

- DARE TO DO MORE -

VOL. 1

JOURNAL



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# CREATE CLARITY + PEACE OF MIND

ARE YOU IN NEED OF SOME ADVENTURE? ARE YOU KEEN ON TRYING OUT SOME NEW STUFF? WOULD YOU LIKE TO DARE TO DO MORE? ARE YOU INTERESTED IN DOING THIS TOGETHER WITH SOMEONE ELSE?

*This journal is a great tool for weekly 'Dare To Do More' adventures.*

# DARE TO DO MORE

*12 x Weekly  
Adventures*

**In this book you will be guided on what weekly activities you can explore to create some change during a period of 12 weeks. Let's call it an adventure.** Keep it easy peasy. You decide when and where you do the self-inquiry exercises. You can answer one question per day or you can do all of them in one day. It's entirely up to you.

## WELCOME

**I'm so happy that you bought the book 'Dare To Do More', because it means the beginning of an adventure that I also like calling 'Wicked Wednesday'.**

However, it's up to you when you decide to do the exercises shared with you in this book. They can basically be done on any day of the week; it doesn't have to be on Wednesdays. You can start anytime you wish to begin and you can take as long as you need to.

It might sometimes feel like a challenge to take steps towards achieving your 'Dare To Do More' goals, but overall, it will be an adventure. To make it easier and more fun, you could also invite someone to take this adventure with you. You will read more about this on the Team Up-page and I will also give you Tips & Tricks for your adventure.

Why did I create a 'Dare To Do More' book for you? I believe we sometimes need a gentle push forward to get ourselves moving in our desired direction. I hope this book will nudge you forward in YOUR direction and will help you accomplish your goals.

I've put all sessions in one printable A4 book for you. You could print it on biotope paper in case you wish to take notes on it. It will be easier to do so with this kind of paper and you can then take it with you wherever you go to stay inspired. **To conclude, you can call this book what you like: ebook, workbook, notebook or one I like myself, JoyBook.**

*XO. MARIANNE*

# TUNE IN

**What would you like to have learned by the end of this 'Dare To Do More' adventure?** Let's say the sessions in this book and the activities that you will be doing are like going shopping. What will need to be put in your shopping basket? So, when you go home after 'having been shopping at the 'Dare To Do More' store, what will you have gained from this experience?



