



# 10 STEPS TO STRENGTHENING YOUR COURAGEOUS MUSCLE

●●● Dannielle Lecointe-Mosca

# “One person with courage is the majority.”

●●● *John C. Maxwell*

**G**rowing up, we're not taught much about courage. It's not a thing we strive to understand. We're usually born with a level of unwavering bravery that often stems from curiosity. Everything is a wonder, a discovery of adventure. The inevitability of growth can leave us empty of courage and becoming more fearful as we realize there are many factors in the world that we should most certainly be cautious of.

But what if? What if we could dive into the sea of life with strength, resilience, and a warrior style courage as we take on the vision and goals we want to achieve? What if we were brave enough to stand in the face of fear, take it by the neck and drag it through the grass? I'm pretty sure we would have fear itself fighting to be free!

As you go on this journey, be open. Stay open to the truth that there is a well of courage deep down in you that is about to hit a new level of overflow. Believe that when you have completed this little book, you will look like new with your well of courage spilling over.

# THE FIRST MEMORY

**W**hat is your earliest memory of having to be courageous? Do you remember the feeling that came over your body and what it took to pluck it up and execute?

I was about five years old. I stood in an open space just around the corner from our council flat in East London with one of my favorite toys. It was a baby changing mat that was twice the size of me! My cousin and I had invented the scenario and were committed to our roles as mother and nurse as we changed the broken “baby” on the work table.

Suddenly, stillness captivated my body and I felt stiff all over. There before me was a Staffordshire terrier. It’s not that I had necessarily grown up being scared of dogs, but this was a dog with no lead and there did not seem to be an adult in sight. My older cousin, on the other hand, had a completely different reaction to the circumstances. As soon as she caught a glimpse of the canine, out of instinct she spat out one word and that was, ‘Run!’ And run she did, leaving behind her cute little sandals scattered on the pavement.

I grabbed the leg of my baby’s changing table with one hand and the dog grabbed the other. At that moment, I was faced with yet

another choice: leave the leg and run, or fight for what was mine. That five-year-old princess fought like hell! Tugging the plastic leg back and forth, I was determined to get that leg free. After all, it was mine! Eventually, the leg came free. A group of adults emerged and rushed towards me. I know now as an adult that the dog had just wanted to play, but as a five-year-old who was the same size as the hound, I had definitely not known.

Our first memories of bravery can often show us how we tend to approach situations where we need to be courageous. Especially if we've done no work in this area. Now, a lot of the circumstances that request us to switch on our "brave brain" do not require us to fight a dog. More often, they need us to step out of our comfort zone to live a better life that is conducive to growth. So, rest assured this book will not be for you to become the world's greatest dogfighter! Rather, this is for you to be empowered to be bold, daring, and to understand the relationship with fear that you must have to be courageous.

*Maybe you have allowed fear to stop you from being the first to make a change.*

*Maybe you have no idea what the next step is that you need to take in your life.*

*Maybe you are feeling trapped where you are at and are desperate for clarity.*

*Maybe you have been afraid to step out just that bit further because you fear the unknown.*

*Maybe you've had no solid examples of what you want to achieve so question whether it is possible.*

*Maybe all you have ever known is disappointment and therefore have subconsciously decided to stay put.*

How would it feel to tap into your “courage muscle”, so that you can make powerful shifts to living a fulfilled life?

How would it feel to have hope again, so that you can recover the dreams you laid down long ago?

How would it feel to build an unshakable focus, so that no matter which way the wind blows you are solid in your mission?

How would it feel to know just how awesome you are, so that no matter what crowd you stand in you can stand out?

My name is  
Dannielle Leconte-Mosca  
and I am a  
Creative SuperHero.  
I help creative minds  
cultivate a bespoke  
route to achieving  
courageous  
greatness.

# Overview of the 10 Steps

- 1 *Losing Perfection*
- 2 *Taking Authority*
- 3 *Using Procrastination*
- 4 *Fear is your Friend! Well...*
- 5 *Accountability*
- 6 *Generating Fuel - Creativity*
- 7 *Seeing with Clarity*
- 8 *Finding Your Passion*
- 9 *Comfort Sipping Haterade*
- 10 *Opening Your Mouth*

Bonus Bar - Comparison has to cease!

