

EIGHT - WEEK CHALLENGE JOURNAL

STORYBOARD

Start living a bold, adventurous and intentional life.

by DREW MYERS

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Illustrated by Allie Ramirez

INTRODUCTION

"If you have the option of painting a picture of your life, why not make it a good one?
Envision your future, your accomplishment and achievements, and your God-given-significance.

Based on what you know to be true, of course,
not on your own sense of pride or unhealthy ways to satisfy your needs.
But within the values and dreams God has given you to accomplish.

EXPECT GOOD AND PURSUE IT

rather than simply going through life without a plan and seeing whatever happens."

– Tony Dungy,
legendary NFL Coach

Spoiler alert: There is nothing in this journal that is going to be breaking news to you. It's not going to be anything you haven't heard before. So, why in the world should you keep reading? Why should you OR would you dedicate the next 8 weeks to this journey of self-discovery?

Because it's time to embrace your story.

I'm about to give you permission to live a bold, adventurous and intentional life. The irony in that statement is thick, because you don't need my permission – or anyone else's permission – to start attacking life. Here's the problem, though: A majority of society is not living boldly, adventurously and/or intentionally. Instead, people use words like stuck, stale, bored, joyless, trapped and unhappy to describe their lives. They're on the hamster wheel of life, running...running...running, but not going anywhere. We live in a world flooded by the demoralizing "If Only" river. Max Lucado talks about this in his book, *Anxious for Nothing*. He explains that many of us are focused on the things we don't have, instead of being grateful for the things we do have. He writes:

The widest river on Earth is a body of water called "If Only." Throngs of people stand on its banks and cast longing eyes over the waters. They desire to cross, but they can't find the ferry. They're convinced the If Only river separates them from the good life. If only I were thinner...I'd have the good life. If only I were richer...I'd have the good life. If only the kids would come...if only the kids were gone...if only I could leave home...get married...get divorced....if only my skin was free of pimples....my calendar free of people...my profession immune to layoffs...then, I would have the good life.

He goes on to explain that the "good life" doesn't start when circumstances change, but when our attitude towards them does. How do you do this? Lucado explains in his book that it's about living with a grateful heart. He challenges his readers to focus on the "Already." He writes, "The anxious heart says, 'If only I had this, that or the other, I'd be OK.' The grateful heart says, 'Oh, look. You've already given me this, that or the other. Thank you, God.'"

My goal is to wake you up and help you hear powerful whispers like that. You only get one shot at this life. So own it. Love it. Be grateful for it.

This journal is about you. Your story. That includes the good, the bad AND the ugly. It includes your most triumphant victories and your most monumental failures. It includes your goals, dreams and aspirations. It includes your best future self. It includes the people in your life - past and present - who played a part of shaping who you are today. Throughout this journal, I will help you start to embrace your story - the first *and* most important step in living a bold, adventurous and intentional life.

In his powerful narrative, *Memorandum from God*, Og Mandino reminds us that we are the greatest miracle in the world. He writes – using God's words – that there has never been AND never will be anyone like you. You are the rarest of the rare.

Part of that rarity is your story. Everything that has happened to you since you were born has shaped who you are right now. Again, that includes the good stuff, the bad things and the ugliness. You are the sum of

your experiences. Even our unanswered prayers are part of our story. F. Scott Fitzgerald said, “Our lives are defined by opportunities, even the ones we miss.”

This journal is laid out into 8 weeks, and you can start it at any time. If you open it for the first time on a random Tuesday in September...let’s ride. I have never understood why so many people want to begin their self discovery on New Year’s Day. If you need to self correct, why wait? If you’re struggling with something – debt, weight, addiction, etc. – why would you put off changing until the start of a new year? I’m a huge proponent of just do it...now. Again, if you’re in a rut or treading water in the middle of May, go ahead and start rewriting your story.

“Rewrite my story? I can do that?”

Again, that is not breaking news! You already knew that, and it might be the most powerful part of your story – because you have the ability to completely rewrite it if you want. From the plot and characters to the rising and falling action. If your story needs to be rewritten, let this journal be your guide. If you’re already living a great story, let this journal be the first step to wholeheartedly embracing it. No more excuses. No more bullshit disclaimers.

From this moment on, you are going to be you.

