

3PointCommitment.org

Change the world by not doing 3 things



Welcome to 3PointCommitment.org

No Complaining

To express feelings of pain, dissatisfaction, or resentment

No Gossiping

A conversation involving malicious chatter or rumors about other people

No Cussing

Speaking vulgar, profane words

**If you don't do any of these for seven consecutive days you will be eligible to win \$10,000!
And will also give \$5,000 to a school, church or civic group of your choice!**

Here's how the program works:

Put any wristband on your wrist. It stays on that wrist until you complain, gossip or cuss. Move it to your other wrist when you complain, gossip or cuss and then start your seven days over. The goal is to keep it on the same wrist for 7 consecutive days by not complaining, gossiping or cussing.



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