



MENPROVEMENT.COM
PRESENTS

THE



30 DAY *AT HOME* SELF IMPROVEMENT BOOTCAMP

***DO YOU HAVE
WHAT IT TAKES?***

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WELCOME TO THE MENPROVEMENT 30 DAY SELF-IMPROVEMENT BOOTCAMP.

THIS IS DESIGNED TO TAKE YOU FROM WHEREVER YOU ARE, AND INSTILL THE MOST HIGHLY EFFECTIVE HABITS OF SUCCESSFUL PEOPLE INTO YOU IN JUST 30 DAYS.

WHY HABITS?

SIMPLY PUT, HABITS ARE THE CORE FOUNDATIONAL BASIS OF ALL SUCCESS. SUCCESSFUL PEOPLE DON'T BECOME SUCCESSFUL BY ACCIDENT. PEOPLE DON'T ACHIEVE THEIR GOALS BY ACCIDENT. PEOPLE ACHIEVE THINGS BECAUSE OF THE ACTIONS THEY TAKE DAY IN AND DAY OUT OVER AN EXTENDED PERIOD OF TIME. IT'S THAT SIMPLE.

LAZY AVERAGE ACTIONS SUCH AS BINGE EATING, WATCHING EXCESSIVE TV AND SURFING FACEBOOK ALL DAY MULTIPLIED BY 1 YEAR RESULT IN A PERSON IN THE EXACT SAME SPOT THEY WERE A YEAR BEFORE, WITH AN ADDITIONAL 10 POUNDS ON THEIR BODY.

VICE VERSA, WORKING OUT EVERY DAY, CHOOSING A BOOK ONCE IN A WHILE, AND SELF- EDUCATING ON THE INTERNET ALL MULTIPLIED BY 1 YEAR RESULTS IN A PERSON WHO HAS GROWN SUBSTANTIALLY.

THIS IS HOW IT ALL WORKS.

YOU ARE SIMPLY A RESULT OF THE MICRO DECISIONS THAT YOU MAKE OVER AND OVER EVERY SINGLE DAY. THE PROBLEM IS THAT THESE MICRO DECISIONS SEEM SO SMALL AND INCONSEQUENTIAL TO YOU IN THE MOMENT THAT TO YOU, IT'S NO BIG DEAL. BUT ADDED UP OVER TIME, THEY COMPOUND. AND IT'S THE SUM OF ALL THESE DECISIONS THAT DETERMINE WHO YOU BECOME.

SMALL DECISIONS ARE BIG DECISIONS. UNDERSTAND THAT CONCEPT IN FULL. EVERY MICRO DECISION OR CROSSROADS YOU'RE FACED WITH EVERYDAY WILL AFFECT YOU FOR THE REST OF YOUR LIFE. THIS DOESN'T MEAN YOU HAVE TO BE PERFECT. YOU JUST HAVE TO WIN MORE BATTLES THAN YOU LOSE.

NOW IMAGINE THAT THERE WAS A WAY TO PROGRAM YOUR BRAIN SO THAT YOU MADE THE CORRECT MICRO DECISIONS AUTOMATICALLY. SO YOU DID THE 12 SPECIFIC THINGS OVER AND OVER EVERYDAY THAT FUELED SUCCESS. AND YOU DID THEM ALL AS EFFORTLESSLY AS BREATHING.

THEN IMAGINE THAT THESE THINGS NOT ONLY CHANGED EVERY AREA OF YOUR LIFE BY 1%, BUT CHANGED THEM BY 50% OR MORE. THEN FAST FORWARD 5 YEARS FROM NOW AND IMAGINE WHAT YOUR LIFE WOULD BE LIKE. THIS CAN BE A REALITY.

