The 7-Minute Culture Cure™ Challenge

Date	Name	Write	Speak	Ask	Play	Learn	Create	Think	Points
TOTAL									

Directions:

Gain commitment from 7 people who will take the challenge. (If you have more, start another circle and compete against each other).
Put this chart somewhere accessible to all. Each day, get together and decide on what you will each do under the category for the day.
When each person has completed their 7 minutes, they write 7 points in the box under that day's category.
There are two boxes if you want to take two 7-minute actions daily.
At the end of the week, get back together to tally the points and discuss the results. Repeat.

The 7-minute Culture Cure™ ©2022 Donna Cutting www.redcarpetcultureclub.com