I challenge you to explore...

Before we begin, I want you to ask yourself what you need courage for. This may seem like an obvious question but hey, just roll with it.

Is it about stepping into a new opportunity?

Is it to be more firm in standing your ground?

Is it to take a chance on someone new?

Is it to finally have that conflicting conversation?

Is it to move halfway across the globe and start afresh?

Is it to get that book finished, change your hairstyle, or walk away from a place you know you should?

Be practical as you go and keep these things in mind. Compare, analyze, and give room for response. To implement the content found here, you have to be intentional about the focus. If you need to document your thoughts down on paper or need to sit and meditate on something, do it. Go into this knowing that you're about to spring up a well of courage in your life.

# HOW THIS WORKS

As you travel along using this road map, there are four pit stops you'll make in each section.

## 1. My Audacious Discovery

This is where I love to be open and share with you what I've discovered along the way. From experiences to stories, I'll tell you a little something to whet your appetite.

## 2. Your Audacious Recovery

I love to ask people questions. A lot of time, we can believe that we don't have anything gold inside of us, but I assure you that these are the type of questions that will have you recovering what's on the inside.

## 3. Enforcing Truth

What we believe is so important and you've probably heard the quote by Henry Ford: "Whether you think you can or you can't,

you're right." This section will be asking you, in a good way, to speak truth over yourself. The kind of truth you want to see manifest in your life. After all, you need to be the change you want to see, right?

## 4. I Challenge You To...

Yes, we're going to take a step forward. I'm going to physically challenge you to level in a way that can be measured. To step out and be bold so that you don't have to feel that any part of your life is taking a back seat.

The 10 steps to strengthening your courageous muscle are about taking back power in every area of your life. They are about you being unapologetic about your dreams, vulnerable in your relationships and daring in your wonderful creative mind so that you never have to feel unheard or unseen.

# 1. LOSING PERFECTION

“Perfectionism isn’t a behavior.  
It’s a way of thinking about yourself.”

**Andrew Hill**

“Perfectionists feel every bump in the road.  
They’re quite stress-sensitive.”

**Andrew Hill**

“Perfectionism is fear in fancy shoes and  
a mink coat pretending to be elegant  
when it’s just terrified.”

**Elizabeth Gilbert**

“When you aim for perfection,  
you discover it’s a moving target.”

**George Fisher**

## My Audacious Discovery

**A**s a performer, I underwent hours and hours of rehearsals. When performing in a theatre, this totally made sense. We would have roughly 4-6 weeks of rehearsals for 7-8 hours per day for 6 days a week! It seems like a lot, but you get why when you walk into a West End show. There were, however, times that we'd rehearse for 2-3 evenings a week for roughly 4 weeks but those times would be for just a 10-minute piece. Our whole worlds would be dedicated to keeping in that zone, focused over and over until we'd perfected every single move. Show Day would come and then, like a click of the fingers, it was over!

There were two types of people in this, and both would make a mistake. They could each get an arm wrong or fall a count or two behind but they would react completely differently. One would come off stage and know they had gone wrong, accept it and move on. The second would come off stage feeling the weight of the world on their shoulders and be instantly tormented by the judgmental thoughts others may be having about them. The second one would marry shame with the mistake they had made and go from making a mistake to being a mistake.

Perfectionism can often be a tactical defense mechanism to hide one's shame. It breeds a state of flawlessness which is virtually an impossible place to strive toward and often saps creativity.

One of the things that can come up for someone living from a place of perfection can be frustration. This may be directed towards themselves as well as others, especially if and when a comparison is involved. When we walk in perfectionism, we may believe that others are superior and that we need to be like other people who we believe display the characteristics that we want. With that, when we don't measure up, we can become angry. Often not at others but ourselves.

# Your Audacious Recovery

This is your moment to dig deep. Notice any areas you have been living in perfectionism and decide today to make the change you want to see. Are any of the following areas relatable?

