

Courage Booster



Accept fears and make it your friend,
you would find courage more accessible



One step at a time to expand your comfort zone



Share your planned action with your friends
to keep you accountable



我要多一點點「勇敢」



接受恐懼的感覺，與它做朋友，你會發現更易獲得勇氣



每次向前踏出一小步，逐步擴大你的舒適區



作出承諾，並與他人分享你的行動，讓你更有決心

