



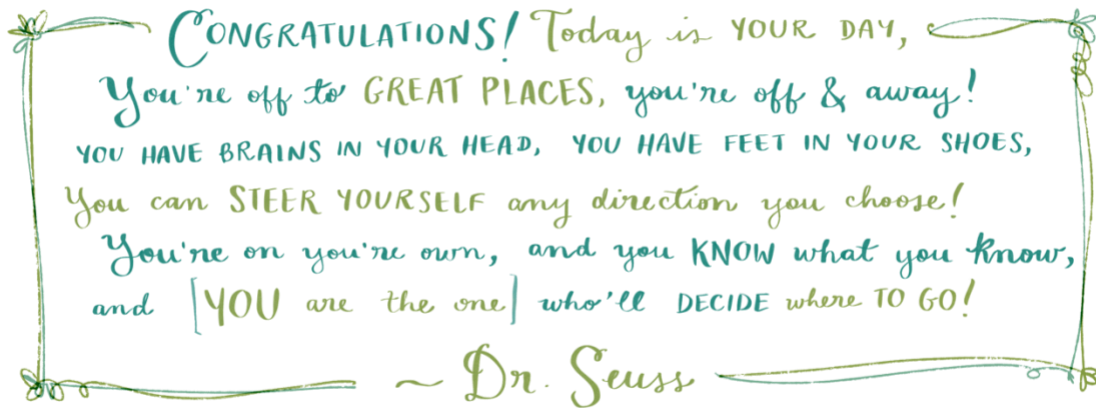
DARE²
**An 8-Step Model to Reveal Your Superpower,
and Elevate your Life.**

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Firstly, I want to congratulate you on the work you have done so far and your commitment to growth and Flourishing!

Now that you've given yourself permission to dream without boundaries and to focus on what is possible, not what can't be, NOW is the time to create a plan to make it happen. Because "Today is your day!"

Many people stop at their dreams because the magnitude of change and the steps needed seem too daunting to start. Often when we try to take massive action, we create a fear of failure. Or our search for perfection (perfect timing, perfect setting, perfect opportunity) causes procrastination.

And yet the only way to fulfill a dream is to drive forward by setting goals and creating an action plan to achieve them.

"Dreams don't work unless you do." – John Maxwell.

Are you ready? There are seven things you need to do and remember as you put the keys in the ignition and put your foot on the gas pedal. We will call it our **pre-journey checklist**.

- 1. Summon your Courage.**
- 2. Commitment is Key.**
- 3. Consistency creates Mastery.**
- 4. Build your Momentum.**
- 5. Feed your Motivation.**
- 6. Starve your Fear.**
- 7. Patience is a Virtue.**

In Module One, you created a dream/vision board or mind map. Now it's time to take that mind map and translate it into a roadmap for your journey to engaging your superpowers and aligning your life towards more joy and purpose.

1. Summon your Courage.

The first step is to summon the courage to show up and be proud of your talents and superpowers. Signing up for this course and doing the exercises is a sign you are ready to step out of your comfort zone and unleash your superpowers. As Brené Brown declares, "You can choose courage, or you can choose comfort, but you can't choose both." Brené Brown also talks about the courage to be seen, to show up with the courage to be vulnerable. This is important in connecting with others and letting people know how you feel and what you need.

So, I'm asking you to have the courage to show up and use your superpowers, your gifts. They are as much a part of you as your vulnerability. When we show up with both, we are showing up with our whole selves. Sure, it can be scary getting behind the wheel and taking full control and responsibility for our lives, but the places we will go and the people we will benefit ... trust that it will be worth it.

2. Commitment is Key.

Be honest. Have you done the reading and completed the exercises in the first four modules? If the answer is yes, that deserves a celebratory fist pump or woot woot! If the answer is no, then this is the perfect time to go back and complete the exercises and recommit to the process of transformation. Commitment is equally important as the first step, but it is a great reminder that commitment requires clarity and knowing your why. I told you my why at the very beginning. I became a coach, and I developed this course because I truly am passionate about helping others become who they were meant to be in the body they were meant to be in. Grab your journal and write down your why for taking this course, but also your why for the vision you have laid out in

Module 1. Now put the key in the ignition, step on the gas pedal and, glide out of your driveway, commit to your journey.

3. Consistency creates Mastery.

The more you drive, the better driver you will become. Commitment and consistency truly go hand in hand. Malcolm Gladwell says it takes 10,000 hours of consistent effort to achieve Mastery of complex skills and materials. In this course, because the focus will be using your talents and superpowers, perhaps 10,000 hours will not be necessary, but to see a change in your life, to form a new habit, it is estimated to take a minimum of 2 months of consistent work, up to 8 months. Consistency not only increases your focus on achieving your goal, but it also leads to building momentum.

4. Build your Momentum.

Meriam-Webster defines momentum as:

1

: a property (see [PROPERTY sense 1a](#)) of a moving body that the body has by virtue of its mass (see [MASS entry two sense 1c](#)) and motion and that is equal to the product of the body's mass and velocity

broadly: a property of a moving body that determines the length of time required to bring it to rest when under the action of a constant force or momentum.

2

: strength or force gained by motion or by a series of events.

The car gained momentum as it rolled down the hill.