IN THIS BOOTCAMP I WILL INSTILL IN YOU THE 12 CORE PRINCIPLES AND HABITS THAT FUEL SUCCESS, REGARDLESS OF WHAT SUCCESS LOOKS LIKE TO YOU. THERE IS NO POSITIVE GOAL THAT THESE HABITS WON'T TAKE YOU TOWARDS. YOU WILL BE PERFORMING AT THE LEVEL OF SIR RICHARD BRANSON, TONY ROBBINS AND THE MOST ELITE ATHLETES ALIVE. MAYBE EVEN HIGHER.

THIS BOOTCAMP IS A 30 DAY CHALLENGE, DESIGNED TO TRANSFORM YOU INTO A SUCCESS MACHINE. BUT BEFORE YOU GET EXCITED, UNDERSTAND THAT THIS WON'T BE EASY. IT WILL TEST YOU.

YOU WILL WANT TO QUIT AND BE COMFORTABLE. BUT UNDERSTAND THAT COMFORT IS THE ARCH- ENEMY OF GROWTH. YOU CAN BE COMFORTABLE WHEN YOU'RE ON A BEACH IN BALI LIVING YOUR DREAM LIFE. BUT TO GET THERE, YOU HAVE TO BE WILLING TO GO THROUGH SOME POSITIVE DISCOMFORT. IT SIMPLY DEPENDS HOW MUCH YOU WANT IT.

I PROMISE YOU THAT REGARDLESS OF HOW HARD THIS BOOTCAMP MAY SEEM, IT'S GOING TO MAKE YOU FEEL LIKE GOLD EVERY SINGLE DAY. AT THE END, YOU WILL FEEL BETTER THAN YOU'VE EVER FELT IN YOUR LIFE. YOU WILL TRULY UNDERSTAND WHY IT IS THAT SOME PEOPLE SUCCEED AND MOST PEOPLE STAGNATE. AND YOU WILL BE READY TO DO ANYTHING.

SCIENCE SHOWS IT TAKES 28 DAYS TO SOLIDIFY A NEW HABIT. YOU'RE ABOUT TO INSTALL 12.

BUT FIRST I WANT YOU TO TAKE SOME TIME TO CREATE A CLEAR VISION OF WHO YOU WANT TO BE AND THE LIFE YOU WANT TO CREATE.

THIS IS NEEDED FOR THE LAST HABIT IN THE BOOTCAMP, SO GET OUT A FRESH NOTEBOOK AND A PEN AND COMPLETE THE EXERCISES BELOW:

1

DESIGN YOUR LIFE: IN YOUR NOTEBOOK, DESCRIBE IN AS MUCH DETAIL AS YOUR PERFECT DAY WOULD BE AS IF YOU HAD **NO LIMITS**. WHERE DO YOU WAKE UP, WHO ARE YOU WITH, WHATS YOUR JOB, HOW DO YOU FEEL, WHAT DOES YOUR DAY LOOK LIKE. SEE IT, FEEL IT. TAKE YOUR TIME.

2

SET YOUR GOALS: LETS SAY THE LIFE YOU IMAGINED IN EXERCISE 1 IS YOUR ULTIMATE GOAL. NOW, IN ORDER TO REACH THAT, I WANT YOU TO SET MORE IMMEDIATE GOALS. ON 3 SEPERATE PAGES SET YOUR 5 YEAR GOALS, YOUR 1 YEAR GOALS AND THEN YOUR GOALS YOU WANT TO ACCOMPLISH **3 MONTHS FROM NOW**. BE VERY SPECIFIC.

3

REVERSE ENGINEER: IT ONLY MAKES SENSE TO FOCUS ON YOUR 3 MONTH GOALS. SET NEW ONES EACH QUARTER. ACCOMPLISHING THESE WILL TAKE YOU TO YOUR 1 YEAR GOALS AND SO ON. NOW I WANT YOU TO CREATE A LIST OF THE **DAILY ACTIONS** YOU NEED TO COMPLETE IN ORDER TO MOVE TOWARDS YOUR 3 MONTH GOALS. **THESE ACTIONS ARE WHERE THE MAGIC HAPPENS** AND ARE THE ACTIONS YOU WILL TAKE IN TASK #12.

