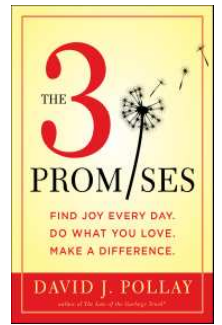


The 3 Promises™ 3-Day Challenge



THE 1ST PROMISE: Find Joy Every Day.

Plan, find, create, or participate in at least one activity that brings you joy today. Write the activity down. Commit to it. Schedule it. Make it happen. Enjoy it! Do this for three days in a row.

PLANNED

DAY 1

FULFILLED

DAY 2

DAY 3

THE 2ND PROMISE: Do What You Love.

Do something that expresses what you love doing professionally or personally. Think of what you want to be doing more of in your career or in your life (interests, passions, hobbies). Do something that uses your natural gifts, something that lights you up on the job, and something that brings out your best. Write the activity down. Commit to it. Schedule it. Get it done. Love it! Do this for three days in a row.

PLANNED

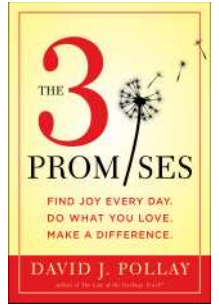
DAY 1

FULFILLED

DAY 2

DAY 3

The 3 Promises™ 3-Day Challenge



THE 3RD PROMISE: Make a Difference.

Help someone today. Give your time, energy, and talent to others. Do something that matters to another person. Write one activity down. Commit to it. Schedule it. Get it done. Make a Difference! Do this for three days in a row.

PLANNED

DAY 1

FULFILLED

DAY 2

DAY 3

Daily Notes and Reflections

Write down reflections, ideas, opportunities, achievements, insights, and gratitude based on your experience fulfilling The 3 Promises today. What new ways can you Find Joy, Do What You Love, and Make a Difference? What did you learn about yourself today? What did you learn about the impact you had on others? Do this for three days in a row.

DAY 1

DAY 2

DAY 3