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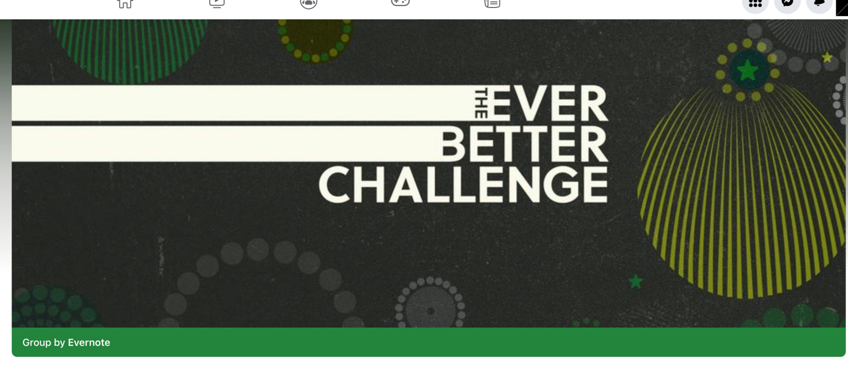

Group by Evernote

The Ever Better Challenge by Evernote

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An admin paused this group on February 28, 2019. You can't create posts, like, comment or add more members, but you can still view all posts. Learn More

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About

Welcome to the official channel for the Ever Better Challenge from Evernote.

In 30 days, you'll see how you can break the habits that have been... See more

Public
Anyone can see group content and who follows the group.

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Topics in this group

#goalsetting
Pinned by admin · 1 post

#2019goals
Pinned by admin · 1 post

Featured Add

Evernote
February 27, 2019
The Ever Better Challenge for January 2019 has come to a close, so this group will no longer accept new members and there will be no new activity. But any day can be your "Day One." We hope we've been able to give you the tools and inspiration to continue working toward healthy habits.

You'll still have access to all the existing content in this group, but if you've enjoyed the sense of community and encouragement you helped build, please consider joining the official Evernote...

Melissa S. Santiago
January 31, 2019
Hello, Ever Better Challengers! We have a contest on our Instagram and wanted to share so you can all...
INSTAGRAM
Giveaway closed! Winners will be announced Monday, 2/4 🎉...

Most Relevant ▾

Evernote
Admin · February 27, 2019
The Ever Better Challenge for January 2019 has come to a close, so this group will no longer accept new members and there will be no new activity. But any day can be your "Day One." We hope we've been able to give you the tools and inspiration to continue working toward healthy habits.
You'll still have access to all the existing content in this group, but if you've enjoyed the sense of community and encouragement you helped build, please consider joining the official Everno... See more
You, Patrick Masterson, Charlotte Boyd and 9 others · 3 comments
Like
Commenting has been turned off for this post.
View more comments
Diana Figueroa
I was just thinking about starting all over again since I felt from the wagon 😞
4y

Esme Crutchley
February 7, 2019
So, one of my things to do at the start of 2019 was to sort out my Evernote, 10k+ notes! I know I waffle but that's just ridiculous!
A stupid number of archive stacks and notebooks of things I haven't looked at or needed in years. So, the plan was to merge a lot of the notes together, so that I could still find them in the unlikely event that I needed them again but so that they were 1 note and not 400 from some obscure email thread in 2014 that I don't ever remember lookin... See more
You, Brian Daignault, Mariano Garcia and 14 others · 4 comments
Like
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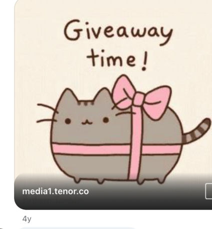
Esme Crutchley Author
Even newer update - 1486 notes left! And still have another 780 that I can remove once I've had contact with the other person! Love the merge feature, and I've recently discovered placeholder notes where I can put links to all the important notes that ... See more
4y
Salvador Teixeira
I leave those old things in a single Notebook, which I call Shelf. Most of my 14k notes are there. The important ones are tagged with names such as: books, articles, news, reports, money, health, family, taxes, documents, leisure, etc.
4y · 2

Steven Vander Linden
February 1, 2019
is there a spreadsheet template to be used to track mileage?
1 · 2 comments
Commenting has been turned off for this post.

Melissa S. Santiago
Admin · January 31, 2019
Hello, Ever Better Challengers!
We have a contest on our Instagram and wanted to share so you can all participate.

