

— THE NEXT CHAPTER

1,000 Acts of *Resilient Defiance*.

The first 1,000 were mine - 1,000 consecutive days in the sea. These are ours. An Act of Resilient Defiance is anything you choose to do, deliberately, that makes Neuroendocrine Cancer a little more visible.

— 01 · FIVE WAYS IN

BRAVE

Something you've been putting off.

BOLD

Something outside your comfort zone.

BONKERS

Something harmlessly ridiculous.

KIND

Something for somebody else.

VISIBLE

Something that starts a conversation about NET.

— 02 · THERE'S A LADDER, NOT A CLIFF

ONE

One dip, walk, run, or small deliberate act. Tell us what it was and add it to the total.

7 / 15 / 30

Choose something and do it for 7, 15 or 30 days. The activity isn't the point - showing up is.

#IAM1000

100 people × 10 acts each = 1,000. A team, company or club can take on the whole target.

CHAMPION

Bring your town - organising, recruiting, telling the story locally.

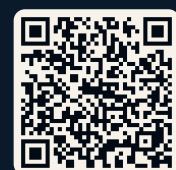
— NOT SURE WHERE TO START?

Try the Goggle Challenge.

Put on your goggles somewhere you definitely wouldn't normally wear them. Take a photo. Tell people why. Post it, tag @dailydip4dave, and add your act on the website.

dailydip4dave.com/acts

Add your act, or find out more



SCAN TO ADD YOUR ACT