

She Dwells in Possibility

A Fearless Guide for Women

31 Random Acts of Courage

1. Say hello to a stranger, and make eye contact when you do.
2. Ask for help. Whether you're at the store, at home, or at work—when you find yourself in need of assistance, ask for it.
3. Admit to and apologize for a mistake. Whether it's something that happened years ago or something that happened today doesn't matter.
4. Share a social media post about an embarrassing situation from your daily life. (It's okay to look like a doofus. It happens to the best of us.)
5. Unfriend (or unfollow) someone on Twitter or Facebook whose presence in your feed makes you unhappy more often than not. No need to tell them what you've done—but if they ask, be honest.
6. Speak up during a meeting.
7. Correct someone who mispronounces your name, calls you by the wrong title, or otherwise misidentifies you in some way.
8. Ask someone for a favor.
9. Look for a new job. Even if you like your current job—or aren't planning to get back into the workforce anytime soon—it never hurts to consider the possibilities.
10. Let go of something you've held onto only for its sentimental value. Donate it, give it to someone who can use it, throw it away—whatever makes sense to you.

11. Ask someone for advice.
12. Tell someone a secret that you've wanted to tell them for a long time.
13. Make small talk while you're standing in line.
14. Give someone a compliment for an unexpected reason (for instance, not on today's outfit, but on some act of kindness you witnessed a week ago.)
15. Shop at a store you've never visited before.
16. Go to a cultural site (a museum, an art gallery, etc.) that you've never visited before.
17. Go to an outdoor location (a park, a hiking trail, etc.) that you've never visited before.
18. Sign up for a class. [Coursera](#) offers free access to classes from top universities around the country.
19. Try a new fruit or vegetable—the stranger, the better.
20. Sample something at the grocery store that you're not sure you'll like.
21. Try a new cuisine—Thai, Korean, Cuban, whatever is new to you. (And don't worry if it's something "everyone else" has already tried. At least a handful of them are bluffing.)
22. Go to a familiar restaurant and order something you've never tried.
23. Try out a new recipe.
24. Take a different route home from work.
25. Identify a conflict you're having with someone and attempt to work it out.
26. Tell the truth (as long as it will be helpful, not hurtful, to do so) when asked to.
27. Ask someone to be honest with you about something that matters—and accept their answer graciously, even if you don't like it.

28. Stand up for someone or something.

29. Call out negativity when you hear it and suggest a more positive approach.

30. Thank someone who does a daily service for you (the custodian or grounds crew at work, the trash collectors on your street, etc.) These people are used to being treated as if they're invisible—let them know you see and appreciate their hard work.

31. Take a moment to reflect on what you've learned about yourself this month. Which random acts of courage were you unwilling to complete? Why? Will you try them at some point in the future? Why not?