

One-Month Speak Life Challenge

One small step every workday for one month: five work weeks, Monday through Friday. Write down who you spoke life to, or what you said. By the last Friday, you will have a page full of proof that your words matter.

Start date: _____

Week 1: Speak life to them (last column: who, and what I said)		
Mon	Tell one job seeker one specific strength you see in them.	
Tue	Ask a client for a golden moment. (Chapter 3)	
Wed	Make one warm handoff instead of a cold referral. (Chapter 1)	
Thu	After a rejection, tell someone: "This is not the end of your story."	
Fri	Write down one client win and keep it. (Chapter 12)	

Week 2: Speak life to yourself (last column: who, and what I said)		
Mon	Write down one thing you did well today.	
Tue	Take a real lunch break, away from your desk.	
Wed	Release one thing that is not yours to carry. (Chapter 11)	
Thu	Reread one thank-you note or client win.	
Fri	Say it out loud: "What I do matters."	

Week 3: Speak life in the system (last column: who, and what I said)		
Mon	Thank one partner by name for something specific.	
Tue	Share one client story along with your numbers. (Chapter 12)	
Wed	Check that one referral path is still current. (Chapter 7)	
Thu	Thank an employer who hired one of your people.	
Fri	Ask someone on another team how they are really doing.	

Week 4: Speak life to your team (last column: who, and what I said)		
Mon	Open a meeting with a golden moment. (Chapter 15)	
Tue	Tell a coworker exactly what they did well. (Chapter 14)	
Wed	Give someone credit in front of others.	
Thu	Leave a handwritten note for someone on your team.	
Fri	Ask your supervisor what they need. Leaders need it too.	

Week 5: Pass it on (last column: who, and what I said)		
Mon	Write down the name of someone who spoke life to you.	
Tue	Tell them what their words meant.	
Wed	Repeat your favorite step from Weeks 1 to 4.	
Thu	Invite a coworker to start this challenge with you.	
Fri	Write down what changed for you this month.	