

WEEK

1

2

3

4

WEEK



OBS

O B S E S S E D G R O U P



READ FIRST



INSTRUCTION CARD



WEEK 02: SUPER FUN 3-C CHALLENGE



SUPER FUN 3-C CHALLENGE

→ **HOST, READ OUT LOUD:** ←

- 1.** Everyone break into groups based on the “C” you got during assessments—whether that’s Control, Comparison or Comfort. It’s fine if a group only has one person.
- 2.** Each smaller group will then get a special “C” card that has three challenges on it.
- 3.** Everyone pick one challenge from your card to do this week. Share what you chose and why with the larger group.
- 4.** The challenge you choose must be a real challenge for you. If you think it’s going to be easy, you’re not trying hard enough. Pick something else.
- 5.** DO YOUR CHALLENGE. We WILL discuss this next week.



P U S H Y O U R S E L F

CONTROL CHALLENGES

I T ' S A N A D V E N T U R E



CONTROL



1 If you have kids who aren't babies, let them plan four hours of your day. If you don't have kids, the honors go to your mom or g-ma. Not kidding.

2 Go to a public place. Wait until you feel prompted to help a stranger (that could be God talking to you), then do it. Not feeling anything? Wait longer.

EXAMPLES: Give money ~ Ask if you can pray for him/her ~ Share something ~ Give a sincere compliment ~ Ask if they need anything

3 Without eavesdropping, point to one other person in either the comfort or comparison group. Whoever you choose, you're going to do their challenge too, no matter what it is.

Once everyone has chosen their challenge, go back to the larger group and say what you chose and why.



P U S H Y O U R S E L F

COMPARISON CHALLENGES

I T ' S A N A D V E N T U R E

→ COMPARISON ←

- 1** First thing in the morning, before any sort of washing, prepping or rearranging—post a legit reality selfie on Instagram or FB. No hashtags, no explanations, no sneaky filters.
- 2** Wear the same exact outfit three days in a row, during your regular work week or weekly routine. Seriously, top-to-bottom same outfit when you will see the same people.
- 3** Whip that FOMO* into MO. Choose one thing you fear missing out on this week...then MISS OUT on it. Tell your group what it is.

EXAMPLES to MO on: Skip after-work beers
~ No social media all week ~ Avoid gossip like the plague
~ Ignore all news this week

*FOMO: Fear Of Missing Out

Once everyone has chosen their challenge, go back to the larger group and say what you chose and why.



P U S H Y O U R S E L F

COMFORT CHALLENGES

I T ' S A N A D V E N T U R E

COMFORT

1 Don't buy anything for three days in a row. Exceptions: none. Not even gas or lollipops.

2 Ask three people (who know you well) what they think you are "stockpiling." Majority or most surprising one wins. Give away part of that stockpile.

STOCKPILE for-instances: Bourbons ~ Cars

~ Gift cards ~ Clothes ~ Shoes ~ Wine
~ Video Games ~ Jewelry ~ Yeti Products
~ Groceries ~ Tools ~ Books ~ Gas Masks

3 Fast this week. You have three choices: 1) Fast from food for 24 hours, 2.) Fast from one meal per day for five days, or 3.) Fast from one daily comfort item (morning Starbucks, evening glass of wine, Netflix) for seven days.

Once everyone has chosen their challenge, go back to the larger group and say what you chose and why.
