



Notice ♦ Choose ♦ Act



Keeping it Real Challenge

**“You give but a little when you give of your possessions.
It is when you give of yourself that you truly give”**

Kahlil Gibran

Congratulations for being part of the Be the Change Movement!

The “Keeping it Real Challenge” asks you to give of yourself when doing your acts of change. This courageous and vulnerable process not only will touch the lives of others, but most likely leave you feeling proud.

Imaging people everywhere saying “thank you”, sharing love, apologizing and forgiving. This is one way you can change the world. It starts with you!

I challenge myself to:

1. Say thank you

Notice – To whom do I want to say thank you?

Choose – What am I grateful for?

Act – I will complete this Act of Change by

2. Write a letter, e-mail and/or text of love or appreciation

Notice – To whom do I want to show love and appreciation?

Choose – What do you love and/or appreciate about this person?

Act – I will complete this Act of Change by

3. Share an apology and/or amends

Note: An apology simply means saying you are sorry – To make amends means to make things as right as possible.

Notice – To whom do I need to make an apology and/or an amends?

Choose – What is the apology and/or amends?

Act – I will complete this Act of Change by



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4. Forgive

Notice – Who will I forgive?

Choose – I forgive this person for

Act – I will complete this Act of Change by (either in my heart or in person)

5. In addition to the above, I commit to doing the following Acts of Change

Notice –

Choose –

Act – I will complete my Acts of Change by

**“We must be the change we wish to see in the world”
- Gandhi**

To learn more about the Be the Change Movement or to blog your *Acts of Change*, please go to www.challengeday.org/bethechange.