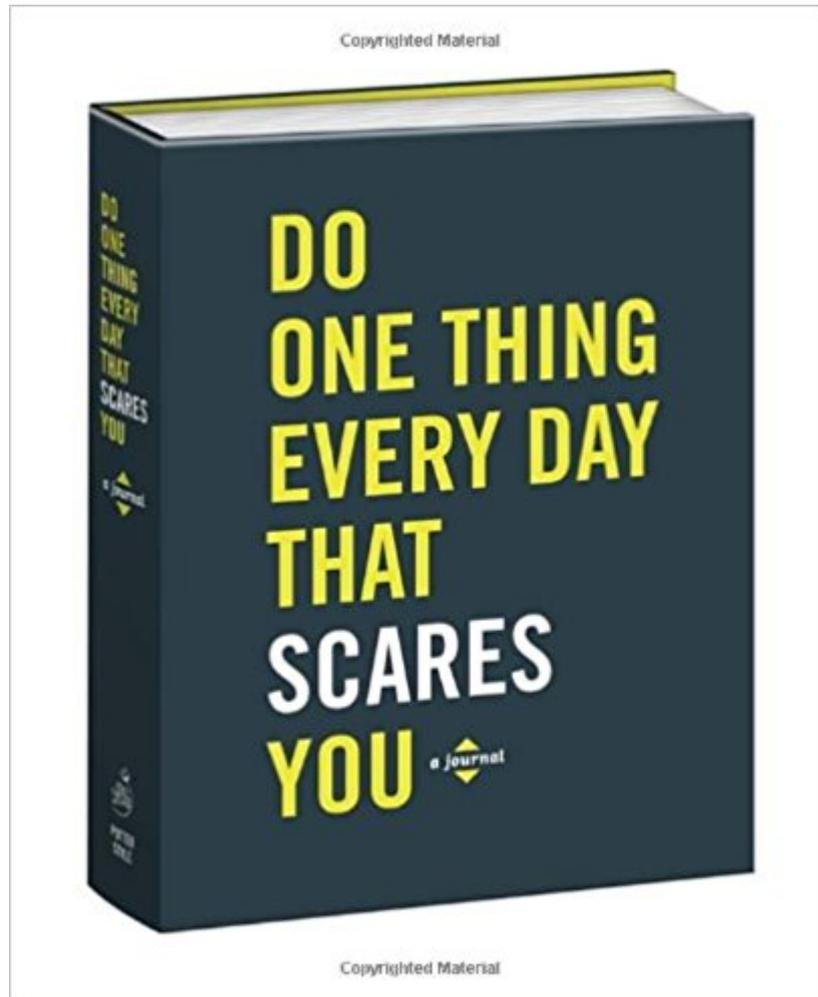


The book was found

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



## Synopsis

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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Average Customer Review: 4.5 out of 5 stars See all reviews (65 customer reviews)

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## Customer Reviews

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!

I absolutely love this journal. It really helped bring me out of my comfort zone and put myself out there. I performed at a coffee house (something I never dreamt I'd do) and it was empowering and just awesome! It helps to motivate you and really puts our fears and anxieties into perspective. I highly recommend it!

If you want to change something in your life or live your life to the fullest, you have to be willing to be uncomfortable. This little book provides the encouragement for exactly that. Full of motivational quotes from inspirational people, this beautifully designed journal gives one a place to focus on overcoming fear and to document their bravery.

Do we really need another self-help? Robie Rogge and Dian Smith thought so, and they were right. This engaging and beautifully designed little book, which I received as a gift over the holidays (and keep on my bedside table), provides us with a year's supply of motivation to get up the courage to do those things, however grandiose or trivial, we want---but are afraid---to do. The quotes are apt and stirring. There are at least 365 of them, and what I particularly like is that they don't go day by day. This is not a 2014 calendar, and so we can rummage around in it without having to go in order or feel guilty about missing a day, and it has an unlimited shelf life after the year ends. This is a great concept. This book is enjoyable to look through, I can't imagine that there's anyone who wouldn't benefit from it, and I recommend it unreservedly---and will be watching for the next ROBIE Book.

My kids all ways laugh at my life experiences they think I'm crazy. This generation has not been allowed to make mistakes and scared to step out of their comfort zone. My son looks at it daily and it at least makes him test his borders nothing big yet but I hope he can see the world around him is his to grab a hold of.

This book is a great one to have on your nightstand. I love waking up every morning and opening to a random page and accepting that as my challenge for the day. It helps to start my day with positive intention.

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.

I so wanted to love this book. I need what I hoped this book would offer, but alas it fell short. As another reviewer mentioned, the first 'prompt' is "I stuck my neck out by:" Yes I agree there are some great quotes and the like throughout the book but am baffled at the lack of instruction as to how one should use the book. The most recent journal I use is called The 5 Minute Journal which provides clear guidance as to when and how to use it. Fear being a more serious topic had me expecting much more. The attempted guidance on the first pages of the book are a disservice to buyers. I assume they are meant to keep the book feeling free-form but end up leaving one feeling like a ship without a rudder.

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