

# 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, most of us are not satisfied with our lives because we believe that we are not operating at our best. We think that we can do better in our career, and in life compared to what we do today. This is one of the biggest challenges we face. Majority of us are not clear about our current path and proceed with the flow, only to realise later on in life that we could have chosen a different path. By then, circumstances and commitments may have taken a higher priority and we may not have the courage to pursue better alternatives. We start to believe that we are stuck on a path with no return. Our beliefs become our reality and this impacts the overall quality of our life and that of others.

The good news is, the problem of not having enough clarity can be addressed with proper interventions 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 brighter future.

'Dare Your Dreams' is a curated solution focused program which incorporates 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 introspection and retrospection to understand one's self better.



### Applies design thinking

Applies concepts from design thinking, to help you transform towards a better self where you try out things, receive feedback, reflect and discover alternatives.



### Experiential program

Incorporating a proven framework, tools, and community of peers and mentors to provide constructive and effective feedback.

## Program Overview

As a kid, weren't we all excited to grow up?

We thought being an adult meant freedom and power to do what we desire. We couldn't wait to grow older and live our best lives. Most of us assumed to have it all figured out and expected life as an adult to be a cake walk. But as we grew older and made decisions that determined our path, each one of us realized the truth and reality hit us straight in the face. Life isn't easy, it's something each one of us have to work hard to succeed in, in short, it's hard.

We go through good days and bad, some worse than ever where we feel lethargic and don't have the energy to do anything new and just carrying out our daily routine becomes a pain, the mere act of getting out of bed becomes a burden and we find ourself lost and clueless in this vast sphere of life not knowing what to do and how to get by. We arrive at crossroads confused about life, living without a purpose and feeling empty. What do we do then?

In a world with a million professions, finding what is right is a daunting task. The most important aspect to be understood is that life cannot be perfectly planned

and there is no single best solution. In fact, there are many solutions for life. How do we figure what is best for us?

We need to reframe. A reframe is when we take in new perspectives about the challenge, restate our point of view, and start reflecting and prototyping again. Life is not a thing, it is an experience; the fun comes from designing and enjoying the experience. With Dare Your Dreams, we have just attempted this : redesign our life bit-by-bit in a staged way and celebrate each of our small wins. It uses the Insignio gamification framework to make this journey more engaging, encouraging and endeavoring.

Analogous to martial arts, we adopt coloured belts to signify the new level of achievements on our life redesign journey. From the beginning and birth (white belt) to the intermediate parts of development (yellow, orange, green, blue etc.) to maturing and going beyond (purple, brown, red, black belt). The belts symbolize our

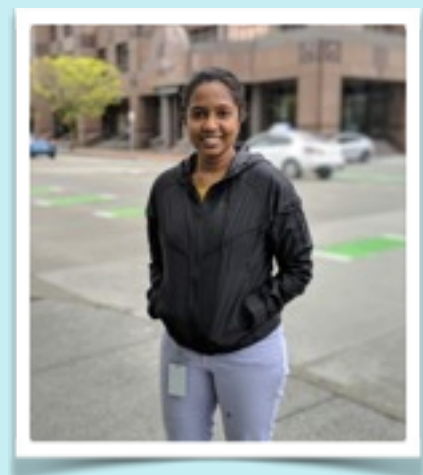
progress as an individual - on our journey to redesign our life, to live a purposeful life.

A well-designed life is a life that is generative—it is constantly creative, productive, changing, evolving, and there is always the possibility of surprise. You get out of it more than you put in  
~ Bill Burnett



### HERE IS WHAT BEATA THINKS ABOUT DYD

I have taken the program 3 years back (2017) and it has helped me grow multi-folds personally and professionally. Before I took the program, I was not happy and was feeling broken, with my career, with my life, as I couldn't move forward. I am thankful and grateful to be guided by the finest and best coach and mentor, who has the highest level of patience to listen to my non-stop complaints and the determination to get me on track. Personally, he is more than a mentor or a coach to me. Over the period, Vineesh has helped me become a better person and has helped me to achieve things that sounded impossible to me. I have benefited in many ways. The four big things that I achieved through this program were, I built enough confidence to enroll and finish my first half-ironman (1.9K Swim, 90K Cycle and 21K run), I learned to experience the leadership at toastmasters (VPED, President, Area Director), I got my first onsite opportunity and has flown to US and most importantly being at peace with the family.



## Outcome and milestones

This 15-weeks online program (Dare Your Dreams) attempts to help anyone who is committed, to work-out a possible path suitable for them to create a meaningful and fulfilling life. By participating in this program, the dreamers will work out a five year plan by considering various alternatives, trying them out and learning from them. After each session, the dreamers are expected to work on their assignments which involves deep introspection about themselves, their likes, dislikes etc. When they complete this intensive 15-session program, the dreamers will have awareness as well as a clear plan on how they want to take their life and career forward.

### Dare Your Dreams

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

The program uses gameful design approach to encourage dreamers to monitor their progress. On completion of each level, the participant advances to the next belt indicating their progress. The goal is to earn a black belt and symbolises that the participant has achieved desired outcome.

Register for this program, [here](#).