

7DayExperiment®

DAY 2: BE THE FIRST TO HELP



Watch: Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

Think: Now that you've watched the video, think about the people you regularly see in your world: friends, coworkers, neighbors, and hobby-mates. You are probably aware of a goal, difficulty, or need of one of these people. Think about what you could do today to help that person. If you can be the first to help, it's even better.

Do: Take action to do something for the person you've chosen. It doesn't need to be big, elaborate, or expensive. It just needs to be intentional.

Tell: After you've taken action to complete Day 2, tell others about it. If you use social media, share using the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

**The first to help often makes a great impact,
and is long remembered afterwards.**