- Shutting down your potential?
- Walking around with the fear of failing in a particular area?
- Believing that there is no room for mistakes, so why try at all?
- When it's time to step out and be bold, anxiety shows up.
- Living in a state of comparison and anticipating the judgment of others.
- Waiting until you are 'Ready.'

What comes up for you?

## Enforce the truth

In place of where things came up for you, what do you believe is the next step to changing the reality you are currently in?

## I Dare You!

Now change what you want to see into a list of the things you are going to begin to step into throughout your life. This isn't a sprint; it's a marathon so simply begin right here.

Now take just one of these to implement over the next 30 days.

# 2 TAKE BACK YOUR AUTHORITY

## My Audacious Discovery

For as long as I can remember, I have been a leader at heart. I've been the one to stand up and say something or do something. I realize that not everyone is in that space. Not everyone can or even wants to be in that kind of space. The truth is, whether you want to be a leader or not, we all lead someone – ourselves. Learning the principles of self-awareness is vital for anyone seeking to grow their courage. This would fall under character, and that is something over the years I have definitely had to work on. I lived for a long time being tossed in the wind, not taking authority over who I was and my own circumstances.

Many have heard the saying, “You create your reality.” But how? How do you take hold of life and show it what you're made of? I discovered that I didn't believe in my own power and capability to succeed. It's easy to hold back or to give the power to someone else. We do it every day when we blame others for how we feel. When we give up our authority to others, that is what keeps us stuck and stagnant waiting to see whether they'll protect us or break us. When I decided to pour myself into my businesses like never before, I also decided to take authority over my life. To declare the truth, to not settle, to make decisions and stick with them. On top of that, to not take on board other people's opinions or judgments.

## Your Audacious Recovery

Here's your very own spotlight. Your very own moment to recover the areas in which you have given up your power. Where are you struggling and with whom? Have you been quiet for too long? Questioning why you're in that relationship? Giving up that opportunity? Walking into that situation?

- What came up for you?
- What is it time for you to recover, Queen?

## Enforce the Truth

Now, this isn't the time to go shouting from the rooftops, although you can if that feels right! This is also the time to be practical about how you are going to shift from Powerless to Power-filled!

- What are the lies you've been believing?
- What do you need to believe right now?
- Is there anyone you need to have a conversation with?
- What boundaries do you need to put in place so that you don't give up your authority again?

## I Dare You!

I dare you to do it. I dare you to be honest, open, and transparent about your heart, your vision, your goals, and dreams. I dare you to bet on yourself and unapologetically do so!

# 3. PROCRASTINATION

## My Audacious Discovery

**T**his has to be one of my most fascinating discoveries. See, I'm a go-getter. I'm like a shark after its prey! I'm soon on it, well, until I'm not! The mindset shift I experienced in 2018 was what really got me digging further into my subconscious mind. Questioning why I do what I do could have sent me loopy, but it was sticking to what that outcome was set to be. For us to grow and be better requires us to change. Not behaviorally but from the heart. It's a fact that most creatives struggle with procrastination. Why? Because there are plain and simply things to get done in life that are just quite boring! Right? Am I going to be the only honest one here? I mean, not everyone is up for doing admin or writing long paragraphs or cleaning. Some of us just want to create all day long. But here are some facts I discovered on my own journey through procrastination...

Anxiety and feelings of being overwhelmed would weigh me down.

I didn't want to do it if it wouldn't come out perfect.

I wasn't 'feeling' good about it.

I'd sabotage myself before someone else had the chance to.

I feared failing.

It's so interesting when I look back at the ways I'd allow procrastination to sweep in and take the lead vocal! I learned to roll with the flow of creativity. Using creative ways to get the things

that overwhelmed me, done. Not only that, but I'd also line up rewards so that I could feel a sense of achievement. Knowing why a task is important to do and the satisfaction I'd have once done moved me forward. It's true that everyone needs to find their own way out of the procrastination hole, but it's possible.

## Your Audacious Recovery

- Is there anything coming up for you?
- Where is procrastination slowing you down?
- What is it keeping you from and how will it feel to have that thing done?
- Where do you need to make the decision to do it anyway?
- Are you using procrastination as a defense mechanism to protect you from something?

