

30 DAY MINDSET CYCLE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

5 METHODS FOR 30 DAYS

This 30 day mindset cycle is based on the 21/90 rule.

The method lies in that it takes 21 days to firmly establish (or break) a habit, then at 90 days you are establishing the groundwork for a lifestyle change that can last a lifetime.

Your goal is this:

Every day, for thirty days, choose one of the 5 methods to implement into your day. It doesn't matter the order, only that you **cycle through the 5** for each week.

Then repeat for 30 days.

You only need to understand 2 things:

- You have full **accountability** to call yourself out for either doing or not doing the method. If you miss a day, do it the next day. **No negative talk. No excuses.** Just do - period.
- Each day, notice what the method made you feel **physically, mentally, or otherwise** and write that word or phrase into the calendar date.

That's it.

Who will you be in 30 days?

Go towards change!

5 METHODS FOR 30 DAYS

1

Wake up one hour earlier and go to bed one hour earlier - no excuses - commit.

2

Identify one thing that is intrusive to your growth. Give it a name, a ridiculous name and refuse it entry tomorrow.

3

Exercise by walking, running, stretching, anything you choose for 20 minutes. Count each minute out loud.

4

Remove one activity or habit from your life today. It doesn't matter how big or small. Remove it for today.

5

Ask yourself or someone else about one thing you have done that caused harm. Apologize and mean it. Take your accountability pill.