

The Happy Feminist Challenge Workbook



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Day 5

RISK

Now that we've learned how to create a bit more self-compassion, it's time to actually take a risk.

Women are socialized to just wait for someone to reward us, to never do or ask for anything that might ever upset someone, and to prioritize not making waves above all.

But the life you want, the life you won't regret when you die, the good life well-lived, the big-picture happy life ... that life requires taking some chances.

Sometimes you have to make big moves out in the world — quit your job to start a business, trek the Andes, move across the globe.

Sometimes you just have to make big moves inside your own brain — break generational patterns you don't want to pass down, learn how to create confidence and happiness for yourself.

Day 5

RISK

Either way, you have to be willing to try something new, and probably fail a lot at first.

So today we're going to start small, and build on yesterday's lesson on self-compassion.

Your assignment is to ask for something — anything — that you're a little scared to ask for.

BUT, before you take any action, I want you to decide that you're proud of yourself for asking no matter what response you get. I want you to literally practice one or all of these thoughts (or come up with your own variation).

The goal of this ask is just to be brave.

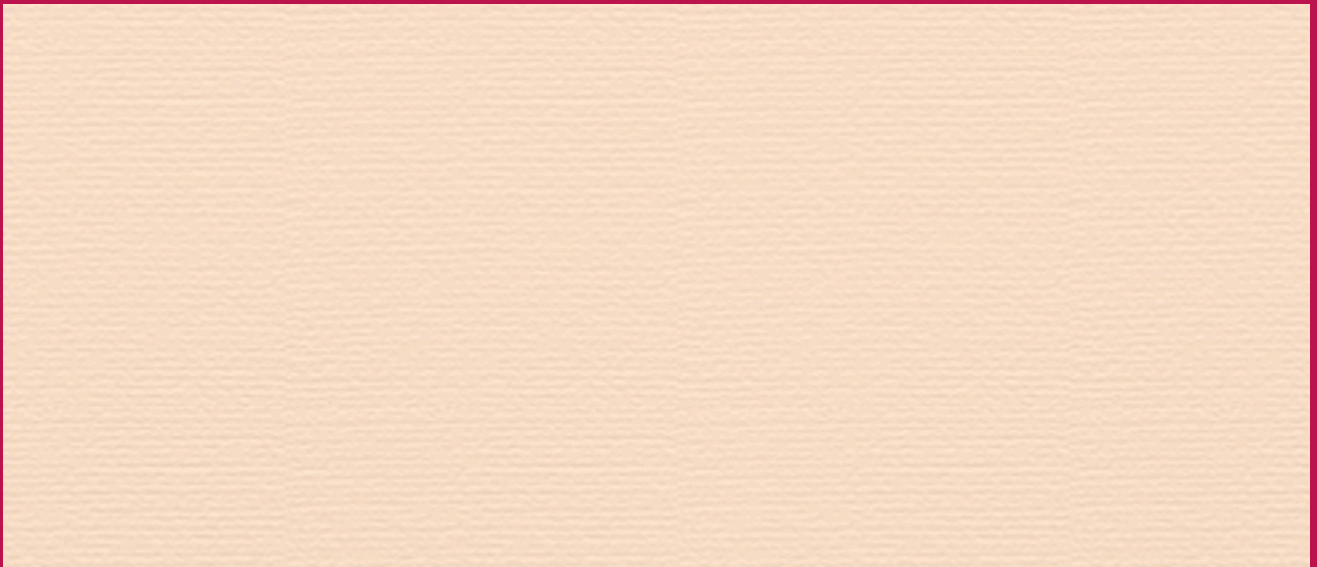
I'm proud of myself for asking no matter what the outcome.

A yes or no are both a success, because the goal was to make the ask while being nice to myself.

What are you going to ask for?

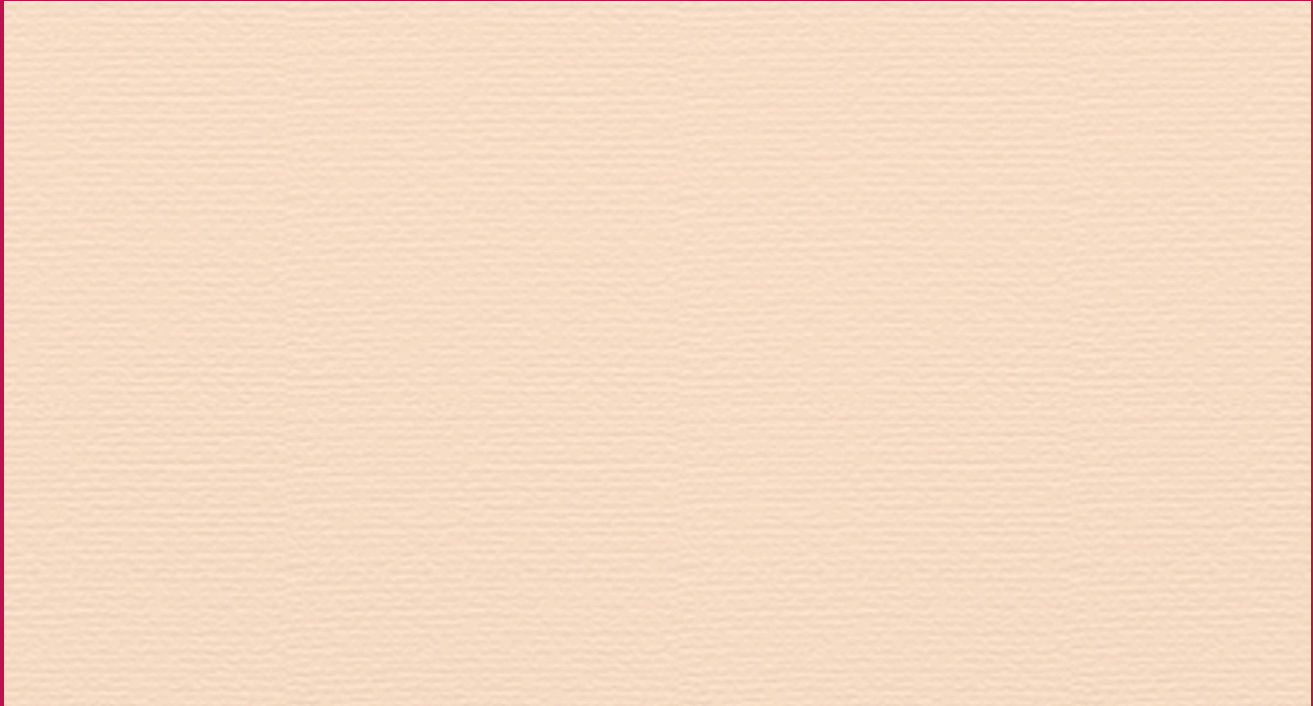


What thoughts are you going to practice before/during/after?



After you've made the ask:

How did it go? What did you notice?



WHAT HAPPENS NEXT?

The next step to being a happy feminist for life is right here [at this link](#).