• • •

This is important: This journal is YOURS. Make it YOURS. Own it. You are going to write in it. You are going to draw and color in it. Reminder: This is YOUR story.

There are no rules to this journal.

I would encourage you to make it part of your routine, though – set aside at least 30 minutes a week to work through the questions and challenges. Sunday evenings are ideal, as you stare down the barrel of a new work week, but you pick the day. If that is Tuesday mornings or Thursdays at lunch...do it! Whatever day/time you choose, put it on your calendar and be intentional about honoring those 30 minutes every week. Turn off the TV, logout of Facebook or Instagram and make a promise to yourself that you will be disciplined about this journey of self-discovery.

I would also encourage you to put your hands on some different color pens or pencils. In the spirit of bullet journals, this will make it more fun and engaging. But if you’re ballpoint pen guy or gal...use the hell out of that Bic. Again...I want YOU to own this.

Lastly, this journal does not have to be perfect. Screw perfect. It’s boring and cliché. Would you like another spoiler alert? You’re probably going to be the only person who ever flips through these pages. No one else gives a shit. I know that’s a little harsh, but your family and friends are worried about embracing their own story. They might humor you and glance at a list of things that make you happy or a list of people who love you, but by the second bullet point, they’re going to be thinking about their lists.

My point...if you mess up, don’t worry about it. If you have to mark something out, just do it. If you misspell a word, don’t dwell on it. Some people are going to make this challenge journal look like a work of art. I love that. But I also appreciate the individual who treats it like a formal business plan.

Before I send you on your self-discovery quest, I want to acknowledge you for having the courage to go on this journey. Simply opening this book and reading this introduction is a testament to your desire to embrace your story. You are officially in rare company. A recent study showed that only one third of Americans claim to be happy. An even more tragic number: Only 67 percent of the respondents in the same poll were optimistic about the future. The rest had no hope for a better tomorrow.

YOU have hope. YOU are a fighter. YOU want to change.

Let this challenge journal be your guide, but also let it be a major part of the celebration.



WEEK 1:

WHAT LIGHTS ME UP?

Make a list of things that get you genuinely excited

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

“

I would rather
die of passion
than of boredom.”

– Vincent Van Gogh



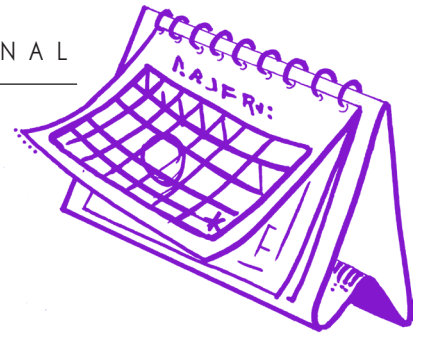
CHALLENGES:

Challenge 1:

Go back through this list and
write down the last time you
did each one of these things
(no need to be exact – if you
can't remember...write that.)

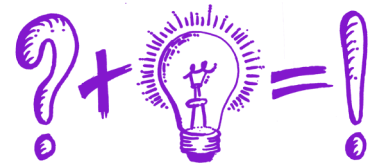
For the Bold:

Pick one of these things
and go do it.



WEEK 2: WHEN IS THE LAST TIME I...

- ... watched a sunrise? _____
- ... sent a thank you note? _____
- ... went to the movies? _____
- ... played a board game? _____
- ... held a baby? _____
- ... volunteered? _____
- ... got a massage? _____
- ... ordered take-out? _____
- ... called my best friend? _____
- ... read a book? _____
- ... slept naked? _____
- ... went to a concert? _____
- ... ate an ice cream cone? _____
- ... danced? _____
- ... laughed until I cried? _____
- ... ate at a restaurant by myself? _____
- ... flew on an airplane? _____
- ... gave a stranger a compliment? _____
- ... listened to a podcast? _____
- ... did something that scared me? _____



Need some clarity?

- Take your time with this;
- If you can, list specific dates (it's not necessary, though);
- If you don't know, just write "IDK";
- If you've never done it, just write "NEVER";
- Include details if applicable (e.g. what book you read, what concert you attended, etc.)



CHALLENGES:

Challenge 2:

Pick one of these things and go do it.

For the Bold:

See how many of these things you can do in the next week.

