



MY GOAL

THE YES CHALLENGE

A challenge to stop the knee jerk "no" response and say YES to your family.

CHALLENGE DETAILS: Intentionally say yes to your family. "Can we go to the park ... can have breakfast for dinner ... can we have a sleepover ... can we have a movie night "... YES! Why not. "Hey Honey, wanna" Yes! We have a habit of saying no and opportunities are passing us by.

SUGGESTED GOAL PAIRINGS: Love Languages - Zip It Challenge - Unplug Every Night

PROGRESS: Each time you intentionally say YES, color in a box.

A graphic of a calendar page with a pink header and a grey grid. The header contains the text 'THE YES CHALLENGE' in white. The grid consists of 20 boxes arranged in 4 rows and 5 columns. Each box contains the text 'I SAID YES' in pink. Two black punch holes are visible at the top of the page.

THE YES CHALLENGE				
I SAID YES	I SAID YES	I SAID YES	I SAID YES	I SAID YES
I SAID YES	I SAID YES	I SAID YES	I SAID YES	I SAID YES
I SAID YES	I SAID YES	I SAID YES	I SAID YES	I SAID YES
I SAID YES	I SAID YES	I SAID YES	I SAID YES	I SAID YES