



DAVE HOLLIS

NEW YORK TIMES BESTSELLING AUTHOR

BUILT THROUGH COURAGE

Face Your
Fears to Live
the Life You Were
Meant For

A PDF COMPANION TO THE AUDIOBOOK

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Your Calling



1.1
LETTING GO



1.2
BELIEF



1.3
CLARITY



1.4
CONFIDENCE



1.5
CALLING



1.6
LEVERAGE

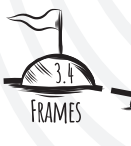


2.1
PRINCIPLES

Your



3.5
MODELING



3.4
FRAMES



3.3
TRUTHS



3.2
BECOMING



3.1
SELF



2.2
BOUNDARIES



3.6
REFRAMING



3.7
PRIORITIES

Your Identity



4.1
BRIGHT SIDE



4.2
PAST PILLARS



4.3
GOOD HARD



4.4
CONTROL



4.5
BLESSING



5.1
NOTHING'S
SAFE

Your Experiences



Owning Where You Are



5.2
IT'S ON YOU



KNOWING YOU

PREPARES

WHERE ARE

Values

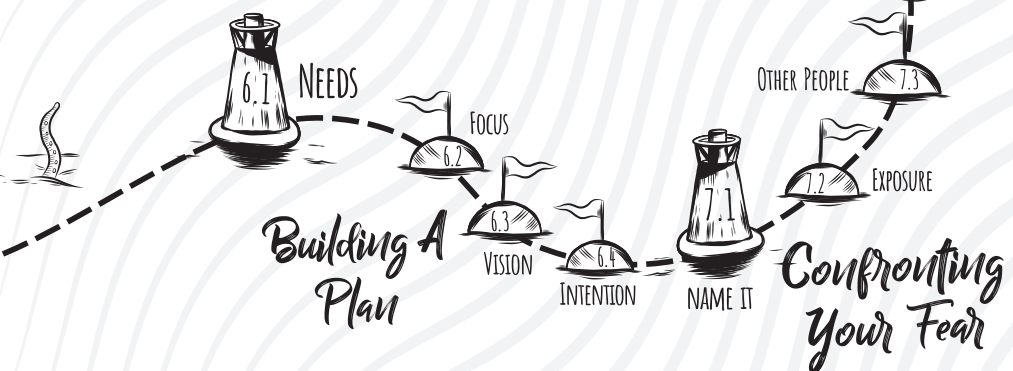


What It's Going To Take

YOU FOR



WHERE YOU ARE GOING!



YOUR IDENTITY



LOGBOOK

JOURNALING ACTIVITY

It is time to transform three of your limiting beliefs into stories of empowerment. I'll get you started with an example of how I did this back when I was promoted to head of sales at Disney. Then it's your turn.

MY LIMITING BELIEF: At age thirty-six, I lacked the years of experience and the long-standing industry relationships of my older colleagues.

MY EMPOWERING REFRAME: As a newcomer, I brought a fresh perspective to projects and built an analytics team; my lack of long-standing relationships with associates made me a more objective negotiator supported by data over emotion.



YOUR TURN

YOUR LIMITING BELIEF: _____

YOUR EMPOWERING REFRAME: _____

YOUR LIMITING BELIEF: _____

YOUR EMPOWERING REFRAME: _____

YOUR LIMITING BELIEF: _____

YOUR EMPOWERING REFRAME: _____

YOUR EXPERIENCES



LOGBOOK

JOURNALING ACTIVITY

Spend time thinking about the story of your life so far and examining the central experiences of your past. What have you been through that defines how you think of yourself? For each of these formative experiences, jot down the answers to the following questions:

- Is the story I'm telling myself a vehicle for empowerment? Or is this story an anchor that is holding me back?
- For a central experience that has negative associations, is there a way to reframe what you learned? Did your struggle allow you to gain strength or warrior status? Could it move to circumstantial?

CENTRAL EXPERIENCE &
POSITIVES/NEGATIVES

CENTRAL EXPERIENCE &
POSITIVES/NEGATIVES

CENTRAL EXPERIENCE &
POSITIVES/NEGATIVES

REFRAME OR MOVE TO
CIRCUMSTANTIAL

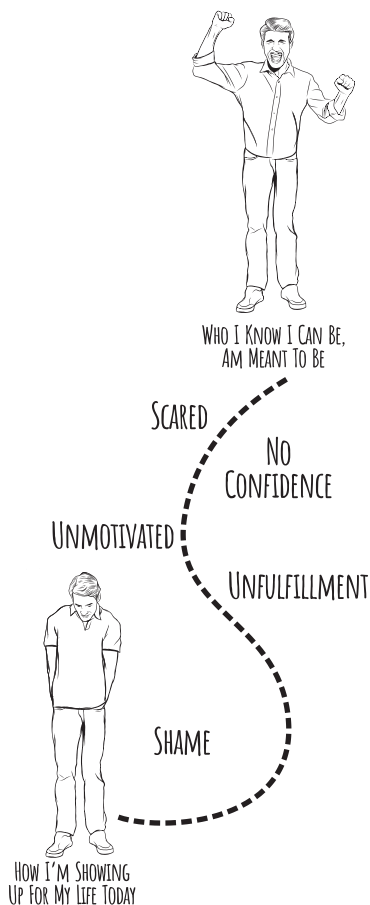
REFRAME OR MOVE TO
CIRCUMSTANTIAL

REFRAME OR MOVE TO
CIRCUMSTANTIAL

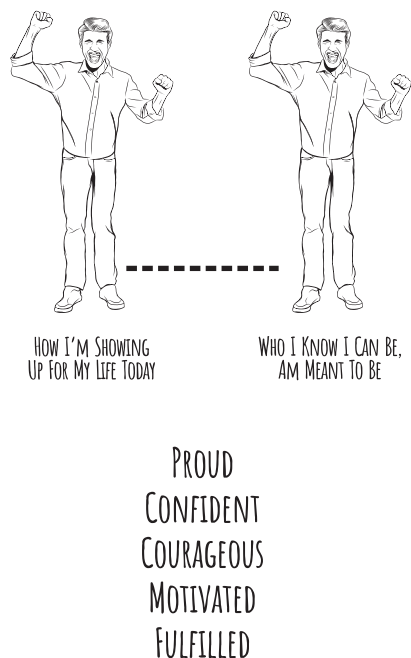
WHAT IT'S GOING TO TAKE

HOW DO I FEEL ABOUT MYSELF WHEN I'M BY MYSELF?

LACK OF INTEGRITY



INTEGRITY





LOGBOOK

JOURNALING ACTIVITY

Challenge Your Fears

I am afraid of failing at _____

Or

I am afraid of being exposed as _____

Now write down all the worst-case scenarios if this fear were realized. Next to each scenario, decide what is the percentage chance of it actually happening.

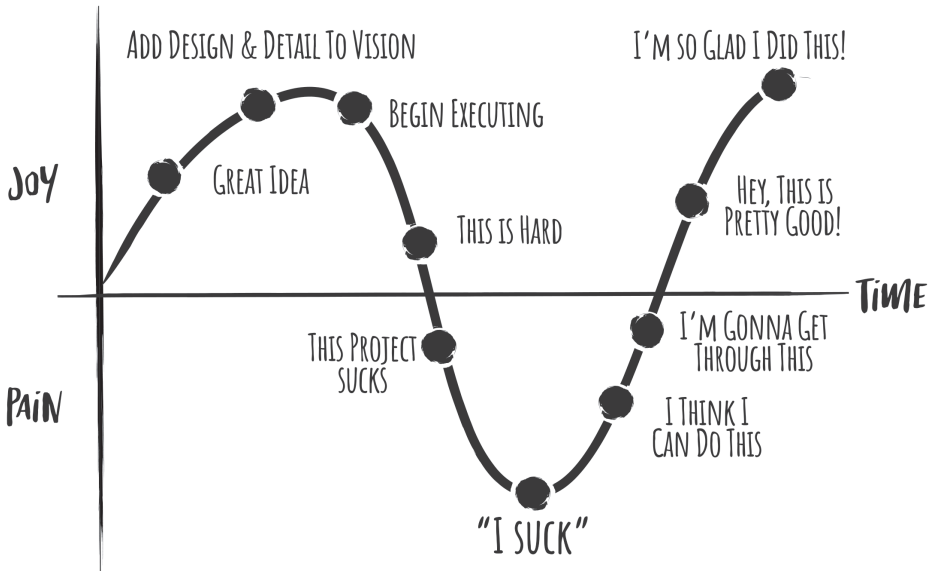
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What is the one thing with the highest-percentage chance of happening? _____

Write five good things that could come out of that most possible scenario:

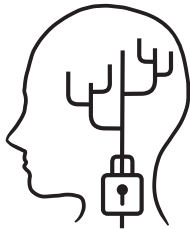
1. _____
2. _____
3. _____
4. _____
5. _____

ROLLER COASTER ILLUSTRATION FOR STARTING A PROJECT FROM CREATIVE CALLING BY CHASE JARVIS



FIXED VS. GROWTH MINDSET

FIXED MINDSET



GROWTH MINDSET



SET IN PLACE	← INTELLIGENCE →	DEVELOPED OVER TIME
AVOID AT ALL COST	← FAILURE →	AN OPPORTUNITY TO LEARN
TAKE IT PERSONALLY, DEFENSIVE	← FEEDBACK →	WELCOMED TO GET BETTER
GIVE UP WHEN THEY APPEAR	← CHALLENGES →	WORK THROUGH TO DEVELOP GRIT
A SIGN YOU DON'T HAVE THE SKILL	← EFFORT →	THE WAY YOU BUILD MASTERY
OPTICS VIA PERFORMANCE	← FOCUSED ON →	PROCESS OF GETTING BETTER
DETERMINISTIC, LIMITING	← WORLDVIEW →	LIMITLESS, AUTONOMOUS

MASLOW'S HIERARCHY OF NEEDS



VENN DIAGRAM FOR FINDING "WHY"