*How about ... ?*

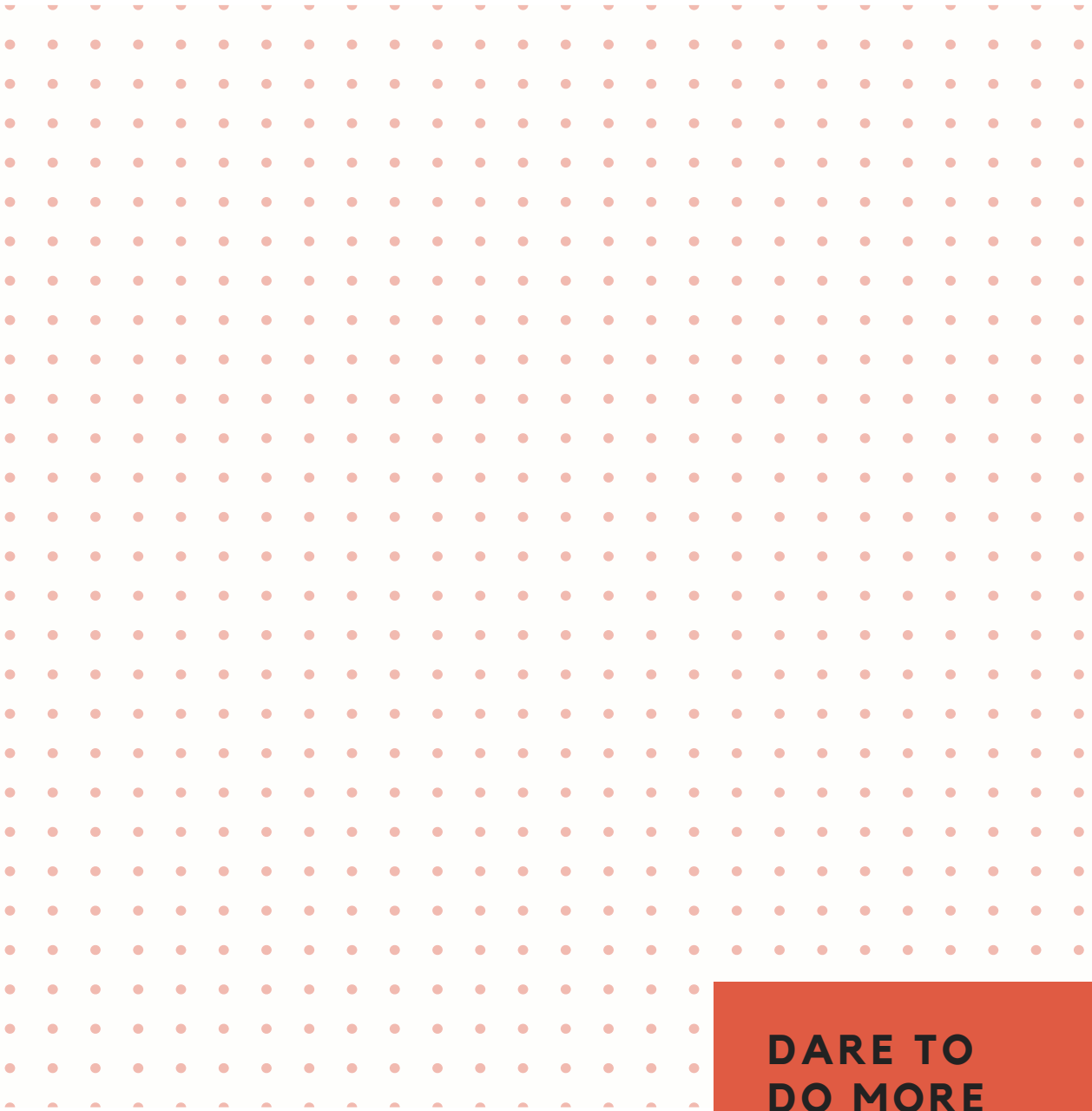
**Ready?** Try creating mind-maps for clarity and peace of mind. Put a theme (question) on the middle of a blank page. Start adding the related topics (answers) around it. Add sub-topics (answers) around each topic. Throughout the next few days or weeks, you can keep on adding to it. Allow yourself the time to finetune your answers.

**DARE TO DO MORE**

*Journal*

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# TUNE IN



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DO MORE**

*Journal*

## TEAM UP

**Is there someone you'd like to go on this 'Dare To Do More' adventure with? Or would you rather do it on your own?** When you decide to invite someone to do this exploration together with you, will you take the lead? How will you share the exercises with each other? Via e-mail, WhatsApp messages or sit down and talk about it? How will you keep each other posted on how your adventures are going? What values are important to you during this journey together? I will give you tips on this too, but first give it some thought and write down your ideas on this page and the next one.

**Values?** What's most important to you? Honesty? Respect? Acceptance? Give it some thought. Whether you team up with someone else or not, let these values guide you.

