

DARE TO BUILD A LIFE YOU LOVE

# GROWING BOLDLY



EMILY LEY

A PDF COMPANION TO THE AUDIOBOOK



© 2021 Emily Ley

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, scanning, or other—except for brief quotations in critical reviews or articles, without the prior written permission of the publisher.

Published in Nashville, Tennessee, by Thomas Nelson. Thomas Nelson is a registered trademark of HarperCollins Christian Publishing, Inc.

Published in association with Folio Literary Management LLC, 630 Ninth Avenue, Suite 1101, New York, New York 10036.

Thomas Nelson titles may be purchased in bulk for educational, business, fund-raising, or sales promotional use. For information, please email [SpecialMarkets@ThomasNelson.com](mailto:SpecialMarkets@ThomasNelson.com).

Unless otherwise noted, Scripture quotations are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission of Zondervan. All rights reserved worldwide. [www.Zondervan.com](http://www.Zondervan.com). The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®

Scripture quotations marked NKJV are from the New King James Version®. © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Any Internet addresses, phone numbers, or company or product information printed in this book are offered as a resource and are not intended in any way to be or to imply an endorsement by Thomas Nelson, nor does Thomas Nelson vouch for the existence, content, or services of these sites, phone numbers, companies, or products beyond the life of this book.

ISBN 978-1-4002-1133-3 (eBook)

ISBN 978-1-4002-1131-9 (HC)

ISBN 978-1404-11547-7 (custom)

ISBN 978-1-4002-2548-5 (audio)

*Printed in China*

21 22 23 24 25 DSC 10 9 8 7 6 5 4 3 2 1



**CALL OUT THE LIES  
AND FACE THE FEARS**







Family comes first. Full stop.





*What's your glory story?*

---

---

---

---

---

---

---

---

---

---



*What do you want it to communicate to the world?*

---

---

---

---

---

---

---

---

---

---



# GET TO KNOW THE REAL YOU







## Favorites

You are a multifaceted, complex woman. This is a chance to get to know yourself again. Have fun with this. Who are you, right now, right where you are? What's your favorite:

Color

Movie

Food

Book

Sport

Hobby

Weather

Holiday

Season

Memory

Friend

Feature

Quote

Vacation spot

Gift

Hero

Heirloom

Outfit

Animal

Meal

Quiet place

Team

Song

Dessert









We are shaped by the people in our lives, both positively and negatively.  
Describe your people below.



*Who is your best friend? How did you meet? What does this person mean to you? Why is she your best friend?*

---

---

---



*Who has been the most positive influence in your life? What did this person teach you?*

---

---

---



*Who has been the most negative influence in your life? In what ways?*

---

---

---



*If you could meet anyone, who would it be? What questions would you ask them?*

---

---

---





Home is where we rest, rejuvenate, and reconnect. It's often where we are most comfortable, our own space in the world. Describe your home in the spaces below.



*I feel most comfortable when . . .*

---

---

---



*Home is where . . .*

---

---

---



*This is what I love about my home:*

---

---

---





The world is big and you are an important part of it.  
Consider your place among all God's people.



*This is what I bring to the world:*

---

---

---



*If I could change one thing in the world, it would be . . .*

---

---

---



*The most valuable thing in the world is . . . (there are no wrong answers here)*

---

---

---



*If I could change one thing about **my** world, it would be . . .*

---

---

---





No two journeys look the same. We each have unique memories of joy, pain, triumph, and tragedy. These experiences shape who we want to become and who we do not want to become.



*The happiest moment of my life so far was when . . .*

---

---

---



*My proudest accomplishment is . . .*

---

---

---



*I have experienced heartbreak through . . .*

---

---

---



*My tears generated strength in me by . . .*

---

---

---





Naming fear does not make it stronger. By naming your fears and outlining your worst-case scenarios, you diminish the power they have over you.



*I am afraid . . .*

---

---

---

---

---

---

---

---



*The worst possible thing that could ever happen is . . .*

---

---

---

---

---

---

---

---





*I love . . .*

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





*I have grown . . .*

[illegible]





*I am grateful for . . .*

[illegible]







# GET COMFORTABLE WITH CONFIDENCE







What it looks like to be *effortlessly me* . . .

---

---

---

---

---

---

---

---

---



## DIG UP YOUR GRIT







*What hard things have you been avoiding? They're different for all of us! What's hard for me might be a breeze for you. Let's make a list so we can eat that frog.*

---

---

---

---

---

---

---

---



# STAND STRONG ON YOUR STORY







*What is your childhood story? How has it shaped you?*

---

---

---

---

---

---

---

---

---

---

*You intended to harm me, but God intended it all for good.*

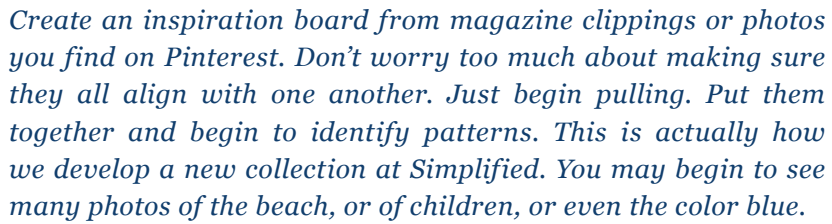
GENESIS 50:20



# CLAIM YOUR CALLING







*Perhaps you've pulled images of musicians, of paintings, of beautiful flowers. Notice the common themes and consider what these themes may be saying to you about your life.*

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



## DESIGN YOUR ROAD MAP







## *Start your own road map*

I've given examples from my experience. Now you try it!



### ***State your goal.***

(Emily's example: make a better planner for myself and others.)

---

---

---

---



### ***Root it in something that matters.***

(Emily's example: provide a little lifeline of organization in the chaos we're all going through, and give people moments of calm and hope. Fill this in here.)

---

---

---

---



### ***Give it specificity.***

(Emily's example: explore formatting, branding, materials, etc.)

---

---

---

---





*What kind of resources might I need to pursue this dream?*



*What material resources do I need?*

---

---

---



*What do I need to learn how to do? How could I do that?*

---

---

---



*What people do I need to know?*

---

---

---



*What can I afford to spend on this right now? What is my firm budget, and how will I spend it?*

---

---

---



*What else . . . ?*

---

---

---







# LEAD WITH INTEGRITY AND PASSION







*Who do I say I am?*

---

---

---

---

---

---

---

*Who does God say I am?*

---

---

---

---

---

---

---





10

## SERVE WITH KINDNESS





[illegible]



## CHOOSE LEGACY







*Evaluate your dreams and goals. In what ways can you take them deep not wide?*

---

---

---

---

---



*What's your definition of legacy?*

---

---

---

---

---

---

---





## *What makes a good life?*

What are the little things, the mundane things, that add up to a good life? How can you identify the beauty in each of them?



Every time I fold my kids' clothes, I can pray over where those clothes will take them each day.



Every time I send a good morning text to my mom adds up to a tradition of love.



Now list your own:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



The background of the entire page is a vibrant, abstract collage of colors including deep blues, magentas, greens, and yellows, with visible brushstrokes. A large white rectangular panel is centered on the page, serving as a backdrop for the text. At the top of this white panel, there is a small magenta ribbon-like shape.

12

# **FIGHT LIKE AN UNDERDOG**







What are your nonnegotiables as you  
look at building *a life you love*?



*I will . . .*

---

---

---

---



*I will . . .*

---

---

---

---



*I will . . .*

---

---

---

---





14

## DIG IN







*The desires of my heart:*

---

---

---

---

---

---

---

---

---

---



*A life well lived means for me:*

---

---

---

---

---

---

---

---

---

---