

DARE to GROW: Your 3-Month Challenge Cheat Sheet

We've DARED you to GROW and IMPROVE. Now comes the real test... **DARE to GROW** (sustained, intentional action).

Use this page to check in weekly or monthly to keep momentum, lean into being DIScomfortable, and stay on track.

1. Your Goals

What are you DAREing to CHANGE? (the behaviour, habit, or belief you're shifting)

What are you DAREing to IMPROVE? (the skill, mindset, or strategy you're honing)

2. DIScomfortable Compass Reflection Check-In

Which zone am I in today?

Comfortable – Am I coasting? Avoiding new challenges? Should I dial it up?

Uncomfortable – Am I panicking or overwhelmed? How can I scale back to DIScomfortable?

DIScomfortable – Am I stretching just enough to grow? What's challenging me?

3. Dunning-Kruger Reminder

When we're just starting, confidence can trick us. When we're deep in the work, we might underestimate ourselves.

Ask yourself: How do I really know if I'm getting better?

Who can I ask for feedback? What signs of progress can I track?

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4. Accountability Spark

Who is/are your accountability partner(s)?

What will we check in on this week/month?

One honest thing I'll share with them:

5. Reflection Prompts (use weekly or bi-weekly)

- What worked well since my last check-in?
- What felt hard or discouraging?
- What did I learn about myself?
- Where did I fall into "default thinking"?
- What's one micro-bravery move I can try next?

6. When You Get Stuck...

- Revisit your DARE Development Plan: **Did I skip a step?**
- Re-center using the DIScomfortable Compass: **Where am I emotionally?**
- Pause: **Am I fatigued or just afraid?**
- Reach out: **Who can remind me why I started?**