

The **Be Seen** Challenge



‘Contribute’ taster activity

the
be seen
project

The **Be Seen** Challenge

***“At the end of the day, at the end of the week, at the end of my life,
I want to be able to say that I contributed more than I criticised”***

Brene Brown

In this 30-day challenge, you are tasked with helping those around you ‘be seen’. In the tracker on the following page, make notes of the daily acts you do in order to help others be seen.

The **Be Seen** Challenge

Day	Action	Consequence / Impact
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		

The **Be Seen** Challenge

Summary reflection:

1. What did you learn about yourself and others?

2. What contribution did you make? What were the consequences of your actions?

3. What will you contribute next?

the
be seen
project

thebeseenproject.com

hello@thebeseenproject.com

+44 (0)203 488 3739

