



## 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!)