

HOW TO  
ACTIVATE YOUR  
*Braveheart*<sup>TM</sup>

*28 Questions to  
Transform Your Life*



BY SHEILA CALLAHAM



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[www.ActivateYourBraveheart.com](http://www.ActivateYourBraveheart.com)

by SHEILA CALLAHAM

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## Introduction

Have you ever heard a question that stopped you in your tracks? Perhaps the question made you consider something in a new way. Or maybe it registered a reality in your mind that you had previously not recognized.

Questions are powerful, and in coaching circles they are one of the most reliable tools for shifting a client from feeling stuck to feeling motivated enough to create change.

Admit it, if you are reading this, then there must be some area of your life where you feel stuck – or dissatisfied. If so, no worries! We are all in this same spot time and again throughout our life. It's part of personal growth, development, and spiritual evolution.

If you feel like you need a change that is great news because it means you are stretching yourself. You are not willing to accept the status quo. You are without traditional boundaries. Three cheers for you!

One of the biggest challenges, of course, is often people



know something needs to change but they can't put their finger on what exactly that may be. Here's where twenty-eight brain-smacking, thought-provoking, imagination-stimulating questions will help. I guarantee that if you carefully consider each of these questions and answer as honestly as you can (and leave no question unanswered) that you will see some revealing themes showing up in your life.

Stepping into change requires courage! It requires you to connect to your inner wisdom to find the confidence you need to

## Rules of the Game

Yes, there are rules, but these are rules you will appreciate.

1. There are no right or wrong answers; there is only what feels true to you at this moment. I suggest you dedicate a journal or notebook to recording your answers.
2. Take your time; you don't have to answer them all at one time. Most of all, be honest with yourself.
3. Answers may change over time, so remember that you are where you are. Recording your answers will help you track how you feel over time.



# Authenticity

1. What does it mean for you to live in your perfect truth?
2. On a scale of 1 – 10, with 10 being the most, how much do you trust yourself to stay true to what's best for you?
3. If you're not at a 10, what will it take to get you there?
4. If you could give yourself permission to express one emotion that you've held back on, what would that emotion be?
5. What one step can you take immediately to begin expressing more of your repressed emotion right now?



## Self-Love

6. What gifts are you holding back from the world?
  
7. How could sharing your gifts make a difference in the lives of others?
  
8. What one thing do you want to stop doing?
  
9. What difference can that change have in your life?
  
10. What is your next step to loving yourself more?
  
11. For what one thing are you most grateful?



## Joy and Happiness

12. What one thing could you do that would supersize your happiness?

13. What prevents you from living in your supersized happiness right now?

14. How can you add more of what you love most in your life?

15. How do you make a difference in the lives of others?

16. How does making a difference in others' lives make you feel?



## Joy and Happiness Cont.

17. What are ten things you'd like to do in life purely for the fun of it?

18. What do you care most deeply about?

19. How can you acknowledge and appreciate what you care most deeply about into your day-to-day life?



## Courage

20. When was a time when you felt and showed the most courage you could muster?

21. How did expressing that courage make you feel?

22. What would it take for you to live courageously every day?

23. What are some of the things you say yes to when you want to say no?



## Courage Cont.

24. What would it take for you to speak your truth instead?

25. What would it take for you to value what you think of you more than what others think of you?





## Next Steps – Just a Few More Questions!

Once you've answered all of the questions, take some time to reflect on your responses.

Consider the following:

- Were there any surprises that showed up for you?
- Were any of the questions tough for you to answer? If so, what was it about the answer that you found elusive?
- Did any theme begin to emerge for you?
- Pick the top three questions and responses that most inspired you. How will you incorporate more of this inspiration into your daily life?
- How will you hold yourself accountable for creating change?



## Want to Learn More?

Are you actively seeking a life transformation? Answering these questions is a great first step because your truth will begin to peek through and speak to you. Even if you recognize you're not living the life you truly desire, and you don't know what to do about it, don't give up! Change begins with the first step, and I'm here to help you along the way. There is always more good to experience in life! That's what my inspiring **Activate Your Braveheart**<sup>™</sup> community is all about!

## Testimonials

*Sheila, I enjoyed each and every class and meditation that you gave! Thank you!*  
Naomi Spring

*I am grateful for your knowledge and experience, your support and your encouragement. Please keep up the good work you are doing and continue to change the lives of so many.*  
Jordana Taylor



## Testimonials Cont.

*Thank you for being such a “super size” awesome teacher!*  
Heather Holmstrom

*Thank You, Thank You, Thank You!! What a beautiful Heart Centered instructor you are!*  
Lynn Byrne

*Sheila, you have been a wonderful instructor! I love your spunk, confidence, and inspiration for all of us during the lessons!*  
Cyndie Knorr

Let's get the next step of your journey underway!  
Find out at [Activate Your Braveheart™!](http://www.ActivateYourBraveheart.com)



## Meet Sheila Callaham



Sheila Callaham is an international best-selling author and motivational coach. She founded the **Activate Your Braveheart™** platform to facilitate women through the process of identifying hidden purpose and passion and making them real. The author of six books and contributor to four best-selling anthologies, Sheila promotes increased joy and happiness through **her writing**, speaking, and coaching. For anyone who aspires to write a book, Sheila offers **The Authentic Author™** program to provide inspiration, courage, and know-how for making wanna-be authors into gonna-be authors.

Sheila lives in San Antonio, Texas where she loves to dance and make new friends. Connect with her on your favorite social media platform and visit her website where she blogs weekly at [SheilaCallaham.com](http://SheilaCallaham.com).

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