

Make room for a Full Out moment

Ten minutes. One invitation. Your life, fully yours.

Living Full Out does not mean constantly going hard. It means choosing to participate in the life you are living - through curiosity, care, joy, courage, rest, purpose, or an ordinary moment.

Ten minutes is approximately 1% of a 16-hour waking day. This is a flexible invitation, not a streak, test, or measure of your worth.

C.L.E.A.R. connects the moments to the bigger story

C - Clarify Your Purpose

Explore what matters and what sparks curiosity.

L - Live by Your Values

Give time and attention to something important to you.

E - Embody Your Identity

Notice how you want to show up.

A - Align with Courage

Make room for an optional brave or unfamiliar step.

R - Ripple Your Impact

Consider how your participation touches others.

How to use this kit

Choose an original challenge in the app, draw a paper card, or make up your own. You can try it, adapt it, pause, or decline. Use the tracker, cut-apart blank cards, and reflection page however you like.

Your 50-moment participation tracker

A place to mark moments you chose to participate - not a 50-day streak. Dates, notes, and checkmarks are all optional.

☐ 01	_____	☐ 26	_____
☐ 02	_____	☐ 27	_____
☐ 03	_____	☐ 28	_____
☐ 04	_____	☐ 29	_____
☐ 05	_____	☐ 30	_____
☐ 06	_____	☐ 31	_____
☐ 07	_____	☐ 32	_____
☐ 08	_____	☐ 33	_____
☐ 09	_____	☐ 34	_____
☐ 10	_____	☐ 35	_____
☐ 11	_____	☐ 36	_____
☐ 12	_____	☐ 37	_____
☐ 13	_____	☐ 38	_____
☐ 14	_____	☐ 39	_____
☐ 15	_____	☐ 40	_____
☐ 16	_____	☐ 41	_____
☐ 17	_____	☐ 42	_____
☐ 18	_____	☐ 43	_____
☐ 19	_____	☐ 44	_____
☐ 20	_____	☐ 45	_____
☐ 21	_____	☐ 46	_____
☐ 22	_____	☐ 47	_____
☐ 23	_____	☐ 48	_____
☐ 24	_____	☐ 49	_____
☐ 25	_____	☐ 50	_____

Cut-apart: make your own invitations

These are intentionally BLANK cards for your own ideas, not replacements for the authentic 365-card Challenge.

MY FULL OUT INVITATION

Today, I might like to ...

I can change it, skip it, or stop at any time.

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A Full Out moment, remembered

My invitation

What did I choose to try, notice, create, or experience?

What happened?

A word, a sentence, a sketch, or nothing at all.

A possible C.L.E.A.R. connection

Purpose, values, identity, courage, impact - or leave it open.

What I might carry forward

No lesson or improvement required. Just what I want to remember.
