



#WILLTOWAY CHALLENGE

“I CAME TO THE CONCLUSION THAT THERE ARE THINGS IN LIFE THAT WE HAVE CONTROL OVER AND OTHERS THAT WE DON'T, BUT WE ALWAYS HAVE CONTROL OVER HOW WE CHOOSE TO REACT TO IT.”

- JULIE TREMBLAY, FRIEND OF SIDE-OUT

FOR QUESTIONS ABOUT THE WILL TO WAY CHALLENGE PLEASE VISIT [HERE](#) OR CONTACT:

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Adversity comes in many forms, helping us grow and building our character. Take on the Will to Way Challenge with your team to test your willpower for 30 days. You'll be able to see what you can truly accomplish and how you can implement this into your everyday life.

Why Participate

Coaching involves more than just the Xs and Os. It's about developing the whole player. Implementing the Will to Way Challenge into your program teaches valuable life lessons such as:

- Coping with adversity
- Honoring your commitments
- Understanding that with strong willpower you can accomplish anything

What Do We Do

STEP 1: PICK YOUR 30 DAY CHALLENGE

Choose a challenging habit that you want to make OR break. Tell your team and family about it to help keep you accountable.

STEP 2: KEEP A JOURNAL

Write a few sentences every day that describe your successes and failures.

STEP 3: MAKE IT A HABIT

Take your 30 day challenge one step further by implementing it into your everyday life.

Share Your Experience

Your impact extends further than you realize and your story can be told to thousands, if not millions, with the help of social media. We would love to hear about your Will to Way experience and share it with our communities as well. Tag us on social media and utilize our hashtag #SideOutWilltoWay.