YOUR INSTRUCTIONS:

- 1 READ THROUGH THIS PDF, AND TAKE AS MUCH TIME YOU NEED TO LOGISTICALLY PREPARE YOURSELF TO COMPLETE THE TASKS.
- 2 PRINT OUT THE AT HOME TRACKER AND USE IT TO CHECK OFF EACH HABIT AFTER BEING COMPLETE EACH DAY.
- 3 WHEN YOU ARE READY, BEGIN. COMPLETE EACH OF THE 12 HABITS EVERYDAY FOR 30 DAYS TO THE BEST OF YOUR ABILITY.
- 4 IF FOR SOME REASON YOU DON'T THINK YOU CAN FIND THE TIME TO COMPLETE ONE OR MORE TASKS ON A GIVEN DAY, TRY TO AT LEAST DO A 1 MINUTE VERSION. "MICRO HABITS" CAN BE JUST AS EFFECTIVE FOR SOLIDIFYING A HABIT INTO YOUR LIFE.
- 5 IF YOU DO MISS A TASK, IT'S OK. JUST KEEP GOING. PERFECTION IS NOT THE GOAL. ENJOY YOURSELF, EMBRACE THE CHALLENGE.

MAKE A PLEDGE!

IF YOU WISH TO SUPPORT US IN HELPING
PEOPLE IMPROVE THEIR LIVES, WE WOULD
LIKE TO INVITE YOU TO MAKE A PLEDGE.

NOT ONLY WILL YOU BE SUPPORTING US,
BUT WE FIND THAT THE MORE PEOPLE
INVEST FINANCIALLY IN THIS PROGRAM,
THE MORE MOTIVATION THEY HAVE TO
ACTUALLY COMPLETE IT.

[CLICK HERE TO MAKE A PLEDGE](#)

WE ARE VERY GRATEFUL FOR ANY SUPPORT.
NOW GET GOING.



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#1

THE COLD SHOWER

INSTALLS IN YOU: *RESILIENCE*



YOUR TASK:

EVERY DAY TAKE A COLD SHOWER FOR A LAST 2 MINUTES (YOU CAN START WITH HOT IF YOU WISH). TRY TO REMAIN AS CALM AS POSSIBLE. BREATH SLOW. WOO SAA.

WHY IT WORKS:

RESISTANCE TO STRESS. THE ABILITY TO REMAIN CALM, COOL & COLLECTED IN EVEN THE MOST CHAOTIC SITUATIONS. NOT LETTING EVERYDAY STRESSORS AFFECT YOUR INNER STATE. THIS IS POWER.

TO ACHIEVE THIS, WE WILL USE THE COLD SHOWER. 2 MINUTES OF PURE DISCOMFORT, WHILE STAYING AS CALM AS POSSIBLE.

THE JAPANESE CALL THIS MISOGI, THE PRACTICE OF MEDITATING UNDER AN ICE COLD WATERFALL.

COLD SHOWERS PROVIDE NUMEROUS BENEFITS. TO LEARN ABOUT THEM ALL [READ THIS ARTICLE.](#)



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#2

15 MIN. OF EXERCISE

BUILDS: *ENERGY & WELLBEING*



YOUR TASK:

EVERY DAY (IDEALLY IN THE AM), DO SOME SORT OF CARDIOVASCULAR EXERCISE FOR AT LEAST 15 MINUTES. I SUGGEST JOGGING OR CALISTHENICS.

WHY IT WORKS:

I DON'T THINK I NEED TO EXPLAIN THE BENEFITS OF EXERCISE. IT'S ONE OF RICHARD BRANSON'S TOP KEYS TO SUCCESS. IF YOU ALREADY WORK OUT, GREAT. YOU ARE COVERED.

