

READ THIS FIRST!

Welcome to the first day and the first challenge of the PLEDGEtalk Online Course. There is a reason you have chosen to take this course. You want to improve your communication with a spouse, friend or boss. You want help for when conflict occurs. Knowing what to do when communication really matters would be great. And having a guide to help you through conflict would be even better. With the PLEDGEtalk principles, you will learn what to do and have a guide in hand the next time you find yourself in the midst of conflict. You can bring peace and health to relationships!

My goal is to make this as practical as possible. You want to see change, right? I want you to as well. To experience that change, it will take some work on your part. But you already know that or you wouldn't have signed up for this course, so kudos for you!

Each day you will be sent to a page such as this where you will find a video of me teaching one step a day of PLEDGEtalk. Along with each video, you will see a transcript of the video you can download, an mp3 file of the video you can download and listen to, a Challenge for the Day Worksheet, and more.

Each day (except for today) should take no more than 20 minutes of your time - for the coursework. But THEN it will require you to work what you learned throughout your day!

So here's the process each day:

1. Look for your daily email from me for the PLEDGEtalk Online Course and click on the link inside the email to get to the course.
2. Watch that day's video and/or download the transcript or MP3 file.
3. Read through the Daily Challenge.
4. Practice that day what you have learned.
5. **At the end of the day, fill out the Worksheet!**

Right now do three things:

1. Make sure our PLEDGEtalk email address is in your contact list so you won't miss any of the emails. If you have gmail, make sure my email is not under your promotions tab. If it is, click and grab it to slide over into the primary tab. That way you will be sure to see our email each day.
2. Schedule 20 minutes each day (ten in the morning, and ten at night) to learn that day's PLEDGEtalk principle and see it make a difference in your relationships!
3. Then WATCH today's video and read through the Challenge of the Day!