

A SHY ROSE PUBLISHING LLC

YOUTH WORKSHOP

Take Courage

The Youth F.O.C.U.S. Framework

CLARITY · COURAGE · CONFIDENCE

***"The doubt of uncertainty when becoming an adult — while
still trying to figure out who you really are."***

FEATURING

Ashley Rose Marcum

SPEAKER · ARTISTIC DIRECTOR · AWARD-WINNING AUTHOR

WELCOME

This Is Your Season.

Not a season to have everything figured out — but a season to find your focus, build your courage, and take the next honest step.

FOR AGES 15-25 · SCHOOLS · YOUTH GROUPS · UNIVERSITIES

You are stepping into one of the most exciting — and overwhelming — seasons of life. Everyone seems to have an opinion about who you should become, what you should study, and which direction to take. And in the middle of all that noise, it can feel impossible to hear your own voice.

Here's what you need to know: **You are not behind. You are not broken. You are just getting started.**

In today's overloaded world, clarity, courage, and confidence aren't just desirable — they're necessary. And yet we're living in the most distracted era in human history. We must find FOCUS.

This workshop gives you a simple, powerful framework to filter the noise, discover your direction, and move forward with courage — even when you don't have all the answers yet.

THE REALITY

You're Not Broken. You're Overloaded.

The pressure young people face today is real — and it's not your fault.

For young people stepping into adulthood, distraction doesn't just look like scrolling — it looks like this:

😬 Pressure to have everything figured out before you're ready

📱 Endless comparison through social media highlight reels

😞 Fear of making the wrong decision and ruining everything

🌀 Feeling overwhelmed by expectations from every direction

But here's the truth that changes everything: **Clarity doesn't come from having all the answers. Clarity comes from learning how to focus.**

You do not need to have your entire future mapped out. You simply need the courage to take the next focused step.

THE FRAMEWORK

The Youth F.O.C.U.S. Framework™

Five steps built specifically for the teen-to-adult transition — practical, personal, and proven.

F *Find Who You Are Becoming* **Find Your Direction**

This season is about discovering your identity, gifts, and values — before the world tells you who you should be. Ask: What strengths do I naturally have? What kind of person do I want to become? What matters most to me? Your future begins when you start understanding yourself.

O *Organize Your Next Steps* **Organize Your Direction**

You don't need your whole life planned — just the next right step. Set short-term goals. Break big dreams into smaller actions. Learn how today's decisions shape tomorrow. Direction matters more than perfection. Momentum begins with one small, intentional move.

C *Cultivate Habits That Build Your Future* **Cultivate Strong Habits**

Your future is built by daily habits, not just big decisions. Show up consistently. Manage your time wisely. Build discipline and responsibility. Success rarely happens by accident — it grows through intentional daily choices. Small things practiced today shape who you become tomorrow.

U

Unclutter the Noise Around You

Unclutter the Noise

Social media. Comparison. Pressure. Fear of failure. All of these cloud your thinking and confidence. Learning to unclutter means: limiting distractions, rejecting negative voices, and creating space for clear thinking. When your mind becomes quieter, your direction becomes clearer.

S

Step Forward With Courage

Step Forward Boldly

You will never feel completely ready — and that's okay. Confidence grows after you begin moving. Courage means trying even when you're unsure, learning from mistakes instead of fearing them, and taking opportunities when they appear. You don't need perfect confidence. Just the next step.

WORKSHOP EXERCISE

Reflection Questions

Take a moment to think through each step of the F.O.C.U.S. Framework for your own life right now.

F

Find — What makes you unique?

What strengths or interests do you naturally have that set you apart?

O

Organize — What direction do you want to explore?

What is one goal or direction you want to pursue this year — even if it's small?

C

Cultivate — What habit would change your future most?

If you built one daily habit starting this week, what would have the biggest impact?

U

Unclutter — What do you need to step away from?

What distraction, pressure, or comparison is currently stealing your energy?

S

Step — What is one brave move you can make this month?

Not a perfect move. Not a giant leap. Just one honest, courageous step forward.

YOUR TURN

Write It Down. Make It Real.

Momentum starts the moment you put words to your direction.

WORKSHEET 1 — FIND YOUR DIRECTION

The strengths I naturally have:

The kind of person I want to become:

What matters most to me right now:

My ONE focus goal for this season:

WORKSHEET 2 — UNCLUTTER THE NOISE

The biggest distraction stealing my focus right now:

A negative voice I need to stop listening to:

One thing I will do to create more mental space this week:

WORKSHEET 3 — MY COURAGE COMMITMENT

One daily habit I will start building:

One brave step I will take this month:

What might try to stop me:

What I will do anyway:

I don't need perfect confidence. I only need the courage to take the next step. Take Courage!

The 30-Day Courage Challenge

Small actions create powerful momentum. Start here.

01

Choose **one goal** that feels true to who you're becoming

02

Build **one positive daily habit** that supports that goal

03

Remove **one distraction** that is pulling you off course

04

Take **one courageous step forward** — even if you're not ready

Your future is not found by accident — it is built through focus.

A MESSAGE FOR YOU

Take Courage.

From Ashley, to you.

Freedom grows when we choose focus —
when we turn toward what matters most.

When we name what we're holding,
organize what we carry,
lead with compassion,
clear the noise within,
and step forward with courage...

Momentum returns.

Not forced.

Not frantic.

But steady.

Rooted.

Real.

The strongest sung harmonies
are born from a solid tune of many.

— *Ashley Rose Marcum*

You don't need to know everything about your future. You simply need the courage to take the next step. Take Courage!

Book Ashley for Your School, University, or Youth Group

Available in-person and virtually · Adaptable for schools, universities, churches, and youth organizations

Ashley Rose Marcum

Speaker · Artistic Director · Award-Winning Author

Keynote: Take Courage — The Youth F.O.C.U.S. Framework

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