

30DayJourney

DAY 13:
SIGNIFICANCE
PUTS
COOPERATION
AHEAD OF
COMPETITION



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

Think: Most of us want to win. That competitive nature can serve us, but it can also work against us when it causes us to hurt other people, especially the people most important to us.

Where in your life are you selfishly protecting yourself or fighting for a personal win, when you should be working toward a mutual win?

Do: Once you have identified a relationship where you've been overly competitive when you should have been cooperative, do something today to make sure the other person wins. In addition, if you owe that person an apology, go to him or her and say how sorry you are for your past behavior. Moving forward, put cooperation ahead of competition in the relationship.

Tell: After you've taken action to put cooperation ahead of competition in a relationship, 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 help others to win, you win too.

