

# 30DayJourney

DAY 10:  
HELP  
SOMEONE  
BELIEVE IN  
HIMSELF



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

**Think:** Think about someone in your life who would benefit from your belief in him or her. What could you do to demonstrate that belief and help them become more confident about him- or herself?

**Do:** Show your belief in someone you know by investing time, money, or resources in them today. Often the smallest action will make the biggest difference.

**Tell:** After you've taken action to help someone believe in him- or herself, 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:

**When you believe in someone  
and demonstrate that belief,  
they begin believing in themselves too.**

