



The 30-Day Front Row Challenge!

I, (name) _____, commit to completing the following missions, tasks and adventures by (deadline) _____. I'm doing this because (reason why) _____.

For extra support, I'm going to share this goal with (accountability partner) _____ and ask them to hold me to my word. When I achieve this goal, I will (prize/incentive) _____ to celebrate. For extra motivation, should I not complete this mission, I will (consequence) _____.

CHALLENGE #1 Join hundreds of other like-minded rockstars in the Front Row Community online @ FrontRowFriends.com. This is THE place to share ideas, ask for support and elevate one another.

CHALLENGE #2 Complete the *Front Row Focus Form* (maybe take a picture and use as your homescreen) and/or hang somewhere you see it daily (this is what I talk about in this video bit.ly/201mC11).

CHALLENGE #3 Journal each night 2 people you're grateful for. Keep a running list and don't duplicate any names. After you enter names, immediately text/write/call each person to let them know.

CHALLENGE #4 Each day when you rise, during your Miracle Morning routine (MiracleMorning.com), read your "Morning Questions". Make sure these are hung/placed somewhere you will absolutely see them!

CHALLENGE #5 Find some way, no matter how small, to give or help someone each day -- each night journal about the experience.

CHALLENGE #6 Take at least one Front Row pic when you're *Living Life In The Front Row* & share -- [#FrontRowLife](https://twitter.com/FrontRowLife) & \o/ ← electronic FR pose.

CHALLENGE #7 Sit Front Row whenever possible -- except movies! (take selfie with the person to your left and right and share -- [#FrontRowFactor](https://twitter.com/FrontRowFactor)).

CHALLENGE #8 On the last day of the challenge, invite one person to join the Front Row Community @ FrontRowFriends.com.