MY SUGGESTION IS TO DO SOME SORT OF CARDIO EVERY MORNING REGARDLESS OF IF YOU LIFT WEIGHTS LATER IN THE DAY. IT'S JUST A GREAT WAY TO START THE DAY AND SCIENCE PROVES MORNING EXERCISE WILL HELP YOU SLEEP DEEPER AT NIGHT. AND 15 MINUTES IS NOTHING. IT'S SHORT AND SWEET.

THE GOAL IS SIMPLY TO CREATE A HABIT OF LACING UP THE RUNNING SHOES AND DOING SOME SORT OF EXERCISE DAILY.



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#3

10 MIN. OF MEDITATION

BUILDS: *EMOTIONAL CONTROL*



YOUR TASK:

EVERY DAY MEDITATE FOR AT LEAST 10 MINUTES BY SIMPLY CLOSING YOUR EYES AND FOCUSING ON YOUR BREATH. IF YOU GET LOST IN THOUGHT, JUST COME BACK TO THE BREATH.

WHY IT WORKS:

A LOT OF PEOPLE DON'T SEE MEDITATION AS A BADASS PRACTICE. BUT MEDITATION EQUALS EMOTIONAL CONTROL. AND EMOTIONAL CONTROL IS BADASS.

MEDITATION IS LIKE A CHEAT CODE FOR BEING HAPPIER, LESS STRESSED AND IN BETTER CONTROL OR FLOW AS YOU GO THROUGH THE PHYSICAL SPACE AROUND YOU. THE WORLD IS FAST PACED. IF YOU DON'T TAKE TIME EVERYDAY TO STOP, DO NOTHING AND REFLECT, THEN YOU'LL GET CAUGHT UP IN IT ALL.

THE MOST SUCCESSFUL PEOPLE ALIVE MEDITATE. AND MANY OF THEM ARE BADASS. RUSSELL SIMONS, LEWIS HOWES AND THE LIST GOES ON.

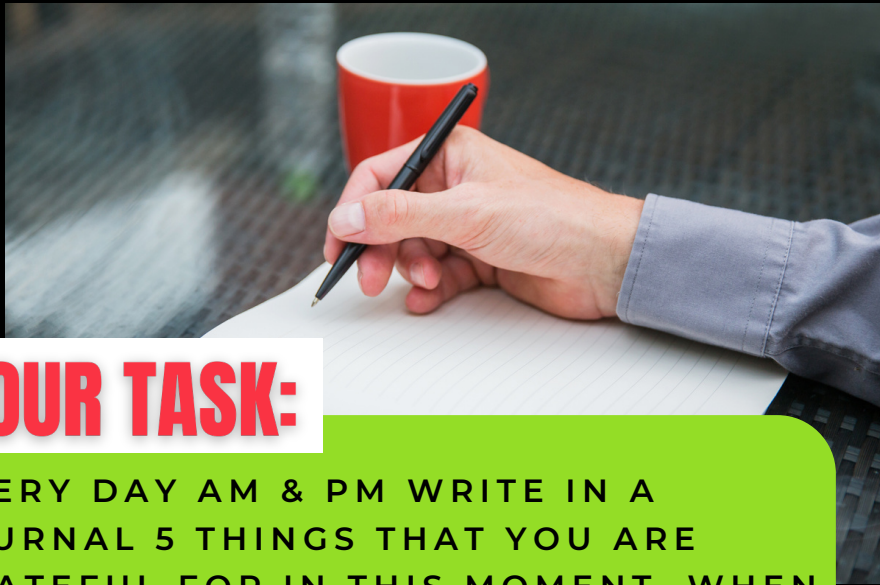


30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#4

PRACTICING GRATITUDE

CREATES: *HIGHER VIBRATIONS*



YOUR TASK:

EVERY DAY AM & PM WRITE IN A JOURNAL 5 THINGS THAT YOU ARE GRATEFUL FOR IN THIS MOMENT, WHEN YOU'RE DONE, TAKE TIME TO REALLY FEEL THE GRATITUDE FOR EACH ONE.

