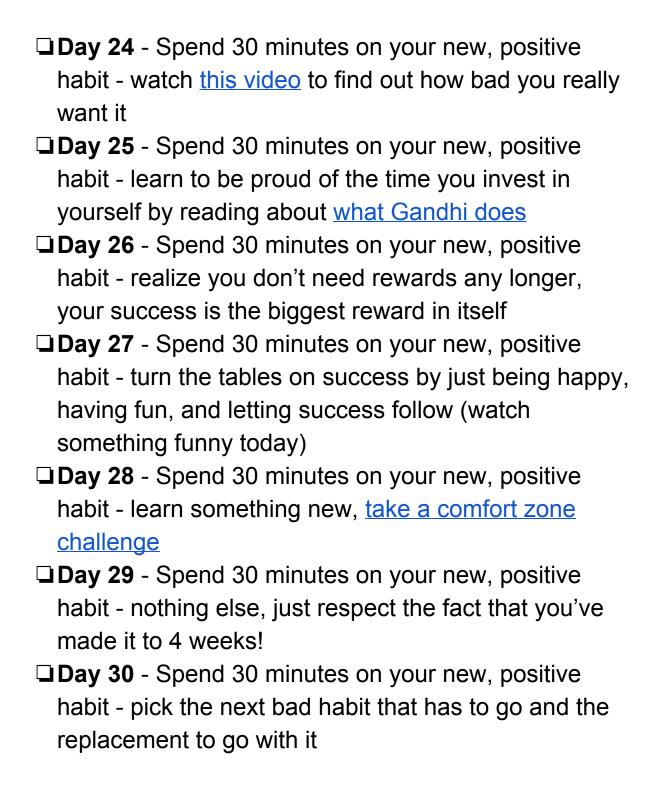


□ Day 14 - Spend 10 minutes on your new, positive
habit - celebrate with a mini reward
□ Day 15 - Spend 10 minutes on your new, positive
habit - brag publicly about your success
□ Day 16 - Spend 10 minutes on your new, positive
habit - review how you've done so far, write down 3
good things and 3 things to improve
□ Day 17 - Spend 20 minutes on your new, positive
habit - watch a motivational video
□ Day 18 - Spend 20 minutes on your new, positive
habit - think about yourself and find what you're good
at and what you suck at, become self-aware
□ Day 19 - Spend 20 minutes on your new, positive
habit - kill another temptation at home by removing it
□ Day 20 - Spend 20 minutes on your new, positive
habit - remember your why
□ Day 21 - Spend 20 minutes on your new, positive
habit - have a mini reward
□ Day 22 - Spend 20 minutes on your new, positive
habit - call a friend to brag or post about it on
Facebook
□ Day 23 - Spend 20 minutes on your new, positive
habit - look back on the past week and make notes
about what went well and what needs improving



If you want this 30-day plan as a proper course, with tons more details, the exact resources, videos, and much more descriptions as to what exactly you should do each day, it is also available as a plan on coach.me.

You can access that here (free for all patrons).