INSTAGRAM
You, Nathan Au, D J Murphy and 7 others · 2 comments
Like
Commenting has been turned off for this post.
Cindy Qiu Admin
It includes a chance to get Evernote stickers & t-shirts 😀



media1.tenor.co
4y
Rodrigo Loçano
I don't use Instagram 😕
4y

Robert Hampshire
January 28, 2019
When this Evernote challenge is done... how do we keep going with the same or a new habit? I have been using an app called "Streaks" - but at some point it just becomes a chore to keep tracking (especially if I miss a day or two).

You, Brian Daignault, D J Murphy and 2 others · 12 comments
Like
Commenting has been turned off for this post.
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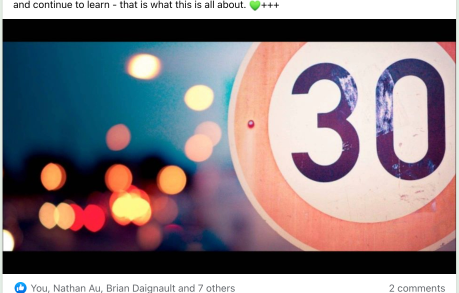
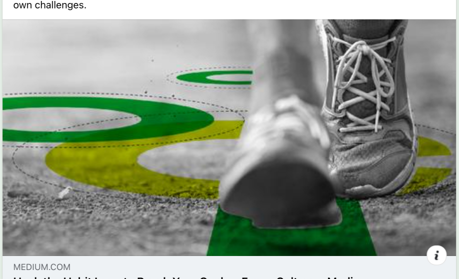
Margot Waldock Liebenthal
Personally, I think Evernote should start a new challenge on February 1. I agree with previous poster, Streaks gets old. I want to get more involved with Evernote than I already am!!
4y · 3
Sarah Varda Clem
That little check box really does it for me, I love checking things off. I didn't get to check a box every day, but I'm quite sure I accomplished my mission more days than I would have without the challenge. For my new 30 days, I have kept the first ... See more
4y

Mariano Garcia is 🎉 celebrating this day.
January 30, 2019
Day 30- Made it!
Actually... the last 3-4 days of my challenge were tainted with problems and dealing with a health issue. But I learned a lot about hacking the habit loop and, maybe even more importantly, about myself.
I'll reflect, make a few adjustments, and start a second 30-day challenge, hoping to get better and continue to learn - that is what this is all about. 💚+++



You, Nathan Au, Brian Daignault and 7 others · 2 comments
Like
Commenting has been turned off for this post.
Melissa S. Santiago Admin
Congrats Mariano! Can't wait to see what you choose for February.
4y
Teresa Cuervo
Congrats to all!!
4y

Anthony Bartlett
Moderator · January 9, 2019
Hi everyone! Along with Forrest's conversation with James Clear, I've written an article on how I hacked the Habit Loop in my own life. I hope it gives you some useful tips for meeting your own challenges.

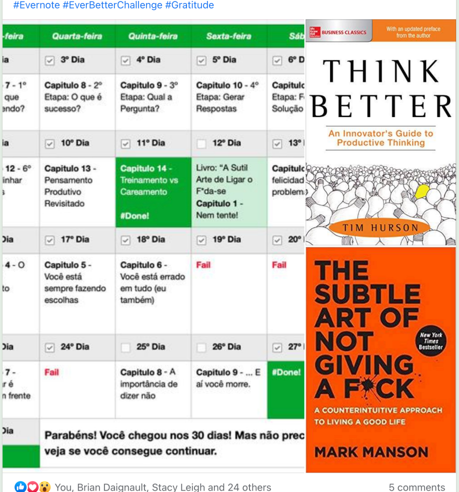


MEDIUM.COM
Hack the Habit Loop to Reach Your Goals – Focus Culture – Medium
How to break bad habits and build new ones
Emma Bartlett, Nathan Au and 18 others · 3 comments
Commenting has been turned off for this post.
View more comments
Mariano Garcia
Thanks Anthony, super helpful! 👏
4y
Rose Jones
Thanks for sharing the article link; now following Focus Culture on Medium.
4y

Brian Daignault
January 28, 2019
We asked for feedback on this challenge last week and received some great responses, such as: "[It's] not an all-or-nothing thing—the only failure is in not trying." – Sinda A.
Click through for more reflections from Ever Better Challengers around the world who are finishing what they started.

EVERNOTE.COM
The Ever Better Challenge, Part 5: In the End, It's the Effort That Matters
As the end of the challenge nears, take a moment to reflect on the progress you've made, a...
You, Jonathan Woytek, D J Murphy and 8 others
Like
Commenting has been turned off for this post.

