

# Brave Roadmap

## WEEK 1

T. Walk through [Unblocked Inner Child: SOUL](#)

F. Journal: When a really big opportunity comes your way but it doesn't add up to everything that makes you happy or you know it will tax your energy, spirit, or worth in some capacity, are you easily able to say no, knowing that a better opportunity is on its way to you? These can be related to job opportunities, a family member asking you a favor, or a potential lover coming into the picture. Walk through [Magnetic Self DRE](#)

Sat & Sun. Walk through [Magnetic Self DRE](#)

## WEEK 2

M. Walk through [Unblocked Inner Child: TRUST](#)

T. Journal: Make a list of everything you fear. From huge, outrageous, to small, to survival, to insecurity, to environmental. List out all of it. Walk through [Magnetic Self DRE](#)

W. Walk through [Unblocked Inner Child: PURPOSE](#)

T. Journal: How much of your day is filled doing things that don't light you up? From eating to fitness to rest, list each of them out and why you are afraid to get rid of them. What do you want to fill their place? Quieting your mind and listening to your heart and body instead. Walk through [Magnetic Self DRE](#)

F. Walk through [Unblocked Inner Child: CONSCIOUS IDENTITY](#)

Sat & Sun. Walk through [Magnetic Self DRE](#)

### **WEEK 3**

M. Walk through [Magnetic Self DRE](#)

T. Walk through [Unblocked No: SELF](#)

W. Walk through [Magnetic Self DRE](#)

T. Walk through [Unblocked No: Essence](#) + [Unblocked No: SELF](#)

F-Sun. Walk through [Magnetic Self DRE](#)

### **WEEK 4**

M. Walk through [Unblocked No: BLOCKS](#) + [Magnetic Self DRE](#)

T. Walk through [Unblocked Shadow: UNCONCEAL](#)

W. Walk through [Unblocked Shadow: OWNING](#) + [Magnetic Self DRE](#)

T. Walk through [Unblocked Shadow: CLEARING](#)