

DARING LEADERSHIP

JUMPSTART GUIDE



Welcome!

I designed this Daring Leadership Jumpstart Guide to help you take that Daring next step in your work or life. These simple journal prompts will help you:

- move to action
- get unstuck by getting clear on where you need to take action
- identify simple tools to help you take action

Based on the research of Dr. Brené Brown, Daring leadership is a collection of four skill sets that are teachable, observable, and measurable:

1. Rumbling with Vulnerability
2. Living into our Values
3. Braving Trust
4. Learning to Rise

I hope this guide gives you the support you need to take action in an area of your life where you need to practice Daring Leadership.

Julie Boll



ABOUT ME

I help people lead and live more courageously using the Dare to Lead™ framework developed by Dr. Brené Brown. Dare to Lead™ is designed for individuals who are ready to embrace brave leadership, shed their armor, and show up with whole hearts in their work and life.

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Think of a specific area in your life where you want to take action and reflect on the questions below. It's important to narrow down your answers to a specific area in your life where you want to take action, for example, "my relationship with my boss."

- What's an area in my life where I want to move towards Daring Leadership (be specific)?
- What's important about taking action in this area of my life?
- What are possible outcome(s) of practicing Daring Leadership in this area?
- What's one boundary that I'll need to put in place to practice Daring Leadership in this area?
- What is my Daring next step to taking action in this area?
- How will I evaluate my success in this Daring next step?
- When will I take this step?
- Who will help hold me accountable for taking this step?
- What permission slips do I need to write for myself?
- What is a word, phrase, or mantra that will support me in taking this Daring next step?



Want to learn more?

Are you interested in learning more about how I can support your Daring Leadership goals? Sign up for a free 30-minute exploration session to discuss where you want to take action and ways coaching can help.

[SCHEDULE A FREE CALL](#)

"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."

- Howard Thurman

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