

Takeaway Sheet:

This Week's Brave Conversation Themes

1. Define what a brave conversation looks like

- Brave doesn't have to mean loud or dramatic—it can be calm and clear.
- Honesty is more important than eloquence.
- You can be both kind and direct.

2. Recognize small moments that invite honesty

- Saying “no” is a full sentence, and it matters.
- Sharing preferences doesn't make you selfish.
- Setting a boundary is an act of clarity, not conflict.

3. Understand how avoiding conversations creates stress

- Bottling things up builds resentment and exhaustion.
- Silence can sometimes reinforce self-doubt.
- Avoidance doesn't keep the peace—it delays the truth.

4. Explore how people-pleasing and perfectionism hold you back

- You don't have to earn the right to speak.
- Imperfect conversations are still valuable.
- Pleasing everyone often means abandoning yourself.