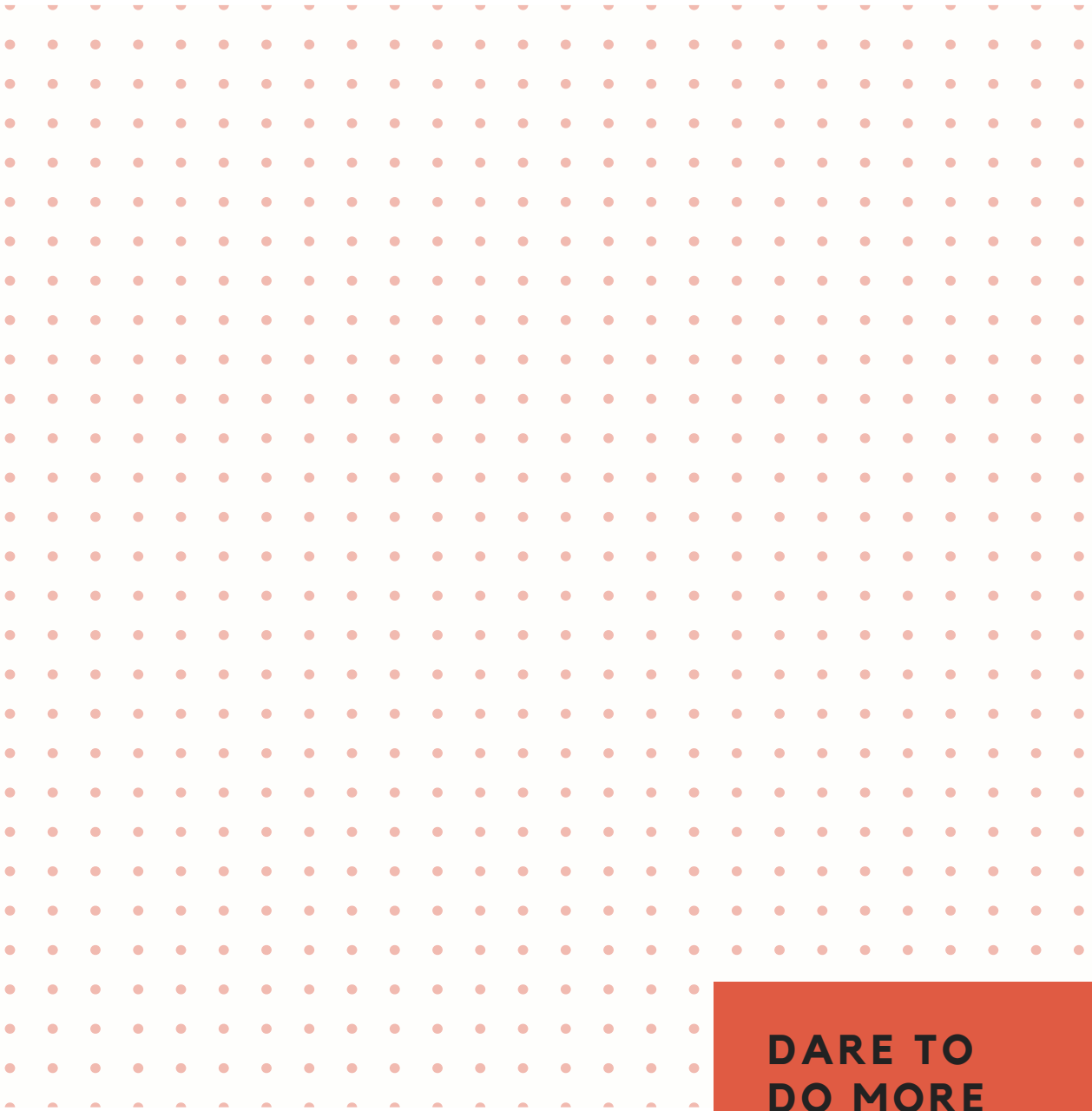


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# TEAM UP



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## HOW ABOUT?

### How about taking this adventure the following way:

There are 12 sessions in this book, so perhaps do all the sessions in 12 weeks to stay on track.

Choose a family member, friend or colleague to join you and when you do, I would like to suggest you take the lead on this adventure.

You can do your 'Dare To Do More' activities on any given day basically and you could also dedicate the Wednesdays to it.

For example. Each Wednesday morning before 10:00 AM you share the exercise of that week with your buddy. There are enough exercises for 12 weeks in this book.