WEEK 3: THE HAPPY LIST

Example: New jar of peanut butter

*Make a list of things
that make you
happy or smile:*

*(write these things
directly on the sun beams)*

“ I would like
to get up to one hundred
blessings a day.
I want to celebrate sunsets.
I want to celebrate the smell
of freshly mown grass.
I want to celebrate
banana cream pie.
I want to celebrate
God's goodness
and his amazing, wonderful,
mysterious, holy gift of life.”

– Author John Ortberg
It All Goes Back in the Box



CHALLENGES:

Challenge 3:

Put a star next to the three
things on this list that make you
the happiest.

For the Bold:

Identify one or two things on your
Happy List that may make
someone else smile...
make that happen!



WEEK 4:

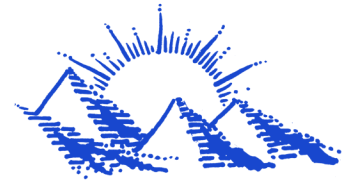
WHO LOVES ME?

Make a list of people who love you unconditionally

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

“ There is only
one happiness
in this life,
to love and be loved.”

– George Sand



CHALLENGES:

Challenge 4:
Mark the people on this list
who you haven't had
any contact with
in the last 6 months.

For the Bold:
Pick one person from
the above challenge
and reach out to them;
thank them for loving you.

WEEK 5: BOOKS I WANT TO READ



- This is an ongoing list;
- Write the names of books you want to read/listen to on the spine of each book;
- When you hear about an interesting book you want to read, add it;
- Once you've read the book, color in the corresponding book.



CHALLENGES:

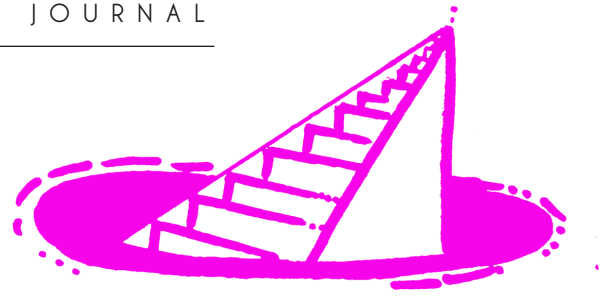
Challenge 5:

Ask 10 family members or friends for book recommendations. Let them know what you're looking for (fiction, biographies, self-help, etc.)

For the Bold:

Dedicate 15 minutes a day to read or listen to an audio book.

WEEK 6 : BIG PROBLEM? NO PROBLEM!



MY BIG PROBLEM :

MY GOAL :

STEPS TO GET IT DONE :

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

MY DEADLINE :



Need some clarity?

- Identify a big "problem" in your life - something you would like to accomplish or change (examples: debt, weight, etc.);
- Set a goal to squash that problem;
- Break it down in attainable steps;
- Give yourself a deadline for accomplishing your goal.



CHALLENGES :

Challenge 6:

Reach out to a family member or friend and ask them to be your accountability partner for this "project."

For the Bold:

Start a journal to document your journey - the good, the bad and the ugly. This could be a tremendous resource for tackling similar problems.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



- This is a free-writing exercise;
- Set aside 7 minutes and just write without stopping;
- Answer the prompt: How do you want to be remembered?
- No editing;
- Have fun with it.



CHALLENGES:

Go back through this narrative and highlight (or underline) the most important parts.

In one week,
do this exercise again.
Do NOT re-read this narrative
before Round II.
(Have this be the first entry
in your new free-writing journal.)

WEEK 8: BIG PICTURE GOALS & WINS



Need some clarity?

- Use three different color pens;
 - Write the month in the bottom right corner of the square;
 - Visualize your big goals for the designated month;
 - Write your three big picture goals within the square (using a different color for each goal);
 - Be SMART when setting your goals:
 - * Specific
 - * Measurable
 - * Attainable
 - * Relevant
 - * Time Sensitive
 - When you experience a win regarding each goal, write it in the margins around the square (using the same color as the goal itself);
 - What is a win? Anything that gets you closer to your goal;
 - Still clear as mud?
- See the example on the next page.