When you turn on the car, the engine creates energy, the momentum comes from “outside the car, transferred from the road to the car via the tires.” www.av8n.com
[Momentum and Cars](#)

You can also build emotional and goal achievement momentum as you consistently use your talents and build your confidence and belief in making your vision a reality. Those small steps, those small wins, oh, how they can feed your motivation, feed your momentum to cross the finish line.

I remember signing up for a Mother's Day walkathon after I was in an accident that broke my femur at the knee. I had spent months in a wheelchair, then months re-learning to walk, spurred on by my very focused Mother, making me walk with a walker every day down and up the hallway of my apartment building. She was helping me with my commitment and consistency.

When I was able to walk again, with the aid of a cane (as I did before the accident), I was bound and determined (determination is one of my superpowers) to celebrate by walking 5 Km in the Mother's Day walkathon just shy of 8 months after the accident. I didn't go alone; I had a group of friends who eagerly joined me and kept me going. The first kilometre was not bad, but then it slowly got harder as my body was not used to that level of exertion. Then I saw the finish line and realized I wasn't alone, but also I wasn't the last walker. There were people behind me. When I saw that finish line, I felt another surge of that determination, but this time it came with grit and motivation to get over that line and not be the last. I felt the momentum as I picked up my pace. I felt joy as I stepped over the finish line.

5. Feed your Motivation.

We've all heard the question. What comes first? The chicken or the egg? So, what comes first? Motivation or Momentum? For Some people, motivation is the starting point. For others, they will say taking action and building momentum drives their motivation. Either way, one cannot deny the fact that motivation and momentum are heavily intertwined in achieving dreams.

Jim Kwik, the author of Limitless, has defined motivation using a formula:

Motivation = purpose x energy x Small Simple Steps

To feel motivated, there needs to be a connection to a passion or a purpose. Like using your Superpower for your life's purpose. And when you get caught up in the excitement of that energy, it's easy to feel motivated to push on toward your dreams and goals. Other times, motivation is more elusive as the chaos of life becomes overwhelming. That is the time we come into the danger zone of procrastination. But before procrastination takes a firm grip on you, you can trick it by simply committing to even the smallest steps forward. As you take those steps forward, eventually, they get bigger and faster until you find yourself building momentum once again. Don't paralyze yourself with the idea that you need to take giant leaps forward or wait for that perfect moment. There is no such thing as perfection, and it's in the small steps where you grow, you gain perspective, and you course correct when necessary to make it to that destination you were meant to find!

6. **Starve your Fear.**

It does not escape me that my next comment sounds contradictory, but it is crucial to starve your fear. When something scares you, the first thing you need to do is to lean into your fear. Don't ignore it, nor try to avoid it. Work to face it and understand it. It's when you fully acknowledge your fears that you stop feeding them. Let's be honest; sometimes, fear serves a purpose. It signals us to be careful. Your mind needs you to acknowledge your thoughts so you can assess the situation properly and proceed with caution when necessary, but more importantly, proceed with intention and confidence. As your internal monologue moves from "I see and feel your fear", to "I acknowledge you, I respect you, but most importantly, I move forward despite or maybe because of you." That is where the magic happens, that is where you acknowledge the fear, but you step outside of your comfort zone and take back your possibilities and future.

7. **Patience yields Rewards.**

Patience takes conscious effort and practice, particularly in the chaotic world we live in today. With all the conveniences of today, we are getting used to instant gratification, and when we don't get it, frustration and impatience kick in as our dominant emotions. Long Term goals take planning and time. If you lack patience along the way, you could end up not on a detour but a dead-end or just simply deciding to step on the brakes and abandon the journey altogether.

That does not need to be the direction of your future. If you find yourself lacking in patience, the good news is you can find it, and we've already started in the previous modules through:

- Reframing your negative thoughts to positive ones.
- Keeping a gratitude journal.
- Working on self-acceptance.
- Consciously slowing down and being present in the moment.

When you raise your level of patience, you will reap the rewards. You will strengthen your self-control and improve your physical and mental well-being. You also strengthen your resilience, make wiser decisions, and sharpen your focus on the steps necessary to achieve your goals.

So instead of being that lead foot driver who speeds impatiently passed you, oblivious of the beauty of the journey, be the driver who is patient, courteous, and aware of everything around you. Not only will you enjoy the journey, but odds are you will catch up with lead foot and even pass them. Smile and wave as you drive by!

Phew! Now that we've completed the pre-drive checklist, it's time to get in and start driving these dreams forward!

Now it's time to step on the gas pedal.
I DARE YOU!

Not only are you in charge of the steering wheel and where you will go but

"A dream written down with a date becomes a goal, a goal broken down into steps becomes a plan, a plan backed by action makes dreams come true." – Greg Reid.

I'm blessed with having as my coach the founder of Certified Flourishing Coach Abe Brown, and he has given me permission to use 2 of his coaching tools as exercises in this Module.

www.certifiedflourishingcoach.com. One will be used in this Module, and the second will be used in module 6.

Exercise 1: Write down in words what Superpower you want to Engage.

Review your work in Modules 1 – 4. If you haven't already declared your Superpower, do it now! Is there a picture on your vision board that represents that Superpower? If not, cut one out, use a word or draw it!

Exercise 2: Fill out the Flourishing Growth Plan

The Tool to Develop a Flourishing Growth Plan, as created by Abe Brown of Certified Flourishing Coach, can be found in Appendix A.