



Never Say Never

How many times have you heard yourself or your friends say: "Oh, I'll NEVER do that!" Well, here's a great exercise for your Daring Female Circle, which I call **Never Say Never**.

Write down your name:

Make a list of 5 things you've always said you will NEVER do (never go country dancing, never sing in public, never do yoga, never make the first move with a guy, never try online dating, never travel alone, take your pick!):

1. _____
2. _____
3. _____
4. _____
5. _____

Once you've written your 5 things down, pass your Never Say Never sheet to another Daring Female in your Daring Female Circle. (The idea is that everyone should now have someone else's Never Say Never sheet.)

Take a look at the sheet that has been passed to you. Keeping in mind what you know about the person who wrote it, choose one thing on the list, and turn it into a Dare:

I dare you to _____ this month!

Now pass this Never Say Never sheet back to the Daring Female to whom it belongs and remember to talk about your Never Say Never Dares and encourage each other to take them on at your next Daring Female Circle meeting!