WHY IT WORKS:

DO YOU HAVE ANY IDEA HOW FORTUNATE YOU ARE? YOU'RE ALIVE! IT'S INCREDIBLE. THE FACT THAT YOU'RE READING THIS RIGHT NOW ON A COMPUTER OR PAPER YOU PRINTED ON FROM A FANCY PRINTER IS AMAZING. THESE ARE THINGS PEOPLE FORGET. THEY GO ABOUT THEIR DAYS, *DRIVING* TO WORK IN THEIR *AIR CONDITIONED* OFFICE, TAKING BREAKS AT THE OFFICE *WATER* COOLER AND ALL THEY CAN THINK ABOUT IS HOW MUCH THEY HATE THEIR JOB AND ARE UNSATISFIED WITH THEIR LIVES.

GOING THROUGH LIFE ONLY SEEING THE LACK, AND THE SCARCITY AROUND YOU IS TOXIC AND ONLY ATTRACTS MORE OF THAT LACK AND SCARCITY INTO YOUR EXISTENCE. FORTUNATELY, THE OPPOSITE IS TRUE AS WELL.



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#5

THE MORNING ROUTINE

INTALLS IN YOU: *DISCIPLINE*



YOUR TASK:

EVERY DAY WAKE UP AT LEAST 2 HOURS BEFORE YOU HAVE TO LEAVE FOR WORK (OR START YOUR DAY) & CREATE FOR YOURSELF A MORNING ROUTINE.

WHY IT WORKS:

THERE IS NOTHING WORSE THAN WAKING UP 5 MINUTES BEFORE YOU HAVE TO GET TO WORK, SKIPPING BREAKFAST, STRESSFULLY RUNNING OUT OF BED AND STARTING YOUR DAY. SUCCESS DOESN'T WORK LIKE THAT. IN MY 3 YEARS OF LEARNING FROM AND INTERVIEWING SUCCESSFUL PEOPLE, ONE THING THAT THEY ALL, YES ALL, REPORT DOING IS HAVING SOME SORT OF MORNING ROUTINE.

LUCKILY YOU NOW HAVE 4 HABITS TO CULTIVATE A POWERFUL MORNING ROUTINE. WAKE UP, EXERCISE, COLD SHOWER, MEDITATION AND THEN SOME GRATITUDE. EXCELLENT - YOU ARE GOING TO CRUSH IT TODAY.

TO ACCOMPLISH THIS I RECOMMEND WAKING UP 2 HOURS BEFORE YOU HAVE TO LEAVE FOR WORK.



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#6

VISUALIZING YOUR FUTURE

CREATES: *CLARITY & DIRECTION*

YOUR TASK:

EVERY DAY (IDEALLY AFTER MEDITATING) TAKE 5-20 MINUTES TO VISUALIZE THE LIFE AND GOALS YOU CREATED IN THE EXERCISES AT THE START OF THE BOOTCAMP. CLOSE YOUR EYES, RELAX AND IMAGINE YOURSELF THERE. FEEL AS MUCH DETAIL AS YOU CAN. WHAT'S IT SMELL LIKE, WHAT DO YOU SEE, AND FEEL WHAT IT IS REALLY LIKE TO BE THERE. THEN COME BACK TO PRESENT AND IMMERSE YOURSELF IN GRATITUDE FOR WHAT'S COMING AND LIVE YOUR LIFE KNOWING IT'S ALREADY DONE AND ON IT'S WAY.

WHY IT WORKS:

BEFORE YOU BEGAN THE BOOTCAMP WE HAD YOU CREATE ON PAPER YOUR IDEAL LIFE, AND YOUR GOALS.

ONE OF THE MOST POWERFUL WAY TO ACHIEVE THOSE GOALS (ALONG WITH HABITS 11 & 12) IS THROUGH VISUALIZATION. WHEN YOU VISUALIZE, YOU PUT YOURSELF IN A FUTURE POSITION SEEING AND FEELING AS IF YOU ARE THERE. YOUR BRAIN THINKS IT'S REAL!

