

# DARE YOUR DREAMS

a journey of self discovery, to discover your true self, your lost self...



## Redesign Your Life

The future belongs to those who believe in the beauty of their dreams

~ Eleanor Roosevelt

Today, many people are not satisfied with their life because they believe that they are not operating at their best potential. They think that they can do a lot better in career and life with respect to what they do today, and consider this as one of the biggest challenges in life. Many of them are not clear on their current path and just proceed with the flow to only realise very late in their life that they were on a wrong path. By then, they would be entangled in their life priorities, and do not see many options to take corrective actions. This impacts overall quality of life for the individual as well as other persons who are closely associated with the individual.

The good news is that above situation of not having enough clarity can be addressed with proper intervention at the right time. Each of us can deliberately work on our strengths and aspirations by leveraging support from mentors and coaches to work out a clear path for a bright future.

'Dare Your Dreams' is a curated program incorporating concepts from design thinking to help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. This is a journey of self discovery, to discover ones true self.



### Strength based approach

Modelled around your strengths, this customized program involves intense retrospection and introspection to understand yourself better.



### Applying design thinking

Applying concepts from design thinking, to help you transform towards a better self where you try out things, take feedback, reflect and find alternatives.



### Experiential program

A experiential program involving on a proven framework, tools, and community of peers and mentors to provide constructive and effective

## Goals

This 16-week program (Dare Your Dreams) attempts to help anyone who is committed, to work-out a possible path for them to create a meaningful and fulfilling life. By participating in this program, the participants will work out a five year plan by considering various alternatives, trying them out and learning from them. By completing this intensive 16 week program, the participants will have awareness as well as a clear plan on how they want to take their life forward.



Week	Discussion	Mode	Self - Workout	Plan	Description
Week 1	1h	F2F / Call	15m everyday	Introduction	Introduction to the program Discussion on expectations and workouts
Week 2	3h	F2F / Call	30m everyday	Who am I?	Debrief on various assessments, Identifying and summarising patterns Review of progress, actions
Week 3	2h	F2F / Call	30m everyday	Where am I?	Analyse 4 areas, preparing the personal dashboard Review of progress, actions
Week 4	2h	F2F / Call	30m everyday	The North Star	Analyse Workview, Lifeview and Coherancy Review of progress, actions
Week 5	2h	F2F / Call	30m everyday	Explore	Analyse flow, engagement and energy Review of progress, actions
Week 6	2h	F2F / Call	30m everyday	Set free	Mind mapping the good time journal Review of progress, actions
Week 7	2h	F2F / Call	30m everyday	Dare your dreams	Work out Odyssey plans Review of progress, actions
Week 8	2h	F2F / Call	30m everyday	Dare your dreams II	Debrief on Odyssey plans Review of progress, actions
Week 9	2h	F2F / Call	2-6h for each activity	Try it out	Understanding approaches to prototyping Review of progress, actions
Week 10	2h	F2F / Call	2-6h for each activity	Try it out II	Brainstorm on prototype Review of progress, actions
Week 11	2h	F2F / Call	2-6h for each activity	Try it out III	Discuss on prototype experience Review of progress, actions
Week 12	2h	F2F / Call	30m everyday	Decide	Discuss on the how to decide Review of progress, actions
Week 13	2h	F2F / Call	30m everyday	Assess	Evaluating the energy level Review of progress, actions
Week 14	2h	F2F / Call	30m everyday	Reflect	Reflect to evaluate various approaches Review of progress, actions
Week 15	1h	F2F / Call	30m everyday	The Plan	Review of progress, actions Discuss and de-brief on the plan
Week 16	1h	F2F / Call	30m everyday	Conclude	Concluding actions and way forward Review of progress, actions

## Terms and Conditions

1. The participants shall register for for DYD - phase 1 program. by paying an initial investment.
2. DYD - phase 1 shall span for a duration of 16 weeks as explained in table above (under section project outline).
3. The expected outcome from DYD - phase 1 shall be to define a 5 year custom plan for the participant, that aligns with his/her personal aspirations.
4. The program shall be conducted online and there will be regular interaction through calls with occasional F2F sessions (on need basis). This is to avoid travel which is time consuming and in some cases not feasible. However, F2F sessions can be scheduled based on mutual agreement at Bangalore.
5. The participants are expected to work on their assignments on a daily basis to ensure progress. Tentative time required during each week has been indicated in "self workout" column.
6. The total one-on-one interaction shall be about 30 hours during the 16 week program.
7. This program is quite intensive where the participants are expected to perform various retrospective and introspective activities. This definitely requires the participants to get out of their comfort zone.
8. While there will be enough support and follow-ups from respective mentors, the program needs dedication and commitment from participants for the complete duration of 16 weeks.
9. The program shall have an innovative pricing structure, which is based on an outcome based model. You pay for the outcome and your commitment.
10. Each participant will have 3 lifelines at the start of the program. The lifelines can be redeemed by the participants, on need basis.
11. Each week there shall be a mutually agreed milestone with a clearly defined outcome. The participants are expected to complete the mutually agreed activities each week, which shall be discussed during the weekly review.
12. In case, the participant slips on the commitment for any week, there shall be commitment slippage due to be paid by the participant, provided their lifelines have not expired.
13. In case, for any reasons, the participants are not able to meet the mutually agreed weekly commitment, they can redeem a lifeline for the same provided they have not exhausted their lifelines.
14. The commitment slippage due has been currently fixed at ₹1000.
15. Participants who are consistent and keeps his/her commitments will be eligible for certain special and interesting perks. While the participants will definitely make good progress on their journey towards defining a path, they will also be eligible for a bonus when you complete any of the 3 major milestones as explained below without any commitment slippages.
16. Milestone 1 is completion of "The North Star" at Week 4.
17. Milestone 2 is completion of "Dare your dreams II" at Week 8.
18. Milestone 3 is completion of "Decide" at Week 12.
19. The philosophy here is to encourage committed people and to weed out people who are not focused and delay on their commitments.
20. Phase 2 of the program will start after completion of 16 week DYD - phase 1 program and there shall be a renegotiation of goals and outcomes, since this will be custom plan for the participant and vary widely

### CONNECT WITH US

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Register for DYD [here](#)



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consults designs  
transforming lives, everyday...