

# THE CARLIE CHALLENGE – A SIMPLE "HOW TO" GUIDE

---

## GET IT

- Get your copy of "The Carlie Challenge" book. Go to [www.thecarliechallenge.com](http://www.thecarliechallenge.com) for ordering instructions.
- If you do not have a copy of the book, dedicate yourself to 30 days of intentional gratitude with some of the suggestions below.

## SHARE IT #thecarliechallenge

- Use the hashtag (#thecarliechallenge) on various social media platforms (Facebook, Instagram, Twitter, etc...)
- Tell your friends. Tell your family. Tell your co-workers. Challenge them to take The Carlie Challenge.
- Share the YouTube video found on The Carlie Challenge website.

## LIVE IT

### Put your "attitude of gratitude" into action.

- Hug one person you might not normally express your appreciation for in that manner.
- Write a note (on paper, social media, or text) to someone you haven't talked to in five years.
- Make a phone call to set up plans to help your community with serving those in need during the holidays.
- Pay for the person in front of you in line at the store (whether it is a pack of gum or an entire cart of groceries, depending on your own situation).
- Find one person who isn't smiling and make it your mission to get them to genuinely smile.
- Surprise your social circle by making or buying cookies and sharing them.
- On a random weekday, visit a local nursing home, even if it is for just 15 minutes.
- Go on a walk and think of all of the positive things you see and experience.
- Next time you are at the grocery store, help someone unload groceries and put their cart away for them.
- Hold doors, smile, keep your cool, and express joy in life. These simple things are the best demonstration of your own gratitude and continue the legacy of Carlie Almond.