Use the weekly exercises to help you generate some more ideas for your 'Dare To Do More wish list & plans.

Find a way to collect the proof of your adventures. Create a wall of fame, a mood-board or use a notebook for notes, drawings and/or images of your adventures.

You can share it with your buddy if you feel like it, but you don't have to do it this way at all. In case you choose to do the adventures without a buddy, you could also keep track of them in some way.

## HOW ABOUT? - MORE IDEAS

**Keep track of the results of your adventures, so that they're visible.** Definitely do this for yourself anyway. Whether you take this adventure with someone, or not, it will motivate you to take weekly steps towards change.

Don't worry, if you miss a week, it's all fine. Although it's most fun to share your story with each other on a weekly basis, it's OK if you forget to do it sometimes. It does help when you update each other weekly and hold each other accountable from a place of joy, support and kindness.

Be kind to yourself and the other in case you support each other. The adventures will go as they go. Don't force anything and have a break if you need to. Rest & Play to keep it joyful.

**★ After week #1 you will do one thing each week from your 'Dare To Do More' list. You do the weekly exercises given in this book, you try a daring activity from your list weekly and you will share it with your buddy or keep track of it as well on a weekly basis.★**

DARE TO DO MORE  
**HOW ABOUT?**



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# DARE TO DO MORE

## *Tips & Tricks*

**Are you ready to begin?** Let's look at some handy tips and tricks to keep the 'Dare To Do More' adventures joyful and playful.

## HANDY!

**One. Create a ritual.** Take yourself on a 'Dare To Do More' weekly date and try a wicked new thing weekly.

**Two. Get yourself a nice paper notebook.** Or print this one. I've added many blank pages for your notes to mind-map your answers.

**Three. Allow yourself to focus.** Create some quiet time in your day and even a certain space in your house for these reflective moments.

**Four. Start with the theme that is most relevant to you.** Make it even more playful perhaps by randomly opening up this notebook on a page. The theme on that page is then right for you at that moment.

**Five. Go at your own pace.** Easy peasy. It's not meant to be difficult. So, no sweat. Breathe. Laugh. Enjoy it. This is a date with yourself. Have some fun.

**Six. Celebrate your accomplishments.** Celebrate all of your answers. Sing. Dance. Laugh. You're doing it. Remember; you've got what it takes to navigate this.

**Seven. Feel gratitude.** Say 'Thank you!' to honour and acknowledge all that is present in your life already.

**Eight. Simply connect.** You know where to find me in case you need more guidance.

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## ANOTHER WAY FORWARD

**This is a method I love using. Try it yourself and see how close to the truth your answers will be. This is how it goes.**

You can copy the questions I've written down for you on a piece of paper. If you do this, write them with your dominant hand. Then you take your pen in your non-dominant hand to write down your answers. Afterwards you take the pen back into your dominant hand.

Decipher what you just wrote down. Write down your answer again with your dominant hand by copying the answer you wrote down with your non-dominant hand. This way you can understand what you wrote down to the raised question when you read back through your notes after some time.

**It works every time.** I'm always surprised by the honesty of my answers. Hope it will work for you too. Enjoy it!

**TIP.** You could answer all questions twice. Once the 'normal' way and ones by trying out this method. Just give it a go. See what comes up!

WISHES  
CREATE SPACE  
LET NEW THINGS UNFOLD  
HONOUR YOUR TALENTS  
SOMETHING I KIND OF  
CLAIM YOUR POWER  
AFFIRM IT  
ATTITUDE OF GRATITUDE  
KARMA & DHARMA  
WICKED THINGS  
FEAR-SETTING  
LEAP OF FAITH

*Themes that will guide you onwards!*

# DARE TO DO MORE

*Week #1*

**Are you ready to begin?** Let's start with the exercises for week #1 - 'Dare To Do More' wishes.