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#1 - We are here to support you.

You will be receiving periodic emails from the betterjourneys@WalktheRidge.org address. These emails will often be short and are meant to provide support and momentum for the first 60 days.

I promise you won't get emails sent every workday, but when you do - I cannot encourage you ENOUGH to read them...and put them to good use, when appropriate. And feel free to reach us with any questions or needs by emailing: support@walktheridge.org

#2 - Download ALL reference sheets from the course lessons.

So you will have access to revisit any content in this course for the first 60 days after completion.

I cannot stress STRONGLY ENOUGH how important it is to download, organize, and review the reference materials. Your practice will only be as strong as the roots of better knowing yourself, as well as developing and applying the right underlying skills and techniques.

For greater ease, you can find the reference sheets in the REFERENCE section at the top of your navigation bar in this course. If easier, we've also provided a single ZIP file that you can extract and organize on your end.

#3 - Wear your reminder wristband.

You should have received a Walk the Ridge reminder band. If this course was purchased BY YOUR COMPANY, then they were DEFINITELY sent bands.

It's non-toxic, waterproof, and has some stretch. Though when you put it on, don't stretch it too far...because they can break.

The band serves as a visual anchor for you - especially in keeping yourself accountable and mindful of your practice. It is important so that others who know WHY you wear it, can also give you feedback, at times when you are thriving and slipping in your walk.

That's accountability...and it makes all the difference for your sustained habits and success.



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#4 - Share with Others

Everyone's different and unique in their own way. Everyone is on their unique journey in life - and even in Walking the Ridge.

Some of us will want to be strong leaders for improving the toxic incivility in our society. They may wear Walk the Ridge gear, join and contribute to our social media, or send us a testimonial and picture wearing their band.

We would ask only one favor - and that is to tell others IF and WHEN they ask about your band. You don't have to be a megaphone for Walking the Ridge...but when the band is noticed, you should never be quiet about the practice and the journey you are on. Because others will often be inspired and it could wind up changing THEIR LIFE too!

#5 - Incremental Change

Remember the lesson about outcome-based habits vs. habits based on genuine identity change? Walking the Ridge will really serve you well over your lifetime - both for your work, as well as in your community, your home, and when you're online with others.

But always remember that this is a practice...not a perfect. Make small changes at first...but be consistent and revisit the materials.

Because you're looking at long-term change in healthier habits of engagement that TRULY become a part of you and your identity. That happens with patience, practice, and willingness to fail, learn, and re-try.

You're now on a new and powerful journey. You're going to find so much feels better and becomes better.

Welcome to YOUR journey...and I hope to hear from you soon.