1.	
2.	
3.	
<i>write month here</i> ►	

"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.
We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?'
Actually, who are you not to be? You are a child of God. Your playing small does not serve the world.
There is nothing enlightened about shrinking so that other people won't feel insecure around you.
We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone.
And as we let our own light shine, we unconsciously give other people permission to do the same.
As we are liberated from our own fear, our presence automatically liberates others."

- Marianne Williamson
A Return to Love: Reflections on the Principles of "A Course in Miracles"

WEEK EIGHT EXAMPLE :

Canceled gym membership (because I haven't gone for 6 months) and saved \$55!

Finished Week 5 challenge in this journal (Books I want to Read)

Picked the three books I want to read...

- 1. Into the Wild*
- 2. Think & Grow Rich*
- 3. Catcher in the Rye*

Decided to skip Starbucks for the month. I figured I'm going to save almost \$60!

- 1. Read/listen to three books*
- 2. Start a gratefulness journal - write in it 20 times over the course of the month*
- 3. Save \$500 for that weekend trip to Hill Country*

I started on Feb. 2

FINALLY cashed in my loose change.... I couldn't believe it... \$176

I bought the most badass leather journal at a garage sale

FEB

I didn't realize how many things I have to be grateful for!!!!

Purchased Think & Grow Rich on audiobook

Big one: I asked my sister for the \$200 that she owed me.

I write in this journal EVERY morning - you have NO IDEA how it sets the tone for my day!!!! #gamechanger

LETTER FROM DREW

I hope you've enjoyed this 8-week journey. I'm excited to announce that this is just the beginning. This challenge journal represents an entire revolution designed to inspire people to live a bold, adventurous and intentional life. Radical honesty: My big dream is to start changing the world with this initiative. I want to yank people off the hamster wheel. I want to wake them up. I want to inspire people to give the status quo the middle finger and start attacking life.

How do I plan on doing that?

I believe each one of us is a masterpiece – one-of-a-kind and exquisite; and I believe the amazing power of story celebrates that rarity and beauty. I am a story seeker. I give others the opportunity to share their story - with the hopes that they also embrace their story. Through my radio shows, podcast and speaking engagements, I showcase and celebrate individuals that have given themselves permission to live radically honest lives, pursue their dreams and live on purpose.

I am currently writing a book, one that is similar in nature to this challenge journal. I am also turning up the knob on the before-mentioned radio show and podcast. I even have a lofty goal of turning all of this into a TV show some day.

I would love for you to come on this amazing ride with me. I applaud you for having the courage to come this far. Now, I challenge you to BE BOLD and keep going.

The next step in the process is simple. If this journal inspired you in any shape, form or fashion, I encourage you to visit www.drewmyers.life/story and follow along as this brand and initiative starts to change the world. If you fill out the form and use the code “be bold” you will get the first opportunity to purchase my new book at 40 percent off the cover price. (*You don't have to pay any money now.*) You will also receive sample pages and addendums to the book throughout the process.

I would also love for you to share this with your friends (*again, only if it positively impacted you*). There are graphics, text and links to make this as easy as possible on that web page. The best way is still word of mouth.

Thank you in advance for helping spread the word.

I want to close by referencing OG Mandino's *Memorandum from God* again. It is a very powerful reminder. He wrote:

You are my greatest miracle. You are the greatest miracle in the world. Those were the first words you ever heard. Then you cried. They all cry ... You did not believe me then ... and nothing has happened in the intervening years to correct your disbelief. For how could you be a miracle when you consider yourself a failure at the most menial of tasks? How can you be a miracle when you have little confidence in dealing with the most trivial of responsibilities? How can you be a miracle when you are shackled by debt and lie awake in torment over whence will come tomorrow's bread?

Then, Mandino explains why you are the greatest miracle in the world. He reminds us that God gave all of us the power of choice. He challenges us to:

*Choose to love ... rather than hate.
Choose to laugh ... rather than cry.
Choose to create ... rather than destroy.
Choose to persevere ... rather than quit.
Choose to praise ... rather than gossip.
Choose to heal ... rather than wound.
Choose to give ... rather than steal.
Choose to act ... rather than procrastinate.
Choose to grow ... rather than rot.
Choose to pray ... rather than curse.
Choose to live ... rather than die.*

You have made a powerful choice to start embracing your story, which is the first step in living a bold, adventurous and intentional life.

Let's ride!

