



5 FRAMEWORKS TO **BUILD YOUR COURAGE**

(AND GROW RAPIDLY
IN YOUR CAREER)





1

Loosen your safety grip

~~Save and hoard excessively for hard times. Delay opportunities that could expand you. And postpone investments in personal and professional growth.~~

**Own your Goals. And back them up
by cutting off your need for safety.**





2

Be guided by strength

Don't let empty social media trends block your potential, aspirations and ambitions.

Focus on your strengths and what comes effortlessly for you.





Know your investments

It's natural to want to invest in wealth.

But what will actually help you are **connections that support your evolution, and **assets** that build your resilience.**



4 Use your innate ability to adapt

As humans, we've always dealt with uncertainty — from being hunter-gatherers to being pioneers in technology.

That adaptability lives in us even now, we just need to re-activate it.



5

Trust your potential

A good progress plan is 3 things:

- 1. Strong in it's vision**
- 2. Clear in it's intention**
- 3. Bold in it's application**

**Pair those 3, set your fear aside,
and let the unknown launch
your career into the stars.**



Learned something?

Follow and hit the 



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Join my workshop on *change talk*

Date: 15th November, 2025

Time: 6:00 PM – 7:30 PM IST

Best for: Mid-career professionals looking to change roles or grow in their existing role.

What you can expect: Learn what type of growth you want, how to attract it, and what actions you must take to make progress stick.

DM for a free spot