THE PERRY GROUP

WALK AWAY FROM THE 97%
THE 10-DAY CHALLENGE

10 days to change the way you're showing up.

SEE IT | CHECK YOUR FRUIT | TAKE THE NEXT STEP
TAKE THE EIGHT-COUNT | RAISE THE BAR

POSSIBILITY REQUIRES PARTICIPATION.

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HOW TO USE THE CHALLENGE

This is not about changing your entire life in 10 days. It is about creating evidence that you can see differently, make a decision, follow through, recover when you fall, and keep moving.

DOCUMENT THE WORK.

Do not just read each day. Write your answers. Complete the action. Keep the evidence. The goal is to be able to look back and see what you actually did - not only what you intended to do.

- [ ] Show up for all 10 days.
- [ ] Write honestly, even when the answer is uncomfortable.
- [ ] Complete the daily action instead of only thinking about it.
- [ ] If you miss, use the eight-count and get back up.

My commitment for the next 10 days:

DAY 1 - SEE MORE

Get beyond what you currently see.

Do something physical that challenges you - a run, hard workout, long walk, or something appropriate for your ability. Then get somewhere quiet. Put the phone down. Give yourself enough room to think. Do not worry about how yet. Today is about seeing.

What do I want my life to look like 5-10 years from now?

Why must my life expand beyond what I currently see?

What would change for my family, health, faith, work, freedom, or contribution if I lived this out?

- [ ] I physically challenged myself today.
- [ ] I created quiet space to think and write.

DAY 2 - FIND YOUR WHY

Cultivate it. Articulate it. Get closer to it.

Go back to yesterday's vision. Your why should become more than words you wrote once. Spend time with it. Make it personal. Make it real.

Be creative with your why. Write it. Refine it. Say it out loud. Record yourself speaking it, and put music behind it if that helps you connect with it. Revisit it morning and night. The goal is to become more familiar with the future you are choosing.

Why does this future matter to me?

Who benefits when I become this person?

What could it cost me if I keep living below this standard?

What am I no longer willing to settle for?

My one-minute why:

- [ ] I said my why out loud.
- [ ] I recorded it - with music if I wanted - or created another way to revisit it daily.

DAY 3 - CHECK YOUR FRUIT

Look at evidence, not intentions.

Do not give yourself a title because you like the idea. Look at your fruit. What have you actually started, completed, changed, or followed through on?

Where am I growing?

Where am I talking more than acting?

What promises have I kept to myself recently?

Where have I become complacent?

What is the biggest gap between what I say I want and how I am living?

The ONE gap I am going to work on first is:

☐ I completed today's worksheet honestly.

DAY 4 - CHECK YOUR INPUTS

Your environment can speak without controlling you.

Look honestly at what repeatedly gets your attention. Social media, music, entertainment, conversations, podcasts, television, books, and your closest relationships all become part of the soil you are growing in. Document what is actually influencing you.

What social media or online content am I consuming most?

What music, entertainment, or messages am I repeatedly taking in?

What conversations or people influence my thinking most?

How are these inputs affecting my attitude, standards, focus, or behavior?

What needs to increase? What needs to decrease?

- [ ] I reduced or removed one input working against where I am going.
- [ ] I replaced it with something that reinforces who I am becoming.

DAY 5 - CHANGE YOUR MORNING

Before distraction gets a vote.

Tonight, decide how tomorrow morning will begin. Keep it simple enough to repeat. The point is not to build a perfect routine. It is to stop giving the first part of your day away by default.

What time will I get up?

What will I do before I touch social media or start scrolling?

How will I include gratitude, movement, prayer, Scripture, journaling, or quiet reflection?

What part of my vision or why will I revisit?

- [ ] Get up when I said I would.
- [ ] Drink water.
- [ ] Practice gratitude.
- [ ] Move my body.
- [ ] Revisit my vision / why.

DAY 6 - TAKE THE NEXT STEP

Know what you've got. Know what you need. Move.

You do not need the whole staircase. Once you can see where you want to go, identify the next meaningful move and take it.

SEND THE EMAIL. MAKE THE CALL. APPLY. REGISTER. START. ASK. STUDY. TRAIN.

What skills, relationships, resources, experience, or access do I already have?

What am I actually missing for the next step?

Who has the kind of fruit I can learn from?

What meaningful action can I take within the next 24 hours?

☐ I took the next step within 24 hours.

DAY 7 - KEEP A PROMISE

Create evidence that you can trust yourself.

Choose one promise to yourself today. It does not need to impress anybody. It needs to be specific enough that tonight you can clearly say whether you did it.

I said I would:

Why does keeping this promise matter?

I did:

What does following through prove to me?

☐ I kept today's promise.

DAY 8 - TAKE THE EIGHT-COUNT

Identify it. Learn from it. Get back up.

Something may have gone wrong this week. Good. Now learn how to recover instead of pretending you will simply try harder next time.

What hit me?

What was underneath it - habit, environment, decision, emotion, distraction, or something else?

What did it cost me?

What will I do differently next time?

What is my next move?

NEVER MISS TWICE WITHOUT EXAMINING WHY.

☐ I got back up and took my next move.

DAY 9 - CONTRIBUTE

Let your growth add something to somebody else's life.

Walking away from the 97% is not only about what you can achieve. If you are truly growing, some of that growth should eventually lift the people around you.

Who can I encourage, help, teach, serve, or support today?

What can I contribute without needing recognition?

How did I add value today?

Who is better because I am becoming better?

☐ I intentionally contributed to at least one person today.

DAY 10 – BUILD YOUR EVIDENCE

Look back at what you actually did.

Go back to Day 1. Do not only look for massive results. Look for evidence: getting up, writing, praying, exercising, changing an input, making the call, keeping a promise, or getting back up after you missed.

What did I complete during these 10 days?

What changed in the way I am showing up?

What do I see now that I did not see 10 days ago?

What have I proven to myself?

What am I beginning to believe I am capable of?

I am becoming the kind of person who...

DAY 11 - RAISE THE BAR

You proved you can move. Now decide where you're going next.

The first 10 days were not the destination. They were about becoming ready. Now ask a bigger question: What am I becoming ready for?

What do I see now that I did not see 10 days ago?

What did I prove to myself?

What am I capable of now?

What idea keeps returning to me?

What problem do I want to solve?

Who do I want to serve?

What opportunity, career, business, education, relationship, health, ministry, or contribution goal am I ready to move toward?

CHOOSE ONE DIRECTION FOR THE NEXT 30 DAYS

For the next 30 days, I am moving toward:

My first step is:

YOU HAVE EVIDENCE NOW.

KEEP MOVING.

You do not have to have your entire life figured out.
You just have to keep taking the next step.

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Give me 10 days to help you change the way you're showing up.
Then let's see what you can see from there.

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