## Enforce the Truth

Why not take a moment to write down how great it would feel to do the things that procrastination is stopping you from doing?

- How does it feel?
- What does it look like?
- What other things could you get done?
- What do you need to believe right now about achieving what you want?

## I Dare You!

I dare you to commit to attacking one area and focusing on the gratitude of completion.

I dare you to reward yourself for actually fulfilling the task.

# 4. FEAR IS YOUR FRIEND, WELL...

"What if I fall? Oh, but my darling,  
what if you fly?"

**Erin Hanson**

"Fear is inaction. Courage is action."

**Kaylee Berry**

"Our culture is focused on fixing the past.  
It's as if we are driving through  
life staring in the rear-view mirror."

**Ti Caine**

## My Audacious Discovery

If there is one step you get from this whole book, I pray it's this one! I wish I had known this sooner, although I do believe things come at the right time! Have you ever experienced that annoying person that just won't get the hint that you do not want to engage with them? Like when you were in primary school and that younger kid wouldn't leave you alone, or when you were in high school and that annoying guy kept staring at you? Or how about when that one person would just continue to talk to you and could not for the life of them take the hint! Whether you entertain it or try to avoid it, it's there! Like that ugly sweater your great aunt gave you for Christmas.

Fear is going to show up, all the time. It's going to hound you and point at you and call you names over and over. The fear of failure, the fear of rejection, the fear of neglect, the fear of lack... Most of those things are negative and what they all have in common is that their gateway is fear.

I am a massive action movie fan especially if they have a female lead who is the superhero. I love the Divergent series, I ruin it for you but this female lead addresses fear exactly how I do! It lights her the heck up! Stay with me here! No one in her world would engage with fear the way she did. Where most would have run; she would take it by the neck and drag it through the gutter. Eventually fear itself would get tired and leave. What do you suppose would leave with it? That's right... lack, neglect, rejection, and so on! Of course, we can fear good stuff too but in those cases, we need to work on our motivation! Stir it up to make things happen.

## Your Audacious Recovery

➤ What are you afraid of?

- Is there anywhere in your life that fear is running the show and how are you reacting to it?
- Is it time to put a cord around its neck and drag it away?
- Are you letting fear stunt your leveling up?

## Enforce the Truth

Most things we fear have already happened, quite a few are likely to never happen and maybe there is one that just might happen, so I ask you:

- Is what you're afraid of really something to be afraid of?
- What is the truth in this situation?
- What do you need to believe in this area of taking fear for a ride?

## I Dare You!

I dare you to spread your wings and make a plan to fly! What step could you take today that would move you closer to where you want to be? Now make fear watch!



# 5. ACCOUNTABILITY

## My Audacious Discovery

I don't know if you're anything like me but the moment I announce something, it has to happen. There is something in showing up when you've put it out there and I'm directly talking about the things you desire to achieve. Sure, we miss targets but most of the time when we have the right accountability partner, we are going to make a difference. That's what happened when I stepped into my health and wellness journey. I was determined to make a difference to my body. It wasn't just about losing weight; it was about feeling good. It was about feeling awake! At the start of my journey, it was difficult. I didn't have an accountability partner in my own home. Mine was 4000 miles away. But that accountability is what kept me going! That was who reminded me of why I was doing what I was doing. She reminded me each day that I wanted to be healthier, I didn't want to be holding my stomach each day and drowning in my sorrows. That voice of accountability powered me through quitting, moaning, and being ungrateful. Today, 28 pounds lighter and PCOS free, I'm grateful for accountability.

Accountability will keep you on the straight and narrow. Trustworthy, "wanting to see you at your best" type of accountability!

## Your Audacious Recovery

Who comes to mind when you think of your support system? Are there any recoveries you need to make to get you back on track to achieving your goal? The decision to make changes can feel scary

but the accountability you have in place can keep you focused. Do you have a tribe that is keeping you accountable on the journey to what you say you want?

## Enforce the Truth

- What do you need to believe right now about who is in your corner supporting you?
- What in your life needs to change in order for you to smash the goals you say you want to achieve? Get real, get bold, and get it out.