THIS RESULTS IN YOUR RETICULAR ACTIVATING SYSTEM, OR SUBCONSCIOUS FILTER TO BRING TO YOUR AWARENESS THE THINGS YOU NEED TO CREATE THIS PERCEIVED REALITY. TO LEARN MORE ABOUT THE SCIENCE BEHIND THIS [CLICK HERE](#).



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#7

KEEP IT CLEAN

CREATES: *A CLEAR MIND*



YOUR TASK:

EVERY DAY BEFORE YOU GO TO BED, TIDY UP. CLOTHES IN THE HAMPER, GARBAGE IN THE BIN, DISHES IN THE WASHER. WAKE UP TO A CLEAN HOME EVERY DAY FOR 30 DAYS. YOU WON'T WANT TO GO BACK...

WHY IT WORKS:

HAVE YOU SEEN THE MOVIE LIMITLESS? WHAT'S THE FIRST THING BRADLEY COOPER'S CHARACTER DOES AFTER INGESTING NZT-48 AND ACHIEVING A 4 DIGIT IQ? HE CLEANS HIS APARTMENT.

BEING CLEAN AND ORGANIZED IS A STAPLE TO BEING SUCCESSFUL IN ANYTHING. YOU DON'T SEE HIGH PERFORMING MEN WITH PIZZA BOXES AND CLOTHES SCATTERED ALL OVER THE PLACE. IT JUST DOESN'T HAPPEN.

BEFORE YOU START THE BOOTCAMP I WANT YOU TO DO ONE BIG CLEAN OF YOUR LIVING SPACE. THEN, EVERYDAY JUST KEEP IT TIDY. THERE IS NOTHING MORE REFRESHING THAT WAKING UP TO A CLEAN ROOM AND APARTMENT.



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#8

DRESS SHARP

BUILDS: *CONFIDENCE*



YOUR TASK:

EVERY DAY I WANT YOU TO GROOM YOURSELF AND DRESS SHARP. MAKE AN EFFORT TO LOOK YOUR ABSOLUTE BEST. LET US KNOW IN THE COMMENTS HOW IT FEELS.

WHY IT WORKS:

LET'S GO BACK TO [THE MOVIE LIMITLESS](#) AGAIN. IT'S FULL OF GREAT EXAMPLES. ANYONE WHO USES NZT-48 GOES FROM LOOKING LIKE A BUM, TO LOOKING SHARP AS FUCK. CLEAN HAIRCUT, EXCEPTIONAL CLOTHING - YOU GET IT.

WHEN YOU SEE A SUCCESSFUL GUY ON THE STREET, YOU KNOW HE'S SUCCESSFUL BECAUSE HE LOOKS SUCCESSFUL. YOU SHOULD HAVE THAT EFFECT ON PEOPLE.

HOW OFTEN DO YOU LEAVE THE HOUSE IN SWEATS AND A SWEATSHIRT? LOOKING SHARP WILL GIVE YOU MORE CONFIDENCE AND MOMENTUM TO HAVE THE IMPACT YOU WANT TO HAVE IN YOUR LIFE. I PROMISE.