Rodrigo Loçano is 😊 feeling amazing.
January 27, 2019
Guys, I'm glad to announce, that's my challenge for this month is done! I challenged myself for to read 1 book in a month (Think Better) - with this group support i saw that i could do more, so, i read another book (The subtle art of not giving a f*ck).
Now i'm here to ask suggestions for the next month, what do you suggest for a good read?
#Evernote #EverBetterChallenge #Gratitude



You, Brian Daignault, Stacy Leigh and 24 others · 5 comments
Like
Commenting has been turned off for this post.
View more comments
Mel McGuire
Dare to lead by Brene Brown
4y
Anthony Bartlett Moderator
Hi Rodrigo! I love "Make Time" by the Time Dorks! You can find my review here: https://medium.com/...living-like-urk-how-to-make-time...
MEDIUM.COM
Living Like Urk: How to Make Time and Focus On What Matters
4y

Lawrence Carriere
January 23, 2019
Shoot! Did I miss the boat on the challenge?
You, Brian Daignault and 1 other · 7 comments
Like
Commenting has been turned off for this post.
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Elisante Nkini
Likewise here but I have learnt and see good ideas from others too so it's not bad at all. Thanks to you all.
4y
Robert Hampshire
I just started, too!
4y · 2

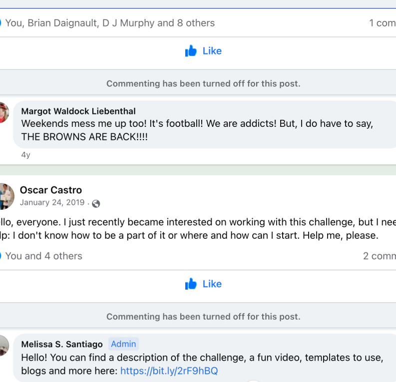
Robert Hampshire
January 28, 2019
Just now getting to this... But it's DAY ONE for me! Here are my goals:
(1) READ some (1 chapter, 30 minutes, etc.)
(2) JOURNAL
(3) FAST (just drink juice/broth) - that's just 7 days, though 😉
You, Melissa S. Santiago and 3 others · 2 comments
Like
Commenting has been turned off for this post.
View more comments
Anthony Bartlett Moderator
Welcome, Robert! You can do this!
4y

Jennifer Lee is 😊 feeling determined.
January 23, 2019
Day 23: Anyone else feeling challenged? I'm feeling it too. I could use a 👊 and your goal/update in the comments below for inspiration. Giving up is not an option. Let's do this!
You, Brian Daignault, Shelby Busen and 8 others · 21 comments
Like
Commenting has been turned off for this post.
View more comments
Göran Svensson
Never give up! It feels as if it has gotten it's own momentum and just runs on now and yes strive for progress not perfection as Mandy Sponholtz wrote!
4y · Edited · 3
Cindy Qiu Admin
Think of your reward, the library! I was just remembering your advice about choosing a "treat" at the end that speaks to the theme of your challenge. You got this Jennifer! 👊
4y · 2

林偉盟
January 24, 2019
Day 1
Make trouble
Somebody helps me
1 · 4 comments
Commenting has been turned off for this post.
View more comments
Melissa Gore
Hi, are you in trouble?
4y
Evernote Admin
If you are looking for help with Evernote, this is not an active support channel.
We recommend searching for information on your issue in our Help and Learning Center: http://help.evernote.com. You can also reach out for help from the Evernote Commun... See more
4y · Edited

Margot Waldock Liebenthal
January 24, 2019
Any admins on right now?
9 comments
Commenting has been turned off for this post.
View more comments
Anthony Bartlett Moderator
Hi Margot! How can we help you?
4y

Mariano Garcia
January 18, 2019
How's everyone doing? Not at easy week for me, this one - didn't follow through and marked a few days with red Xs. Coming to the realization that weekends really disrupt my schedule and Mondays are KEY to the success of establishing my habits.
Fortunately, Forrest's new video https://youtu.be/cUkDwlFvzd0OwlFvzd0 came right on time to push me forward and motivate me to keep going.
Bring it on, next week!



