



BREAK THROUGH

YOUR COMFORT ZONE

Scare Your Soul is a volunteer-led, science-based movement that inspires people to ignite their best selves through living a courageous life.

Fear can be a tool. If we look at it like a beacon instead of avoiding it, that is where the magic happens. By joining the courage movement, you will break out of your comfort zone and be released from the fears that hold you back.

We invite you to participate with us.

Each week we provide you one boundary-pushing challenge, send you inspiring "dose of courage" e-mails on weekdays, and give you special access to our retreats, ambassadors, volunteer leaders, and resources to help you become more courageous in the ways that are important to you.

Rooted in the science of positive psychology, Scare Your Soul leads you realize the growth, freedom, and greatness within you. This is something that everyone can do, regardless of background, age, geography, gender, etc. It is uniquely human.

This is all about you and us pushing our comfort zones together. We look forward to being courageous with you as we scare our souls together.



Join our global courage movement.

[SCAREYOURSoul.COM](https://scareyoursoul.com)

