

7DayExperiment®

DAY 6: SURPRISE PEOPLE WITH HOW MUCH THEY MATTER



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

Think: Has anyone in your life played the same role for you that Mrs. Tacy did for John? If so, how long ago was it? Think about the positive impact that made then, and about how much it still means to you. Brainstorm how you can play a similar role in the life of someone in your world.

Do: Don't just think it, tell it. For the person in your life who had an impact on you, take time to connect today. Call or meet that person today and tell how much and why he or she matters.

Tell: Encourage someone else to do what you did today. If you use social media, use the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

You have the potential to change someone's day, their week, or even their life by letting them know how much they matter to you.