MEDIA1.TENOR.CO
You, Brian Daignault, D J Murphy and 8 others · 1 comment
Like
Commenting has been turned off for this post.
Margot Waldock Liebenthal
Weekends mess me up too! It's football! We are addicts! But, I do have to say, THE BROWNS ARE BACK!!!!
4y

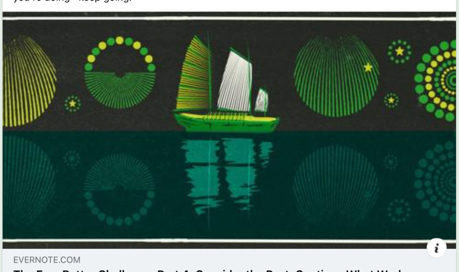
Oscar Castro
January 24, 2019
Hello, everyone. I just recently became interested on working with this challenge, but I need help: I don't know how to be a part of it or where and how can I start. Help me, please.
You and 4 others · 2 comments
Like
Commenting has been turned off for this post.
Melissa S. Santiago Admin
Hello! You can find a description of the challenge, a fun video, templates to use, blogs and more here: https://bit.ly/2rF9hBQ
GO.EVERNOTE.COM
Ever Better Challenge | Evernote
4y · 3
Anthony Bartlett Moderator
Welcome, Ascar! The best way to get started is to visit www.everbetterchallenge.com. From there you can download the templates, watch the videos, and read the blog posts. And if you have any questions, you'll find plenty of folks in this group who woul... See more
GO.EVERNOTE.COM
Ever Better Challenge | Evernote
4y · 2

Teresa Cuervo
January 4, 2019
How is everyone doing in their challenges so far?
You, Brian Daignault, Jonathan Woytek and 9 others · 28 comments
Like
Commenting has been turned off for this post.
View more comments
David Trevose
Tomorrow I'm starting my 'how to do the gtd challenge'
4y · 3
Reba Gordon Matthews
Hello Teresa Cuervo, I just joined the group. Glad to be here. Where do I start and where are the templates? Thanks in advance.
4y

James Burke
January 23, 2019
Hello! I have the templates now, I have started a new note, now I'd like to print the note and write out my goals. I cannot though print the note, can you help me there?
1
Commenting has been turned off for this post.

Reba Gordon Matthews
January 22, 2019
Hello everyone. I just joined this Evernote Challenge and wanted to know where do I start and where do I find the template? #everbetterchallenge
Brian Daignault, D J Murphy and 3 others · 5 comments
Commenting has been turned off for this post.
View more comments
Melissa S. Santiago Admin
Let us know if you have any more questions and welcome 😀
4y
Reba Gordon Matthews Author
Thank you Melissa S. Santiago. I will.
4y · Edited

Brian Daignault
January 22, 2019
How's your challenge coming along?
Now is a great time to think about what's working, what isn't, and how to correct yourself so you can finish what you started. That's what this week's blog is all about.
And remember: the challenge isn't about being perfect, it's about being Ever Better. However you're doing—keep going!



EVERNOTE.COM
The Ever Better Challenge, Part 4: Consider the Past, Continue What Works
As you enter the home stretch of your own Ever Better Challenge, take stock of what's wor...

You, Nathan Au, Jonathan Woytek and 11 others

Like

Commenting has been turned off for this post.

Cydni Ambrosio
January 18, 2019 ·

Hubs wanted to do a mini challenge. He is not a fan of technology. His challenge was to learn how to use the business card feature. 💚
Challenge complete. 😀

You, Brian Daignault, Shelby Busen and 12 others — 3 comments

Like

Commenting has been turned off for this post.

View more comments

Mel Dolera
There's a biz card feature?!?!? 😱
4y

Eric Snyder
Here are some YouTube videos on the card feature... some from as long ago as 4 years ago:
https://www.youtube.com/results...

YOUTUBE.COM
evernote business cards android - YouTube
4y

Bryan Brenda Ayala
January 18, 2019 ·

I'm supper pumped about my challenge, my goal was to loose 30lbs, I'm down 15!! Keeping my stats in the templates.

You, Brian Daignault, D J Murphy and 17 others — 6 comments

Like

Commenting has been turned off for this post.

View more comments

Sterling Bailey
Great work! Keep it up!
4y

Steven Vander Linden
You can do it - my goal is 44lbs. new Way of eating is working out for me and I will continue it.
4y

Lilly Sundell-Thomas
January 17, 2019 ·

Hi Everyone! My challenge is to (finally) master the art of weeknight meal prep - any tips or recipes I should try?!

You, Shelby Busen, D J Murphy and 5 others — 13 comments

Like

Commenting has been turned off for this post.