## I Dare You!

I dare you to get an accountability partner. Pick someone you know you can trust and who wants the best for you. I dare you to tell them one thing you are going to achieve this week and ask them to hold you to it. Start with something small and build your way up. You have totally got this.



# 6. CREATIVITY

“If I’m not actively creating,  
I’m actively destroying.”

**Elizabeth Gilbert**

“If we judge ideas either  
our own or others ideas  
too quickly and  
rule them as inappropriate because  
we didn't spend enough time evaluating  
and weighing each new idea  
we can miss out on a lot of  
potential creative solutions  
to problems and creative ideas  
coming either from us or  
from others around us.”

**Unknown**

## My Audacious Discovery

This is **FIRE!** I'm telling you! Creativity needs room! Your creativity needs some big butt room to be awesome.

Yes, I said **butt!**

Listen, creativity is my jam. Not just in the physical but in the solution flow. There is so much I could share here but I just want to touch on the realm of solutions because so many think that to be creative you must sing, dance, act, write or paint. Whoever told you that, LIED! I've discovered over the past 10 years that my favorite area of creativity is in creating solutions to problems. To actually working out how to do things in a new way. But here's the thing: when those ways have never been tried before they take some serious courage. You need courage to create and you need to create in order to be courageous. Why? Because creativity brings the imagination to life. Your imagination. I've been in rooms that have been challenged by issues in desperate need of a solution. Creativity is the thing that got us there. Sure, sometimes stepping out people who choose to not step into their courageous mind may say things like...

“That's not logical.”

“It doesn't make sense.”

And sure, we have creative blocks, but digging into the creative mind and allowing that to come out builds confidence, Many see an increase in their courage from getting just a little more creative.

## Your Audacious Recovery

Is there anything coming up for you? Can you think of any area in your life that could do with a little more creativity? Maybe at work, maybe with your family or with your spouse. Has there

been something you've felt you have an answer to, but you haven't suggested it because it sounds outlandish or just so creative it couldn't possibly be a solution?

## Enforce Truth

Is there anything you need to believe about your creativity?

## I Dare You!

I dare you to do 3 things.

- Put a date in your diary that you are going to make your creative day! List all the creative things you will do.
- Find someone that you can help by offering a creative solution.
- Reward yourself for it!



# 7. BUILD CLARITY

## My Audacious Discovery

When I started my business back in 2018, I barely knew what I was doing. Though I would talk to people from a coaching aspect with confidence, the business side had me questioning a lot of things. I was not sure of the message or the mission but I was set on the why. I just wanted to see people access their gold and that is the message that keeps me going. As my vision, my message and mission got clearer, my confidence grew. Actively digging into and understanding a thing is what builds deep clarity. Asking the questions, answering the questions. The more clarity you build, the clearer you get and the clearer you get, the more you can take courageous steps toward your goal.

## Your Audacious Recovery

Are you clear about where it is you want to go? Remember that this isn't about having every section of your life laid out perfectly, but it is about acknowledging your why, knowing your mission, and deciphering your message. When was the last time you felt clear about what you wanted to achieve?

## Enforce Truth

What do you need to believe about your vision and purpose?  
Can you think of 3 areas you would like to build clarity in?

# I Challenge You...

I challenge you to make a plan of action to build clarity in those areas.

- When do you want to be clear by?
- Who do you need to help you discover that clarity?
- How will you build focus on the things you say you want to achieve?
- What are your non-negotiables when it comes to achieving these things?



# 8. DON'T GIVE UP YOUR PASSION

## My Audacious Discovery

All my life I have followed my passion. The biggest passion I had in life was dancing. I followed dance like a stalker in the night and it eventually said, “Okay, girl, we’re doing this.” Although I was super-passionate about dance from a young age, there came a time when I became disinterested and resentful. Maybe it was because I had worked hard and pushed and struggled to make what I thought was the cut in areas. I got to the point where I lost my passion.

