

# How to Participate

1

PICK UP the monthly challenge handout (and optional “Walk with One” booklet).

2

COMPLETE CHALLENGE 1, 2, and/or 3 for the month.



3

ON A STICKY NOTE WRITE A SIMPLE NOTE OR REFLECTION of your own experience. As you complete the challenges throughout the month, you may continue to share more reflections. Place your sticky note(s) on the display.

**THE DISPLAY REFLECTS OUR COLLECTIVE MISSION WORK.  
EACH MONTH, THE CHALLENGES AND DISPLAY WILL CHANGE.**