



30 DAY CHALLENGE

Do something important for 30 days in a row

HABIT :

30 MINUTES

Print this booklet to get the most value out of the experience. You can skip printing the last page.

Cross each day as you perform the habit. Don't break the chain.

1 The journey of thousands miles starts with a single step	2 Do you know a friend who would want to do this challenge with you?	3 Put this habit in your calendar?	4 Design your environment for success	5 Have you printed this yet?	6
7 First week in!	8 We are what we repeatedly do. Excellence is not an act but a habit.	9 Can you add a small reward every time you do this?	10	11	12 Motivation is what gets you started. Habit is what keeps you going.
13	14 Two weeks	15 Half way there!	16	17 Laziness is nothing more than the habit of resting before you get tired	18
19	20 Most people would have given up by now	21 Three weeks!	22 Habit is the 6th sense that overrules the other 5	23	24 Habit change into character
25 I can see the finish line!	26 Does it get easier?	27 Don't stop so close to success	28	29 The best time to add a new habit is immediately after an existing habit	30 You did it! 30. freaking. days!