One thing I feel is critical to keeping your passion, is to not marry anyone else’s opinions or ideologies. Often, we start in an area that we find joy, and therefore easily sacrifice time and effort to until some situation or circumstance arises that causes us to question the thing we were once passionate about. Or to having any passion at all. In 2015, I attempted to run away from dance because of all of the burdensome weight in the industry. Because of mistakes that were made, because of the loss, disappointment, and hurt that swamped me, but it wouldn’t let me go. I discovered that what I was passionate about was also passionate about me. Dance didn’t care about the circumstances or the situation, it was totally invested in me! Coming face to face with that passion flicked a switch on and it belonged to me. When I accepted that, the perception of my circumstances completely altered.

# Your Audacious Recovery

What is coming up for you around the topic of passion?

Is there a passion you have to rediscover? Is there a deep burning in your heart to do something? What is your dream? Are you following your passion or is it following you?

## Enforce Truth

- What are the areas you want to develop passion in?
- What beliefs come up for you when it comes to following your passion?

## I Challenge You...

I dare you to ask yourself this question: If my passion and I were in a relationship, how would I describe it?

If there is any part of that you do not like, I dare you to begin working on changing it.



# 9. COMFORT ZONE

"Growth and comfort  
don't co-exist.

That's true for people, companies, nations."

**Ginni Rometty, CEO of IBM**

## My Audacious Discovery

I'm not going to bore you with the regular, "You need to get out your comfort zone to grow!" You know that already. Instead, I'm going to tell you a story. One day I walked into a studio, knowing that I needed to choreograph a piece for a West End production. The problem was, I hadn't been sent any music or any description about the section I had to choreograph. And you know what, I didn't ask. This could be viewed as unprofessional, but I didn't care. I had decided that I was going to test myself. Now, I know you may be thinking, "Why put yourself through that torment?" Tormented I was, but I needed to grow. I needed to feel like I could do more and so I went in 30 minutes before the rehearsals and I choreographed it. There and then.

When I go into situations, I like to ask myself, "What is my comfort zone?" See, most circumstances present us with choices. When I make a choice, I have to question what each might do for me. One

will always be that bit easier than the other, one will be less healthy, one will be life-changing or one might be a waste of my time. Courage is the ability to choose what is fruitful later, over what tastes good now. The pruning and refining process fascinates me. Like plants, we go through a pruning process often. Pruning can be defined as cutting away things that do not serve our lives. In character, in relationships, in business, you name it.

Refining, however, is minor changes or small improvements. When I am way out of my comfort zone, there is a pruning happening. The fear of the unknown and not feeling ready for something is where maximum growth is happening. It's getting you prepared for bodacious growth.

That day I went in and choreographed on the spot was a choice, and I could have got the music and prepared. It could have gone terribly wrong, but I trusted what was in me, and that marked a massive transition for my career. Since then I've been artistic director for two companies, resident director of a West End production, associate choreographer of a West End production, and associate choreographer of a movie. That comfort zone is like a wannabe sipping haterade, it's just trying to keep you from getting to your next level.

## Your Audacious Recovery

- Have you been playing small by staying in your comfort zone?
- What have you been holding onto that has kept you from growing?
- Are you truly ready to step out of the comfort that has held you back?
- Is there anything coming up for you around being in your comfort zone?

## Enforce Truth

- What do you need to declare over yourself today to bring about change for tomorrow?
- Are there any mindset shifts you feel the need to make in the area of stepping out of your comfort zone?

## I Challenge You...

I dare you to be honest with where you are at and simply recognize if it's where you want to be. If it is, keeping going. If it isn't, look into why that might be and truly get real with whether you've been standing in your own way.



# 10. SPEAKING UP

## My Audacious Discovery

There have been plenty of moments in my life where I spoke up for the better and was faced with adversity. Some were in the area of feminism, some in the area of being black, some were for the people and some were for me. I found that in every situation I was met with adversity. Every. Single. Time. And that, my friends, can knock you down regardless.

