

Dare Question

Sometimes we don't know what we really want. As a result, answering the miracle question may not be easy.

The question in this worksheet uses a slightly different approach. Rather than asking what it would be like "if you woke up tomorrow and the problem had disappeared," it asks "what would you do if you knew you could not fail?"

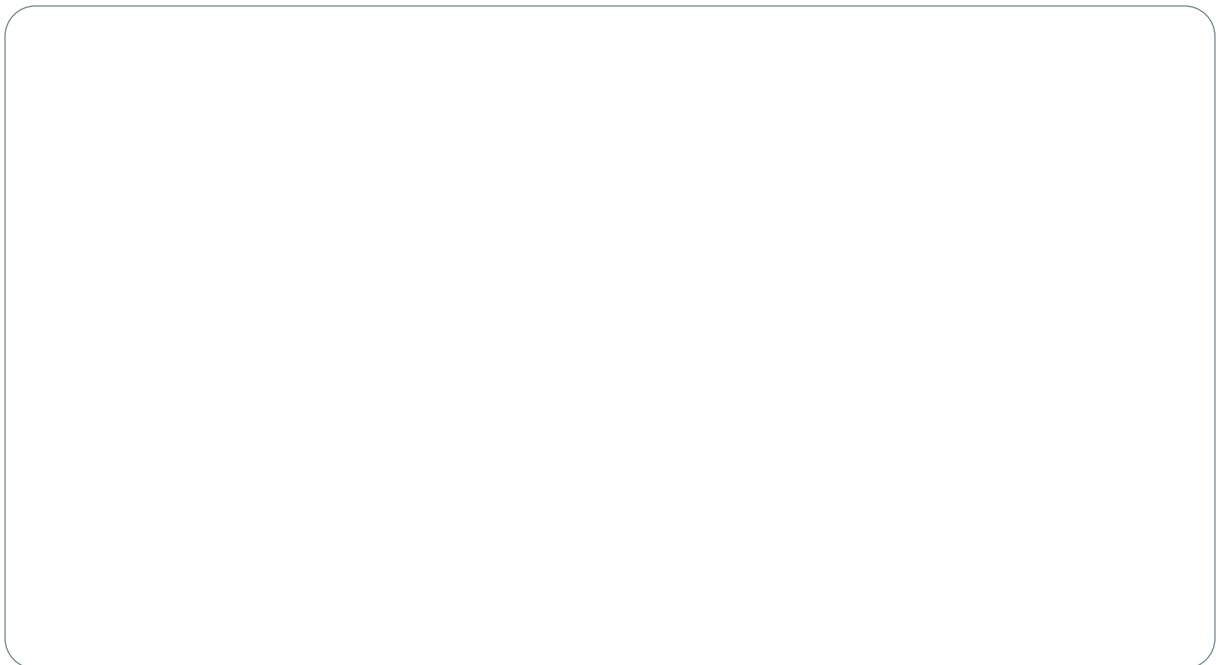
After all, have you ever sat down and taken time to consider what you want out of life? Most of us haven't thought about what it might look like, how it would feel, and how we would behave and appear to others.

This exercise asks you to reflect on what *could be*.

Find a time and a place free from distraction and interruptions. Get comfortable and consider the following question:

What would you do if you knew you could not fail?

In the box below, capture words, notes, pictures, or a mind map that describes how it might look and feel. Set aside doubts and fears. Think about what is possible.



Revisit this exercise regularly. Become comfortable with the idea that you are imagining what you would do if you couldn't fail. To truly let go of self-doubt may take some time.

Use the answers to begin to plan how you might set about achieving such goals.