

# FEARLESS LIVING

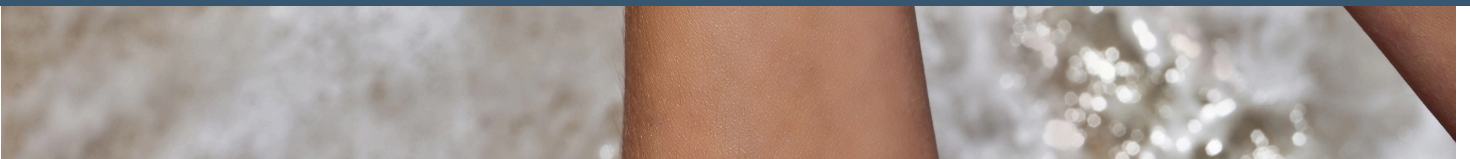
TOOL 01



## THE 3 DAILY PRACTICES

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BELONGS TO: \_\_\_\_\_



# THE 3 DAILY PRACTICES

**“Do what you can, when you can, the best you can.” - Rhonda Britten**

At the root of many struggles lies a shared fear: the fear of not being good enough. When you don't make the progress you hoped for, that fear can activate a familiar cycle of self-criticism, frustration, and doubt. (See Tool 16: Wheel of Fear Explained.) Over time, this cycle can quietly chip away at your confidence and hold you back from the life you long to live.

Most of us were taught to respond by pushing harder—using discipline, pressure, or shame to force change. But that approach often backfires, especially when fear is running the show. That's why we created The 3 Daily Practices.

This tool is designed for everyday use—especially on the days you feel stuck, off-track, or unsure of yourself. When you practice these three steps daily, they act as a reset button, helping you reconnect with your center and realign with who you truly are.

Instead of pushing from the outside in, these practices invite you to lead from the inside out—with compassion, honesty, and personal responsibility. But they only work when practiced in order, and when compassion comes first. Compassion softens the grip of fear. It reminds you that you're human and that growth doesn't require punishment. From that space, honesty becomes safe. Responsibility becomes empowering. And together, they help you return to your true self—one moment at a time.

<b>Practice 1: Compassion</b>	Above all else, meet yourself with kindness—especially when you stumble. Mistakes aren't proof you've failed; they're invitations to practice compassion. Speak to yourself the way you would to someone you love. Let your inner voice become a source of safety, not shame.
<b>Practice 2: Honesty</b>	Be truthful with yourself, yet always filter that honesty through the lens of self-compassion first. When you start with kindness, you can face uncomfortable truths without turning against yourself. This allows you to give yourself a break without letting yourself off the hook as you uncover your self-limiting thoughts and behaviors.
<b>Practice 3: Personal Responsibility</b>	Take ownership of your choices and actions. Foster a proactive approach to life rather than wishing, waiting, and hoping for things to change. Focus on what you can influence and return to what's truly yours to carry. Gently release what was never yours to begin with. That's where your power lives.

The key to lasting transformation lies in the *consistent, compassionate* practice of these three values. Be patient with yourself. Celebrate even the smallest wins. And if you stumble? That's not failure—it's just part of the path. When you commit to these principles, you'll begin to unlock a deeper confidence, build true self-trust, and live with more clarity, purpose, and peace.

# THE 3 DAILY PRACTICES



ANSWER THE FOLLOWING QUESTIONS TO  
EXPAND YOUR AWARENESS OF THE 3 DAILY PRACTICES.

## Compassion

How do you currently express self-compassion?

When you try to be kind to yourself, what does your inner critic (your Wheel of Fear) usually say? How does it feel to hear that voice? What does it stop you from doing?

On a scale of 1–10, how much compassion do you have for yourself on an average day—especially when things don't go as planned? (10 = "I am overflowing with compassion for myself." 1 = "I'm hard on myself and don't know what it means to have self-compassion.")

## Honesty

On a scale of 1–10, how comfortable are you with being lovingly honest with yourself? (10 = "Honest self-reflection is totally in my comfort zone. No problem!" 1 = "I don't think I've ever been truly honest with myself.")

What fears arise when you consider being completely honest with yourself—about both your shortcomings and your strengths?

What areas of your life feel easier to be honest about? Are there any areas you tend to avoid looking at too closely? Why might those areas of your life be?

## Personal Responsibility

Think of a recent moment when you blamed a situation or someone else for how things turned out. If you look through a lens of compassion, what part could you take responsibility for?

Have you ever taken responsibility for something that wasn't actually yours? What made you do that and what did you tell yourself at the time?

How would taking greater personal responsibility for your choices and actions help you feel more confident and empowered?

## Integration

Which of The 3 Daily Practices could be the most challenging to integrate into everyday situations right now?

Brainstorm how you can incorporate The 3 Daily Practices into your daily routine.

Imagine yourself consistently implementing The 3 Daily Practices. How will it impact your life in the long run?