



DARE²
**An 8-Step Model to Reveal Your Superpower,
and Elevate your Life.**

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Module 2: Dare to Accept yourself exactly as you are.

What? You're not perfect? You have flaws? Welcome to a very crowded club! You are not alone, and that is ok! It's more than ok. It means you are human, living aside 8 billion other imperfect people. Why are these flaws the first thing we see about ourselves? Too often, that inner critic (I've named her Cruella) enjoys pointing to our flaws, cracks, and scars, purposefully ignoring our wonderful traits and our multitude of strengths. We pay too much attention to voices like Cruella instead of seeing the beauty in imperfection.

There is a Japanese art involving the repair of broken pottery by rebuilding the object and filling the cracks with the lacquered dust of precious metals like gold, silver, or platinum. There are no attempts to hide the damage. Instead, it is vividly displayed with pride. The Japanese term for this is *Kintsugi*.

A brief history of Kintsugi

There is no clear point of the origin of the Art of Kintsugi. One speculation is that kintsugi may have originated when in the late 15th century, a Japanese shogun Ashikaga Yoshimasa refused to discard a damaged Chinese tea bowl and sent it back to China for repairs. Being returned repaired with unattractive metal staples, it prompted Japanese craftsmen to look for a more visually pleasing mode of repair. It is said that collectors became so fascinated and thrilled with the new art that some were suspected of deliberately smashing valuable pottery so it could be repaired with the gold seams of kintsugi. (<https://en.wikipedia.org/wiki/Kintsugi>)



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Kintsugi is closely related to another Japanese aesthetic concept referred to as wabi-sabi. No, that's not wasabi, the horseradish condiment that burns the back of your head and eyeballs if

you swallow too much! Say it with me Wah-bee sah-bee, not Wuh-saa-bee). You said it in slow motion, didn't you? LOL

Kintsugi transforms broken pieces into a new object; the mended cracks become part of its unique history and enhance its beauty. Rather than hiding our imperfections, wabi-sabi encourages us to accept our "flaws" – and even to call attention to them. Wabi-sabi is the practice of coaxing beauty out of unexpected places, from a broken vase and teacup to upended plans and unexpected setbacks (<https://konmari.com/wabi-sabi-and-the-art-of-kintsugi/>)



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Note in the Wabi Sabi bowl; no attempt is made to repair it; it is just appreciated for its unique beauty of imperfections.

Despite humanity's ability to see the beauty in these imperfect objects, we often struggle to see the beauty in our scars.

Indeed, for many people, self-acceptance is one of the hardest things to achieve.

Belief in and accepting yourself is critical as it defines your mindset starting point in your quest to achieve a goal/dream.

When self-acceptance is absent, this becomes one of the biggest obstacles to realizing your dream. It also leads to other dream-crushing thoughts and behaviours:

1. Imposter Syndrome – Thinking you are not good enough and not trusting your abilities.
2. Searching for perfection – Sound familiar? The search for perfection often leads to procrastination and paralysis by analysis.
3. Fear of how others view you and your abilities. In the end, the only approval you need is your own.
4. The fear of failure or risk of a faceplant.

“Know thyself” is a common phrase we’ve all heard. More often, people say, “Be Self Aware.”

And self-awareness is critical... what's equally important is to "accept oneself," yet very few of us have the time ... no ... very few of us take the time to see ourselves objectively and with the compassion we deserve.

In 1959, psychologist Carl Rogers wrote about unconditional positive regard and its importance in personal development. How we think about ourselves impacts our psychological health and future goal achievement. In his research, Rogers posits that a person with high self-worth faces adversity and thrives anyway, while a person with low self-esteem cannot truly function in the world. (As in 8 ways to practice Self-acceptance, Rose Caiola; <https://www.huffpost.com>).

This is not about ignoring areas needing improvement. The benefits of learning every day and becoming the best version of ourselves are boundless. But it's also not about trying to fix everything because, as in Kintsugi, there is beauty in imperfection.

And if you're not yet convinced of the benefits of self-acceptance, here are a few more reasons to put in the work (*Susan McQuillan - Radiate Self-Acceptance: Attract more people who love, respect, and accept you just as you are.* www.psychologytoday.com)

1. You will feel a sense of freedom.
2. You will be less afraid to fail.
3. You will grow in confidence and believe in your value.
4. You will learn to forgive yourself.
5. You will take power away from your own Cruella and kick her out the door!

There are a lot of techniques to practice self-acceptance and self-compassion, and you should practice the technique(s) that you will readily commit to. Please take time to research others, but in this course, we will engage in 3 exercises that have proved successful with many of my clients.

*Now it's time for self-compassion
and acceptance.
I DARE YOU!*

Exercise 1: Practice Gratitude Daily

Get your favourite pen and your course journal, and for the next 30 days, write three things you are grateful for. Include gratitude for your perceived flaws and failures and what they have taught you.

Exercise 2: Reframe your Negative Thoughts

Start journaling the negative thoughts from that inner critic (feel free to name that voice as I did). For each negative thought, start reframing like this:

Negative thought:

Everyone in this room is way smarter than me!

Positive thought:

I am so excited to be in a room of brilliant people, I'll learn loads of stuff, and they will learn from me too!

Exercise 3: Start a folder where you list commentary in 2 categories:

Category 1: Create an evergreen list of accomplishments, things you are proud of doing/achieving, and traits you like about yourself.

Category 2: write down compliments you receive about yourself from others. This is not about getting approval from others but being able to accept when others honour you for the fantastic person you are.