

The Brave + Beautiful Community Growth Path

The following is a rough guide to help you self-identify or get a sense of where you currently land in this season of your life. When we know where we are, then we can carve an honest, compassionate, and compelling path forward.

B+B members primarily see themselves in steps 3-7. Some people in step 2 can do well in the membership community but if this is you, let's talk about building check-ins into your schedule to keep you anchored and ensure you have a solid support system in place.

Growth or 'becoming' isn't linear. We circle through seasons of life, deeper not wider. You may see yourself in a couple of levels (ex. straddling 3 and 4). Or you may notice that you used to be further along, and it seems like because of some hard life circumstances you've regressed. There is no shame or judgement in this. And you never truly go backwards because you bring all your experience and acquired wisdom with you into each new season and circumstance.

1. YOU'RE IN CRISIS, AT LOW LEVELS OF HEALTH, OR IN NEED OF 1:1 SUPPORT

You feel stuck, alone, unseen, unheard, and unhappy lots of the time. Maybe you live with a constant undercurrent of anxiety yet aren't sure why or you're struggling hard with your mental health. Your mood is easily impacted by external circumstances/others. You feel chronically busy, overwhelmed, stressed, unhealthy.

You've spent lots of life trying to squish yourself into an ill-fitting box for a sense of belonging, or conforming, performing, perfectionism, masking, and self-abandonment. You experience low self-worth and/or poor body image. Rules, rigidity, jumping through hoops, addictive patterns, shame, self-judgment, a vicious inner critic and/or bullying yourself for being imperfect (fully human!) are common themes in your life. The truth is you never feel good enough.

You defer happiness – "one day" you'll allow yourself to feel happy. Stories loop in your brain: you ruminate about the past, worry about the future, rehash old conversations, or let your brain spin with negative thoughts.

You may need healing from trauma and addiction, or you may be in crisis or deep grief and need professional medical or therapeutic support above all to help you

love yourself through this hard season of life. You may not feel worthy of support. You need 1:1 care before you're resourced and feel safe enough to join a community.

2. YOU'RE CURIOUS, DESIRE A MORE HOPEFUL POSSIBILITY, BUT FEEL EASILY DISCOURAGED

You're afraid and hoping for change, you may have done years of therapy, and still wonder if real change is possible, if life can be better, if you'll ever learn to love yourself. You don't know who you are or you're in a big life transition and need help finding yourself or "coming home to yourself" again. You notice a sense of burgeoning courage but still have lower self-confidence. You're learning to pick yourself up when you fall. You need new, healthy role models beyond your familiar community.

You're opening up tentatively to new paradigms/possibilities and to trying new ideas on for size. Anxiety, feeling less than, comparison, perfectionism, fear, and a mean inner critic are loud in your life. You feel guilty for resting and feel perpetually behind. You feel jealousy or envy and anger and then feel bad about this. You get distracted easily. When life is hard you may decide it's your fault.

You look back often and tend toward anxiety and rumination or projecting far ahead rather than living fully present. You most often live on autopilot. You're looking for freedom but keep picking up another set of chains. You need space to rest, repair, and to be equipped for what lies ahead. You'd benefit from consistent encouragement and reminders that you're not alone.

3. YOU'RE PRACTICING, WALKING LIGHTER, AND FEELING HOPEFUL MORE OF THE TIME

You are being challenged to question, examine, and challenge the status quo. You are doing hard work to take responsibility for your mind-body-emotional health and to get honest about what you want and need. You're beginning to learn more about who and how you are, shame and judgement-free. You're practicing asking for help and staying with discomfort. Practicing the pause. Practicing presence. Sometimes you tilt a little far, get pulled off course, or get distracted by comparison or shiny things. You are less triggered or reactive than before.

You still struggle with allowing yourself to feel joy because what if something bad comes around the next bend? You may want to quit or occasionally fall back into old patterns. It's hard to see your progress at times. You'd benefit from outside witnesses and accountability and understand the value and necessity of brave and values-aligned community (though you may not have found "your people" yet). You don't always feel safe to be yourself but you're making progress in using your voice and offering yourself self-compassion, and you feel a new spark of hope and joyful possibility.

4. YOU'RE COMMITTED, HAVE A CLEAR LIFE VISION, AND YOU'RE IN SIGNIFICANT AND EXCITING TRANSITION

You're seeking a healthy community and releasing old, less healthy relationships. You are finding more freedom, confidence, and permission. You are building a healthy and trusting relationship with yourself and you're becoming clearer about your strengths and weaknesses. You're learning to give yourself permission to rest and weaving new gentle rhythms, habits, and practices into your life.

