



BETTERMAN

Downloadable BetterMan Card

A printed BetterMan Card comes with every physical copy of a BetterMan Workbook. However, if you are leading a Virtual Small Group and accessing a physical workbook or card is not possible, follow the instructions below to utilize the downloadable format of the BetterMan Card.

LEADERS:

Please share the downloadable BetterMan Card via email to every member of your small group prior to Session 11.

GROUP MEMBERS:

- Please print, cutout, and tape/paste the front and back of your BetterMan Card.
- Then, write down your three action steps on the back of your card using a black permanent marker.
- After you have added your action steps, keep this card in your wallet to remind you of your personal commitments to better.

Front:



Back:

