

# DARE to CHANGE & IMPROVE: a 3-Month Challenge

**Objective:** Shift from 'default thinking' (following familiar routines, assumptions, or patterns without questioning them) to possibility-led action using the DARE Framework & DIScomfortable Compass.

## JULY - Phase 1: Awareness & First Stretch

<b>What area do I DARE to CHANGE or DARE to IMPROVE?</b> <b>Hint:</b> focus on DECIDE & ASSESS to be aware of when you rely on default thinking.			
<b>Try to catch yourself in meetings when you are using default thinking. What would it take for you change or improve to bring more strategic value to your client?</b> <b>Hint:</b> think of a client and specific examples of your default thinking.			
<b>WEEK 1 REFLECTION</b>	<b>WEEK 2 REFLECTION</b>	<b>WEEK 3 REFLECTION</b>	<b>WEEK 4 REFLECTION</b>

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## AUGUST - Phase 2: Practice & Push

<div>Continue with your DARE to CHANGE or DARE to IMPROVE plan.</div> <div>Hint: focus on RESOLVE &amp; EXECUTE.</div>			
<div>What Micro-Bravery Experiment will you try this month? How will I adjust my DIScomfortable Compass to accomplish this?</div> <div>Hint: use one or more of the default thinking examples from the previous month.</div>			
WEEK 1 REFLECTION	WEEK 2 REFLECTION	WEEK 3 REFLECTION	WEEK 4 REFLECTION

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## SEPTEMBER – Phase 3: Momentum & Mastery

<b>How can I sustain possibility thinking, even under pressure?</b> <b>Hint:</b> think about your DIScomfortable Compass. What shifts to the compass will happen now and into the future?			
<b>Identify one ongoing DIScomfortable practice.</b> <b>Hint:</b> what can you do to move into DIScomfortable consistently? Describe the mindset that is required for you to do this.			
<b>WEEK 1 REFLECTION</b>	<b>WEEK 2 REFLECTION</b>	<b>WEEK 3 REFLECTION</b>	<b>WEEK 4 REFLECTION</b>