You notice a growing feeling of lightness and exhale. You're opening up more and more to the truth that joy and pain can coexist in your life. You're stretching beyond an all or nothing mindset to practice paradox or "both/and" more often. You're fairly bounded and resourced (though this is ongoing work) and you regularly practice imperfect action rather than hiding or living in fear.

You've begun or want to craft a compelling life vision. and you're living with more curiosity and less judgment. You want to give back, make an impact, or leave a healthy legacy at the end of your days. Self-doubt still arises – you're human after all – but you're learning to use or reclaim your voice and you're allowing yourself more often to be seen and heard (though you may then have a 'vulnerability hangover').

You're learning to acknowledge the truth that you are gifted and lovable and though you're still in progress like the rest of us, you are deserving of love and compassion right now. Mindfulness, body awareness, and emotional literacy or EQ are increasing. You practice self-forgiveness. You're quicker to notice your old triggers and default patterns, and quicker to gently redirect. You laugh more freely these days.

5. YOU'RE GOING DEEP, EXPERIENCING RADICAL GROWTH, AND BECOMING YOUR OWN BEST FRIEND

You're living awake and engaged, practicing self-compassion as your new instinct, and learning to honour your wiring in every season. You feel more empowered and you're building a sense of agency. You have deep roots of self-awareness and self-compassion. You recognize that you still have blind spots and you're not living in freedom in every area of life quite yet.

You're refining your voice and vision. You are clear about your core values and who you choose to be. You are more aware of old stories and beliefs that no longer serve you. You may be in a significant life transition: you've come to the end of one story and need guidance as you step into what's next.

You've done hard work to feel mind-emotion-body healthy. We're always in progress and a growth-mindset helps you embrace this truth with joy. You're going deeper not wider, releasing what no longer serves. You might be experiencing radical/powerful growth/becoming/healing, you're less shame and ego driven, and you've been growing your emotional intelligence.

You've been holding on to some unhealthy relationships and it's time to let go. This is a time of more significant boundary skill building and understanding that you can care about people, and this doesn't mean they deserve space up close and personal in your life. You have a full life and some meaningful relationships but you're ready to engage in deeper work and you need brave community to model growth and showing up bravely to life in every season.

You are clear on what enough looks/sounds/feels like for you in each season. You may circle back here for a season if you go through crisis, trauma, or profound loss. You're not going backwards, but deeper into growth. The skills you've developed hold you fast so that you tilt but do not break. You know how to ask for and receive help. You're happy (or at peace/on purpose) much of the time, even when circumstances are challenging. You're confident you're on the right path.

6. YOU'RE WALKING IN FREEDOM AND CONFIDENCE AND HAVE COME HOME TO YOURSELF

You are mostly walking in freedom, wholeness, and joy. You feel on purpose. Your life is imperfect (because that's real life!) but it is intentional, values-aligned, and

feels like home. You practice Seasonal Living and give yourself permission for rest, play, pleasure AND to do hard things. You mine for the beauty and wisdom in every season.

You are the expert on your own life. You like and love yourself well. You look inward for direction more often than outward. You live with less fear about the ups and downs of life, with peace about the messiness of life. You recognize your strength, wisdom, and bravery. You look back proud and amazed at how far you've come and regularly pause to be proud of yourself. You offer your gifts.

You look ahead at what's next and to set your course but then pull your mind and heart back to today. Life is always messy and offers up new challenges and invitations to growth and you choose to show up fully to all of it. You feel fully alive. You feel safe and at home in your body and your life, good in the skin you're in. You live with balanced awareness and deep roots.

You both benefit from and contribute meaningfully to brave and healthy community. You celebrate with others in their success and joy, and sit with them in their sorrow, without bypassing, advice-giving, or trying to fix.

7. YOU'RE RESTED, RESOURCED, AND READY TO CONTINUE THE JOURNEY

You're growing into your inner wise woman, or you realize that you've grown into your True Self. This doesn't mean you never tip into old habits or feel wobbly but you're quick to realize what's happening and come on back into alignment or integrity. You feel safe, at home, and joyful in your body and life.

You're a role model, an agent of change, you hold the door and pave the way for those behind you. You lift others up when they stumble and model compassion and strength. You know your worth and have a healthy system for support and connection in place.

You trust your inner direction; your inner voice is clear and strong. You turn your heart and gaze toward what's next, calm, rooted, a little nervous. It too will be good. At this point you may stay in the BB community for the stability and ongoing encouragement it offers, or even to pour out for a season, or you may feel ready to move on to what's next.