

Roadmap to How to Build Courage to Become Calm, Content and Confident



Andrea Reger

"I have guts" - The Courage Coach



**TIME IS RELATIVE, AND IT
WILL PASS - DON'T
WASTE IT**



**HELP IS AVAILABLE -
AVAIL OF IT**



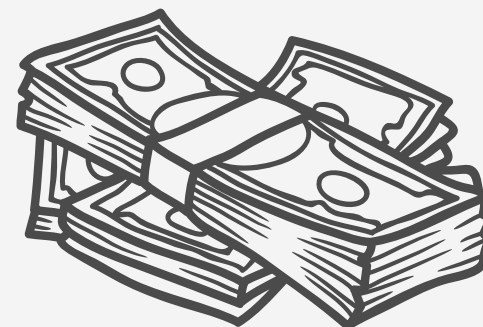
**GO WITH THE FLOW
WITH A CURIOUS MIND
AND AN OPEN HEART**



**CREATE YOUR OWN
REALITY**



**ENJOY LIFE AND HAVE
FUN**



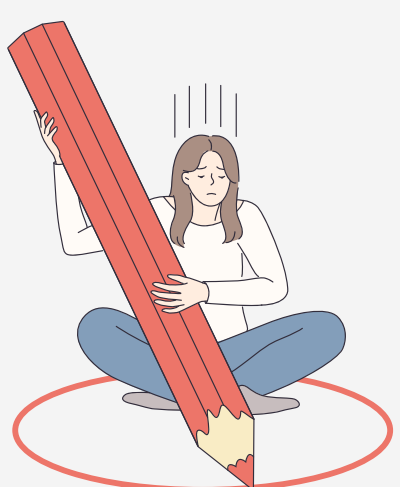
**SHIFT YOUR
RELATIONSHIP WITH
MONEY**



**IT'S OKAY TO ACCEPT
AND ENJOY WHAT IS
GIVEN TO YOU**



**IF YOU DON'T TAKE CARE
OF YOURSELF, NOONE
ELSE WILL**



**CREATE HEALTHY
BOUNDARIES**



**BOUNCE BACK
TO BALANCE
QUICKLY**