

Brave + Beautiful Community Growth Path



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 hopeful 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. And I recommend you begin with the Foundations pathway.

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 gone backwards. 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 alone, unseen, unheard, unhappy, and unhealthy lots of the time. You may 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, stressed, or overwhelmed.

You've spent much of life trying to squish yourself into an ill-fitting box for a sense of belonging, or conforming, masking, or performing. You've wrestled hard with perfectionism or people-pleasing. 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. It's exhausting.

You may need healing from trauma and addiction, or you may be in crisis or deep grief and need professional medical or therapeutic support to help you love yourself through this hard season of life. You may not feel worthy of support (but you are!). In this season,

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you need to prioritize 1:1 care before you're resourced and feel safe enough to join a community. You matter and deserve good care.

2. YOU'RE LONGING FOR MORE PEACE AND WELLBEING IN YOUR BODY AND LIFE BUT FEEL EASILY DISCOURAGED

You want and need better for your life but feel afraid. You may have done years of therapy and still wonder if real change is possible or if you'll ever learn to love yourself. You notice a sense of burgeoning courage but still have low or very wobbly confidence though you're learning to pick yourself up when you fall (some of the time). You may loathe yourself at times and live in constant internal judgment.

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 assume it's your fault. You're very hard on yourself. However, you're opening tentatively to a new possibility and trying new ideas on for size.

You live in the past often – feeling guilt, shame, wishing you had done differently or blaming yourself. You lean toward rumination or anxiety rather than living fully present. You most often live on autopilot. Your life isn't sustainable or you're emerging from a hard season and you're in serious need of space to rest, repair, and be restored. You need a kinder, gentler way of being in your body and life.

You need support and a healthy community. You need consistent encouragement and reminders that you're not alone. You often pick up responsibility for other people's happiness, trying to "fix" or peace-keep. You are deeply impacted by the moods of others. It often feels like the weight of the world is upon your shoulders. You need new, healthy role models beyond your family and familiar community.

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

You are being challenged to question, examine, and challenge the status quo. You want to take responsibility for your mental and emotional health. You're beginning to learn more about who and how you are, (sometimes) shame and judgement-free. You're looking for freedom but keep picking up another set of chains (ways of trying to soothe or calm the storm or fear inside of you).

You're practicing asking for help and staying with discomfort without running or numbing. Learning to pause between impulse and response. Sometimes you get pulled off course or get distracted by comparison or shiny things. You occasionally want to quit or fall back into old patterns. It's hard to see your progress at times.

You still struggle with allowing yourself to feel joy because what if something bad comes around the next bend? You often bump up against or resist reality. You're making progress in using your voice (not always gracefully) and offering yourself kindness. You are a bit less triggered or reactive than before.

You need help getting to know who you are and the person you're becoming. And/or you don't always feel safe to be yourself. You hide parts of yourself in different social situations. You worry about what others think of you. You'd benefit from accountability and understand the value and necessity of brave and values-aligned community (though you may not have found "your people" yet).

4. YOU'RE COMMITTED TO GROWTH, HAVE A CLEAR LIFE VISION OR SENSE OF DIRECTION, AND YOU'RE IN SIGNIFICANT AND EXCITING TRANSITION

You are building a healthy and trusting relationship with yourself. Starting to truly value yourself. You're learning to give yourself permission to rest and weaving new gentle rhythms, habits, and practices into your life. Mindfulness, body awareness, and emotional literacy 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. You notice a growing feeling of lightness and ease. It's getting easier to believe 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 boundaried and resourced (though this is ongoing work) and you regularly practice imperfect action *through* fear rather than hiding.

You've begun or want to craft a compelling life vision and you're living with more curiosity and less judgment. Self-doubt still arises, you're human after all. You want to give back, make an impact, or leave a healthy legacy at the end of your days.

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. You're seeking a healthy community and releasing old, less healthy relationships. 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” and hide under the covers for a while (it’s temporary).

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

You’re living awake and engaged, aware of your strengths and struggles, shame, and judgment free. Self-compassion is your new instinct and you’re learning to honour your wiring and capacity in every season. You feel more empowered and you’re building a sense of agency – more power of choice in how you respond to life. You recognize that you still have blind spots and you’re not living in freedom in *every* area of life quite yet. But you’re practicing and so proud of yourself.

You’re refining your voice and vision. You are clear about your core values and who and how you *choose* to be in the world. Old stories and beliefs still come up at times, but they don’t control your life. You are less shame and ego driven these days, and you’ve been growing your emotional intelligence.

You’ve done hard and brave work to feel mind-emotion-body-soul healthy. A growth-mindset helps you embrace this work. You are going deeper not wider, experiencing life-changing, sustainable, freeing growth/becoming/healing or 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’re happy or at peace much of the time, even in challenging circumstances. You’re confident you’re on the right path.

You’ve been holding onto some less healthy relationships and it’s time to let go. It may be time to forgive - for your own freedom. This is a time of significant boundary work and understanding that you can care about people, but this doesn’t mean they deserve space in your life. You need brave community to model growth and thriving forward in every season. You know how to ask for and receive help.

6. YOU’RE WALKING IN GREATER FREEDOM, WHOLENESS, AND JOY AND YOU HAVE COME HOME TO YOURSELF

You’re walking in greater freedom, wholeness, and joy. Your life is “messy” (because that’s real life!) but you’ve learned how to make peace with messiness to make space for joy in your body and life. You have a soul-honouring life that is intentional, values-aligned, and “on purpose.” You are the expert on your own life and look inward for direction more often than outward. You’re growing into your inner wise woman, or you realize that

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you've grown into your True Self. You like and love yourself well. You feel good in the skin you're in and trust the wisdom of your body. You give yourself permission for regular rest, play, fun, and pleasure.

You mine for the beauty and wisdom in every season. You look ahead at what's next and set your course but then pull your mind and heart back so that you live fully present and with gratitude each day. You live with less fear about the ups and downs of life. You recognize your bravery, wisdom, and strength and your capacity to meet new challenges with courage. You look back proud and amazed at how far you've come and regularly pause to be proud of yourself.

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. You don't run from conflict and are able to stay in discomfort so you can have brave conversations. You love being gently challenged and inspired by safe and growth-minded community.

7. YOU'RE RESTED, RESOURCED, READY TO USE YOUR GIFTS, AND LET YOURSELF SHINE

You are thriving and committed to living fully in every season. You take radical responsibility for your life. You trust your inner direction; your inner voice is clear and strong. This doesn't mean you never tip into old habits or feel wobbly (we're all simply practicing) but you're quick to realize what's happening and come on back into alignment. You feel safe, at home, and joyful in your body and life.

Each new season brings unique challenges and invitations to growth. But you don't take everything so seriously. You're responsible and also make room to play, have fun, create, enjoy your life. In fact, you radiate joy or an inner strength and beauty.

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 walk out your values and help build a world you want to live in.

You know your worth and have built a healthy support/social network. At this point you may stay in the BB community for the stability and ongoing encouragement it offers, or even to intentionally pour out for a season. But then, you may feel ready to move into one of my coaching spaces for women who are ready to step into a new identity and let themselves shine. You turn toward what's next with curiosity.

Where I am on the Growth Path



Journal about where you are on the growth path and what elements of that level really rang true for you from the notes. Make sure to date it. Come back 3-6 months for a check-in to notice any movement on the growth path.



TODAY _____ I AM ON LEVEL ____ OF THE GROWTH PATH.



TODAY _____ I AM ON LEVEL ____ OF THE GROWTH PATH.
