Day 1 - Make a commitment to which habit you’ll break
Day 2 - Remove all possible temptations from your home
Day 3 - Watch a motivational video on Youtube to start creating a winner’s mindset
Day 4 - Pick 5 mini rewards you’ll have at the end of each successful day for the next 5 days
Day 5 - Track your time using a timer all day to celebrate each successful minute
Day 6 - Have a friend check in with you and encourage you at the end of the day
Day 7 - Browse around coach.me to eventually find a coach
Day 8 - Make it through the last day of the first week and find your why by reading this
Day 9 - Pick a positive replacement habit to focus on from now on (a good list is here)
Day 10 - Spend 10 minutes on your new, positive habit
Day 11 - Spend 10 minutes on your new, positive habit - give yourself a High Five
Day 12 - Spend 10 minutes on your new, positive habit - remove another temptation
Day 13 - Spend 10 minutes on your new, positive habit - reconnect with your why
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
Day 24 - Spend 30 minutes on your new, positive habit - watch this video to find out how bad you really want it

Day 25 - Spend 30 minutes on your new, positive habit - learn to be proud of the time you invest in yourself by reading about what Gandhi does

Day 26 - Spend 30 minutes on your new, positive habit - realize you don’t need rewards any longer, your success is the biggest reward in itself

Day 27 - Spend 30 minutes on your new, positive habit - turn the tables on success by just being happy, having fun, and letting success follow (watch something funny today)

Day 28 - Spend 30 minutes on your new, positive habit - learn something new, take a comfort zone challenge

Day 29 - Spend 30 minutes on your new, positive habit - nothing else, just respect the fact that you’ve made it to 4 weeks!

Day 30 - Spend 30 minutes on your new, positive habit - pick the next bad habit that has to go and the replacement to go with it

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).