I remember being in a situation where I stood up for the people in a room. We were tired, we were frustrated and borderline emotional. Ever had that kind of feeling? You're trying to get things done, but the exhaustion is just getting the best of you and before you know it, you snap. Now, many people are faced with situations where what they are saying is right and true, but the way they are saying it is borderline offensive to the receiver. Not necessarily because it is offensive but because that is how it is received. This was one of those moments, and it cost me. For about two years. That moment steered my career in a whole other direction. But in that time, I questioned whether speaking up had been the right thing to do. I questioned whether I should have just kept my mouth shut. When you are growing as a person, character is a process; and whether it comes out right or wrong often it is important that it comes out! The release is what ushers us into growth, into learning and taking fear by the neck and dragging it through the garbage. For those two years, I dug deep. I evaluated myself and I began to understand that speaking out will cost you, but not in the way we think. It will cost what you are

prepared to leave behind for the sake of internal fruit. It cost me old relationships that didn't have the capacity to support me into the next level me. That level of me is absolutely priceless.

## Your Audacious Recovery

- Do you believe you have a voice?
- In what areas do you feel you need to be heard?
- Is there any part of your world that needs what you have to say?

## Enforce Truth

- Will what you have to say make a positive or negative change?
- What do you have to believe about yourself in order to speak up?

## I Challenge You...

I dare you to write a list of the areas you are going to consciously speak out in. I dare you to give yourself a deadline to be bold about speaking up in those areas.



# 11. BONUS - BE A PIONEER

**Here is a post I wrote on 6th August 2020:**

I started when I was 15. Though I knew it was possible from the age of 3. I was galivanting in the yard before then.

*I helped build an Olivier Award-winning company. Sweated on UK platforms and even The Apollo, New York.*

- *Told stories on Edinburgh Festival Fringe.*
- *Pioneered London West End's F I R S T Hip Hop show.*
- *Pioneered the UK's F I R S T Street Dance Movie.*
- *I've had 3 ALL FEMALE Crews. Even when they said the system was set against me.*
- *I got one recognized as the F I R S T female crew in the Got To Dance finals.*
- *Took them on a national tour*
- *Performed with them internationally*
- *Created my own shows*
- *Gave them a voice*

- *Choreographed ground-breaking youth companies' pieces*
- *Directed national Hip Hop theatre shows*
- *Choreographed a film and performed in it*
- *Captained the biggest opening ceremony in the world*
- *Co-choreographed a musical*
- *Choreographed a musical*

I share this because I am the first to do all these things. Some, I'm the first to ever do but all, I'm the first to do all together. I never understood the power of the pioneering. Going ahead of people, scouting the place out. I remember reading a story about two men called Joshua and Caleb. They were the first to scope out this new land their people were set to inherit. When they came back to report to the people, the people were terrified but they were not. They were the ones who had seen the land and had seen the enemies they needed to conquer yet still were not knocked back about taking it. Not everyone is a pioneer. Not everyone goes ahead but whether you are or not there are some out there needing encouragement and support when they come to you and say, "This is what I want to do. This is what I want to achieve." If you are that pioneer, I say, "Go forth and believe! Go forth and create!" I often wondered why I would naturally be confident in going ahead, though at times it was painful and lonely but here's the thing. The moment it was done, it would open doors! That is the part that gives me so much joy! It opens ways for others to come in, to have hope, and to believe that what they are dreaming of is also possible!

Your desires are possible. If you have never seen them done before, it's you they are waiting for to make them happen.

# IN CLOSING

I want to celebrate you right now. I celebrate you for being here, for making it to the end and I thank you for deciding to level up and strengthen your courageous muscle. I celebrate your audacity for more, your hunger to grow and your greed (in a good way) to make this world a better place by offering what you have!

If you're feeling like what you have is just some distant dream...  
If you're feeling stuck and not sure how to move past insecurities, mindset blocks and fear...  
Believe me when I say that implementing these things will change your life.

Take courage and Hope again, Dream again, Love again.

I want to invite you to be part of a community that is full of support and encouragement. I want to welcome you into fulfilling the dreams you have, into believing that anything is possible, so that you can take courageous action in your life and be confident in every YES you put out there.

I would love to hear from you and talk about your vision and how to bring it into fruition. Here, you can book a discovery call with me where we can discuss just how possible your desires are!

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