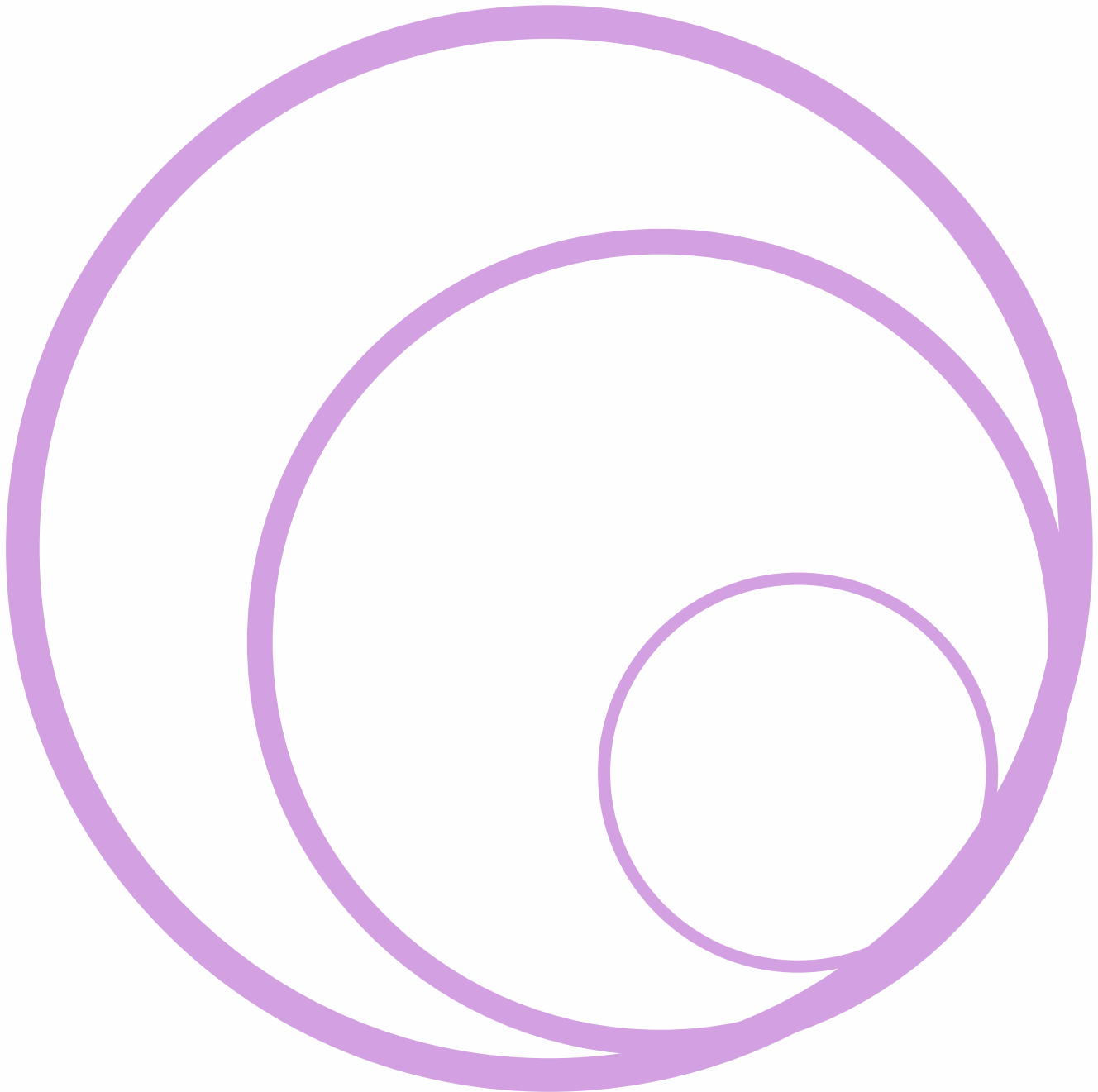


Dare



Take action: To avoid boredom and really live your life fully, you have to take action. By daring to carry out tasks that excite you, but scare you (just a little), you get to confront your fear that is trying to hold you back. Try the exercise below: each day consider, choose and attempt one of these dares. Tick them off as you make your way through.

Notice how you feel.



- 1) Simply place words or doodles that represent who you are in the smallest circle
- 2) In the next outer layer, write down things that **challenge you a little**
- 3) In the next layer, write down challenges **you perceive to be high risk**
- 4) Lastly, on the outside, **challenges that you feel are too great** to even consider actioning