

MINDSET FLEX

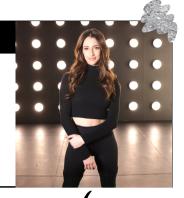
FORTUNE FAVORS THE BOLD



MINDSET FLEX: MAKING THE BOLD MOVE

Being bold — especially when it comes to pursuing your dreams — can help build your confidence, guide you past fear, get you noticed, develop your voice and help you become more assertive. But we often go with the safest/least-bold options that fit within our comfort zone.

- Start to consciously ask yourself: What is the **bold move** here?
- Doing this *every time* you face a decision or opportunity will make you more mindful of just how many chances you have to **go bold**. Being aware starts to shift your mindset.
- Then, consider if the bold move is worth doing or the right thing. How would it move you forward? How could it make a difference?



THE SITUATION

Think about a current or past situation, decision or opportunity. Ex. I had a chance to apply for an internship.

YOUR COMFORT MOVE

What was/is the comfortable move in this situation?

Ex. It was comfortable for me to not apply. It felt too hard.

WATCH THE VIDEO

AMBER ARDOLINO
BROADWAY PERFORMER
DON'T BE AFRAID TO BE BOLD

What pieces of advice does Amber give about being bold?





WHAT IS THE BOLD MOVE?

In this situation, what are some ways you can be bold — big or small? Then consider how going bold in this situation could make a difference? What's the potential downside? Is it worth the risk? (Hint: It probably is!)

