounding

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MICRO-COURAGE PRACTICES

1. Start or continue a simple list of three specific things you are grateful for each day.

2. When you notice your focus shrinking to what is wrong, pause and name one person, one place, and one small moment that still feels like a gift.

3. Once a week, express gratitude directly to someone in a message or conversation and notice how it affects both of you.

What stood out to you? Where did you see yourself? What is one brave step you will take this week?

From Blessings to Blessing Others



MICRO-COURAGE PRACTICES

1. List three ways you currently receive abundance that have nothing to do with money.

2. Choose one of those areas and find a simple way to let it flow outward today through encouragement, time, or practical help.

3. Reflect briefly on how it feels when you give from overflow versus when you give from depletion.

Love Without Self-Abandonment



MICRO-COURAGE PRACTICES

1. Write one boundary sentence that begins with, “In order to love well, I will no longer...” and finish it honestly.

2. Notice one moment this week when you start to overextend, then experiment with a gentle no or a smaller yes.

3. At the end of the day, ask, “Did I treat myself as someone I am responsible for caring for?” and write one line in response.

What stood out to you? Where did you see yourself? What is one brave step you will take this week?



Morning, Rhythm, and Ritual



MICRO-COURAGE PRACTICES

1. Design a five-minute morning ritual that includes one quiet moment and one intentional action, then practice it for three days.

2. Remove one small morning distraction for a week, such as checking your phone before your feet touch the floor.

3. Each night, choose one simple win you will repeat tomorrow as part of your new rhythm.

What stood out to you? Where did you see yourself? What is one brave step you will take this week?



Community, Environment, and Becoming



MICRO-COURAGE PRACTICES

1. List three people who leave you feeling more like your best self after you talk with them.

2. Reach out to one of those people this week with a specific invitation, such as a call, coffee, or a shared project.

3. Identify one environment that drains you and make one small change, whether it is less time there, a boundary, or a different role in that space.

What stood out to you? Where did you see yourself? What is one brave step you will take this week?



CHAPTER SIXTEEN

The Next Chapter



MICRO-COURAGE PRACTICES

1. Write a single clear sentence that begins with, “The chapter I am choosing now is about...” and keep it somewhere visible.

2. Write one habit or pattern that clearly belongs to an old chapter and choose one small way to interrupt it this week.

3. Decide on one micro-action you will take in the next 24 hours that your future self would thank you for.

The Next Chapter

What stood out to you? Where did you see yourself? What is one brave step you will take this week?



NOTES



Lined area for notes, consisting of 25 horizontal lines.