

A vertical photograph of a rock climber silhouetted against a bright sky, climbing a dark, narrow rock face. The climber is positioned in the upper half of the frame, with their body angled towards the right. A rope is visible extending from the climber down towards the bottom of the frame. The background is a stark white, creating a high-contrast silhouette effect.

Courage & Truth

MINI
WORKBOOK

SUNDAY SESSIONS SERIES

#4

LEADERSHIP EDITION

PHOTO BY SANDRO TEDESCHINI | PEXELS

Finding Courage Through Truth

Being courageous leaders requires a great deal of bravery. Rather than running away from the dragon in the forest, we have to turn around and face it. Head on.

While we'd much rather turn back at the first sign of trouble, the best thing we can do for ourselves is face the thing; fight the dragon. If we decide to stay where we are comfortably sleeping behind the castle walls, we will always fear the dragon. We will be held hostage by our own comforts. The dragon will guard the gates that we're supposed to control, and that fear will always be there.

But if we have the courage to face that dragon, our peace of mind will be secured. What's more, the dragon also sits on a treasure chest that we can harvest to build a more secure future for ourselves.

Which would you rather have: A life where you're bound in the jail of your comfort and fear, or a future where you know you can face anything and have great riches to boot?

You decide.

The following pages are just a snippet of a longer workbook and spiritual advising program that helps leaders know the difference between their fears and intuition. Though this is not the entire book, it is a valuable little tool to help guide you through most any challenge you will encounter in your spiritual growth journey. I've used these same questions to move through a divorce, quit a job that I loved but couldn't continue, and find the love of my life.

Feel free to use it over and over again and share with friends.

[illegible]

What truth am I currently ignoring or downplaying?

[illegible]

(Blank Space. Keep writing!)

Just because you are confronting a truth about a situation or person does not mean you need to cut that thing or person out of your life. It can be as simple as making adjustments to find a sweet spot for your alignment.

Am I in a position to negotiate or make adjustments to this circumstance or connection? If not, what can I do in the meantime?

[illegible]

(Blank Space. Keep writing!)

What are the next steps to bring myself to peace in this situation?

[illegible]

(Blank Space. Keep writing!)

Who can I ask for support with this? What spiritual practices will guide me through this challenge?

[illegible]

(Blank Space. Keep writing!)

Congratulations.

You have just done something incredible! Congratulate yourself on a job well done. You can complete this exercise over and over again with different aspects of your life that need to be nurtured. Remember to acknowledge all the hard work you're doing and treat yourself to something nice.

To purchase the full version of this workbook, go to press.sanaahalili.com/shop.

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