



Ricardo Sierra's Earth Skills Seven Day Challenge

The Seven Day Challenge is an experience that will allow you to know the power of sustained practice of Earth Skills, in just a week's time. In the Challenge, we choose a skill to practice, whichever we decide, that we will practice for just 15-20 skills a day, and to document our learning and growth so we can see first hand how nature connects us and changes us.

Here is how it works: Fill out the info before and sign it, signaling your commitment to yourself about your goals and your structure and schedule for success.

• What Skill Will You Practice?

• What is Your Goal for this Challenge?

• When Will You Practice?

• What Materials & Resources Do You Need To Make This Happen?

• What Support Do You Need To Help You Grow This Skills?

• What Safety Equipment Do You Need To Practice Safely?

Yes! I want to improve my earth skills (listed above) and I agree to practice every day at the above time for Seven Days, using all necessary safety equipment and share my knowledge gained in this process! My signature below confirms my commitment to myself, my vision and my skills, as well as my love of nature.

Name:

Signature:

Date:
