

**INNERMAN RADIO'S  
MAN UP CHALLENGE PROMISE LIST**

|               |                |                 |                    |
|---------------|----------------|-----------------|--------------------|
| _____         | yes            | no              | kinda              |
| _____         | yes            | no              | kinda              |
| _____         | yes            | no              | kinda              |
| _____         | yes            | no              | kinda              |
| _____         | yes            | no              | kinda              |
| <b>yes= 1</b> | <b>no=(-1)</b> | <b>kinda= 0</b> | <b>SCORE _____</b> |

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INSTRUCTIONS: Cut out each individual card and give them to those you frequently make promises to. That person is to write down the commitments you make to them, along with the promise date. They will then grade you based on whether you kept the promise or not. At the end of an agreed upon period, you and that person will go over the list. **IMPORTANT:** No arguing with, bribing or punishing the promisee. They are your partner to MANNING UP. We thank them and own the results. Feel free to post your graded cards at [facebook.com/innermanradio](https://www.facebook.com/innermanradio), given the contents are suitable for public consumption and you have the consent of the promisee. For more information, listen to Innerman Radio's episode "Man Up Challenge #1" at [www.innermanradio.org](http://www.innermanradio.org).