

## **Plus One (+1) Catalyst Challenge**

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"In any given moment, you have two options: you can choose to step forward into growth (+1) or backward into safety (-1)." - Abraham Maslow

The Plus One Catalyst Challenge provides you the opportunity to step forward into growth, engaging in activities that have been found to increase energy, cultivate positive relationships, and boost happiness in one's life. The Plus One Catalyst Challenge will require you to incorporate at least FIVE (5) +1 activities into your daily life; feel free to adjust the point total to a higher number if that works for you. If you already incorporate some of the activities as part of your daily routine, feel free to include them as part of your point total - or, to increase the level of the challenge, just choose five new activities to incorporate into your life - or increase the number of plus one activities to a higher number (7 or maybe even 10). Note: The daily +1 activities can change each day; they don't have to be the same five activities every day. For this Challenge to be most effective, you must achieve five points per day and engage in at least three different +1 activities over the course of the day. Each day, you can choose to do:

- five different +1 activities,
- two +1 activities from the same category and three +1 activities from three different categories, or
- three +1 activities from the same category and two +1 activities from two different categories.

For example, for the MOVEMENT activity, I work out once in the morning, walk nine holes of golf in the afternoon, and take our dog Laci out for a 30- to 45-minute walk in the evening. I would have +3 in the movement category, which means my other two +1 activities must be from two different areas - such as meditation and reading. Try this Challenge for a week and see how it works for you; if successful, challenge yourself to do it for a month. And share this Challenge with another person, either to hold you accountable or, better yet, to have them participate so that you can use each other as accountability partners.

### **List of +1 activities:**

- Sleep for at least 7 hours. (SLEEP)
- Move your body for at least 20 minutes at one time. (MOVE)
- Engage in meditation or mindfulness activity for at least 10 minutes. (PEACE)
- Write down at least 3 things you are grateful for. (WRITE)
- Perform at least one random act of kindness and/or extend one loving gesture towards another, which can be via text, e-mail, video chat, or hand-written note/letter. (LOVE)
- Read at least one personal/business development article, one chapter of a personal/business development book, or participate in a personal/business development podcast or webinar. (READ)
- Spend at least one hour totally disconnected from any form of technology/electronic device, includes phone, tablet, computer, television. (DEVICE)
- Eat at least 5 servings of fruits/vegetables. (FOOD)
- Contribute at least \$1 a day towards a savings account, emergency fund account, or retirement account. (SAVE)
- Engage in a creative/innovative/play activity for at least 15 minutes. (PLAY)
- Spend at least 15 minutes with someone (person or animal) who is positive, upbeat, supportive, and/or encouraging. (PEEPS)
- Drink at least 13 cups (8 oz. per cup) of water/healthy drink for males or at least 9 cups of water/healthy drink for females. (DRINK)

Once you complete the challenge, write down a few thoughts about this Challenge:

- What were your initial thoughts about taking on this Challenge?
- How long did you do the Challenge – a week, a month, or are you still engaged in the Challenge?
- How many days were you successful completing the Challenge?
- What was positive about undertaking this Challenge? What was the most challenging aspect in doing this Challenge?
- What are your thoughts now that you have completed the Challenge?
- Are there any additional thoughts you would like to share about this Challenge?

Enjoy the Plus One Life Change Challenge!