View more comments

Stacy Leigh
For healthy (keto-type) stuff... here's a list my nutritionalist has on Pinterest
https://www.pinterest.com/drthalia/ideal-protein-program/

PINTEREST.COM
Ideal Protein Program
4y

Sinda Allen
Start with easy recipes - simple so you are eating on time!
4y

Carlos A. Gabuardi
January 17, 2019 ·

Just when I was thinking that I had had no drawback this far, it just happened. However, this group has been a great source of encouragement to persevere. Any advice on how to continue pressing on will be appreciated. Thanks to all

You, Nathan Au, Brian Daignault and 5 others — 13 comments

Like

Commenting has been turned off for this post.

View more comments

Anthony Bartlett Moderator
I agree with Brian. Striving to be "perfect" only sets us up for disappointment. Instead, try focusing on how far you've already come. Be proud of yourself for what you've achieved! Even 29 days of working toward your goals is better than nothing!
4y — 4

Darryl Plunkie
I have a specific task everyday, and a couple days I haven't been able to do the exact task, but I've done something related because of another deadline (getting something created and to the printers), so the next day I doubled up on my task. Depending... **See more**
4y — 4

Sinda Allen
January 16, 2019 ·

Been totally accountable for not binge eating after 10:00pm at night, only 50/50 success when I moved it down to after 8:00pm.
Question: Is it selling out to move to 9:00pm instead of 8:00pm? or justifiable

- Selling out — 3%
- Justifiable — 97%

Brian Daignault, D J Murphy and 2 others — 26 Votes — 6 comments

Commenting has been turned off for this post.

View more comments

Baylen Miller
We have the same challenge!
4y

Anita Thompson
Adjusting steps aren't a bad thing. Take a look, though, at your routine to see if you're doing something at that time that triggers that snack attack. Maybe a slight adjustment to your routine will make it easier to take the next step. 😉
4y

Evernote
Admin · January 18, 2019 ·

Happy Friday, Ever Better Challengers!

We want to know how your challenge is going and possibly shout-out a few of you in an upcoming blog post. Please fill out this 5-question form before Tuesday, Jan. 22nd if you'd like to participate!

https://docs.google.com/.../1FAIpQLSfT2wYa0E8Yj0.../viewform... **See more**

You, Brian Daignault, Shelby Busen and 7 others

Like

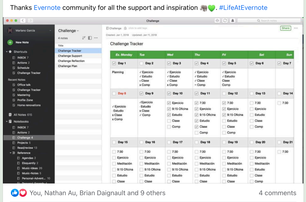
Commenting has been turned off for this post.

Mariano Garcia
January 11, 2019 ·

Day #12! Getting into the 2nd week of my #everbetterchallenge with an improved plan, many checked boxes... and only one red day so far! Next week I'll try adding meditation to see if I can improve my focus.

IT-IS-HAAAARD! But for the goals that I've been consistent with, every day feels a little easier.

Thanks Evernote community for all the support and inspiration 🙏💚. #LifeAtEvernote



You, Nathan Au, Brian Daignault and 9 others — 4 comments

Like

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Anthony Bartlett Moderator
I'm a big fan of meditation (it is my own challenge, after all). Let us know if it helps your focus!
4y

David Santeno
One of my goals was easy i.e. no pork. The other is harder. Meditation helps me start my day with a clear head .
4y — 2

Rodrigo Loçano is 😔 feeling sad.
January 17, 2019 ·

I had my first fail in 3 weeks.

Brian Daignault, Melissa S. Santiago and 1 other — 3 comments

Commenting has been turned off for this post.

View more comments

Melissa S. Santiago Admin
Okay, first of all, if you had your FIRST fail in 3 weeks, that is not a fail but a success! (At least in my book.) I've had more fail weeks than success weeks. I think the key is to just keep going. I hope the key is to just keep going. 😀
4y — 2

Cindy Qiu Admin
I love Will Smith's take on failure: "Live at the edge of your capabilities." This minute-long video is one of my favorites. https://www.youtube.com/watch?v=rBUSsP9rDsw

YOUTUBE.COM
Will Smith on Failure (Fail Early, Fail Often, Fail Forward) (Motivation)
4y — 3

Evernote
Admin · January 16, 2019 ·

It's week 3 of the #EverBetterChallenge!
How is everyone feeling?

- On top of the world! I'm crushing my goals. — 13%
- I've missed a few days, but I'm back on track & feeling good. — 40%
- Things have been rocky, but I'm taking it day by day. — 34%
- Abandon all hope ye who enter here. — 13%

Shelby Busen, D J Murphy and 8 others — 66 Votes

Commenting has been turned off for this post.

Margot Waldock Liebenthal
January 14, 2019 ·