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THE CHALLENGE
(WHICH YOU ARE SO UP TO!!)

 IDENTIFY 5 PEOPLE TO CHECK-IN WITH EVERY DAY FOR THE NEXT 30 DAYS.

 PRIORITIZE PEOPLE WHO

- LIVE ALONE
- ARE IN RECOVERY
- ARE FEELING ANXIOUS

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THE PERFECT FRIEND



- THINK ABOUT STARTING A TEAM IN YOUR AGENCY, COMPANY, CLUB OR CIRCLE OF FRIENDS.
- IF YOU ARE GOING TO TAKE THE CHALLENGE - EMAIL US WITH YOUR START DATE! AT STRIVEFORFIVECHALLENGE@GMAIL.COM
- USE SOCIAL MEDIA TO PROMOTE MORE PEOPLE COMMITTING TO CONNECT WITH 5 PEOPLE A DAY #NYSTRIVES




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EMPATHY

-  I AM IN IT WITH YOU.
-  I AM NOT HERE TO FIX YOU.
-  I AM NOT HERE TO FEEL IT FOR YOU.
-  I AM HERE TO FEEL WITH YOU AND LET YOU KNOW YOU ARE NOT ALONE.

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STRIVE FOR FIVE CHALLENGE

-  THINK ABOUT STARTING A TEAM IN YOUR AGENCY, COMPANY, CLUB OR CIRCLE OF FRIENDS.
-  IF YOU ARE GOING TO TAKE THE CHALLENGE - EMAIL US WITH YOUR START DATE! AT STRIVEFORFIVECHALLENGE@GMAIL.COM
-  USE SOCIAL MEDIA TO PROMOTE MORE PEOPLE COMMITTING TO CONNECT WITH 5 PEOPLE A DAY #NYSTRIVES

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