

DARE OF THE DAY

1 What is your dare of the day?

2 What is your thought about doing it?

3 Complete a model about your fear of it.

C

T

F

A

R

- 4** Now create a model with self confidence on the F line and you completing the dare on the R line. Fill in the rest of the model.
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C

T

F

A

R

- 5** Complete your dare and write about it here. What did you learn about yourself and your self confidence?
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