



# I Dare You

## To Become Bigger Than You Are

INSPIRATION! That's what this presentation is all about. Students are challenged to think in terms of their own goals, habits, behaviors, and interactions. From there, they are encouraged to stretch beyond their usual comfort zones and "dare" themselves toward becoming more than they were when they walked in the door today.

By learning about themselves, students can reach for higher goals, deeper personal connections, broader networks of support, and more meaningful relationships throughout their lives.

### Key Takeaways:

- Identifying a Challenge
- Stepping Outside Your Comfort Zone
- Connecting Physical Health to Mental Health
- Nurturing Creativity
- Developing a Positive Personality
- Integrity - Your Own and That of Your Network