

ENGAGE Challenge for the Week:

1. This week's Challenge:

Your challenge: choose one or more of the following action steps to reinforce what you have learned so PLEDGEtalk will become a part of who you are!

- Use the [PDF Infographic](#) to teach all 6 steps of PLEDGEtalk to someone new this week.
- Practice PLEDGEtalk for two weeks, then go back through this course once again, to catch what you missed. [Here is the link once again for the entire course.](#) Bookmark this so you can take the course as a refresher as many times as you like!
- Read my book, The PLEDGE of a Lifetime, a narrative of a couple struggling in their marriage and learning PLEDGEtalk. Purchase on [Amazon](#), or my site: <http://www.pledgetalk.com>
- Share this with others!

You will be asked which of these action steps you have chosen on your OPV worksheet this week. It is my sincere hope that you actually do all four! Using the Infographic to teach someone else will go a LONG way to cementing the ideas into your thinking and way of interacting with others. Going through the course again, will be a great refresher. In doing so, you will also pick up new ideas you missed the first time. Reading my book is another method of learning. PLUS there is much more in the book I was not able to include in the course! Finally, sharing this with others can only improve the quality of your relationships with those around you.

2. Change Factor: *decide on your future.*

Having a vision increases your chances of achieving it. From the first time you envisioned jumping across that puddle as a little child, to the last time you finished a project, you likely did so because you had a picture in your mind of the end result. On your OPV Worksheet, you will be asked to take 5 minutes to “decide your future” with your OPV if you were to regularly use PLEDGEtalk in your conversations with her/him.

Your Change Factor: decide on your future!

This week's action steps (Summary):

1. Today and every day, be intentional to use any or all of the PLEDGEtalk principles with your OPV and really with everyone!
2. Choose one or more follow up action steps to reinforce your learning of PLEDGEtalk.
3. Envision your future with your OPV on the Worksheet!

** Watch for a bonus video in your inbox next week Friday!