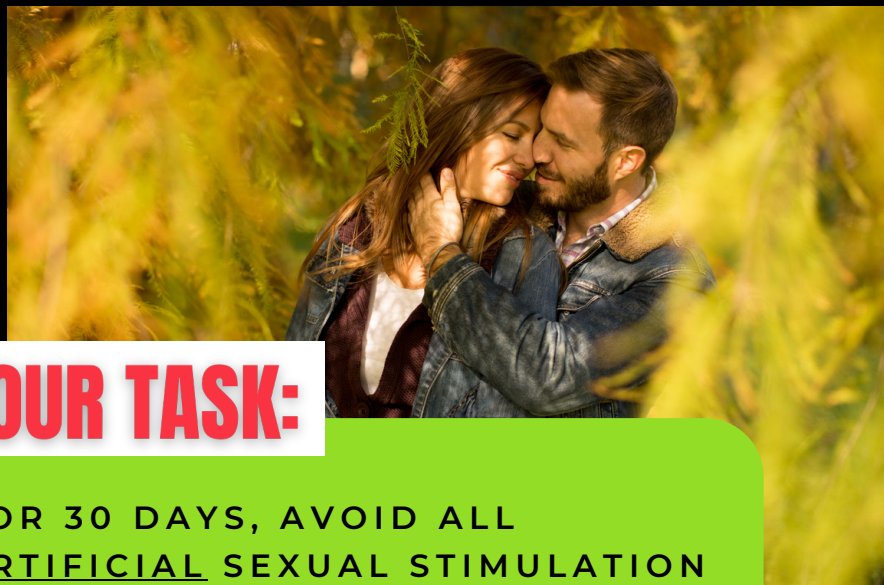


30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#9

NO PORN

BUILDS: *SELF CONTROL*



YOUR TASK:

FOR 30 DAYS, AVOID ALL ARTIFICIAL SEXUAL STIMULATION SUCH AS PORN, EROTIC LITERATURE, ETC. SEX IS FINE.

WHY IT WORKS:

I HAVE NO MORAL ISSUE WITH PORN. I SPENT MOST OF MY ADOLESCENCE ENJOYING IT. BUT THE FACT IS THAT PORN IS NOT NATURAL, AND HAS A NEGATIVE EFFECT ON YOUR LIFE AND BRAIN.

PORN IS OVERSTIMULATING. THE NEVER ENDING NOVELTY RELEASES AN UNNATURAL AMOUNT OF DOPAMINE. MUCH MORE THAN SEX AND ALMOST AS MUCH AS COCAINE. PORN DESENSITIZES YOUR BASELINE DOPAMINE LEVELS SO REGULAR SEX IS NO LONGER ENJOYABLE. IN FACT IT MAKES LIFE LESS ENJOYABLE AND CAUSES ED, ANXIETY, DEPRESSION AND ADDICTION.

TO LEARN MORE ABOUT PORN EFFECT ON THE BRAIN, AND HOW TO BEAT A PORN ADDICTION [CLICK HERE.](#)



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#10 EAT CLEAN

BUILDS: *WILLPOWER & HEALTH*



YOUR TASK:

FOR 30 DAYS EAT AS CLEAN AND AS CLOSE TO WHOLE FOODS AS POSSIBLE WITH LOTS OF BEAUTIFUL FRESH WATER. IF THERE IS A DIET OUT THERE YOU LIKE, YOU CAN FOLLOW THAT.

WHY IT WORKS:

I'M NOT GOING TO TELL YOU WHAT TO EAT. VEGAN, CARNIVORE, PALEO, KETO - WHATEVER YOUR LIFESTYLE OF CHOICE THAT'S COOL.

BUT I CAN TELL YOU WHAT NOT TO EAT!

PROCESSED FOODS, ADDED SUGARS, FRIED FOODS. IT'S BULLSHIT. YOUR BODY IS YOUR VESSEL AND IT NEEDS THE RIGHT FUEL TO RUN CORRECTLY. YOU WOULDN'T PUT LOW GRADE FUEL IN A LAMBORGHINI.

TAKE SOME TIME TO CLEAN OUT YOUR KITCHEN AND PREPARE FOR EATING AS CLOSE TO A WHOLE FOOD DIET AS POSSIBLE. MEATS, FRUITS, VEGGIES, HEALTHY FATS & OILS ETC.
(AND DRINK LOTS OF WATER!)



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#11

SELF EDUCATION

BUILDS: *KNOWLEDGE*



YOUR TASK:

EVERY DAY DO SOME SORT OF SELF EDUCATION TOWARDS ACHIEVING YOUR GOALS YOU CREATED AT THE START & BUILDING YOUR DREAM LIFE.

WHY IT WORKS:

SELF-EDUCATION IS A KEY TO GROWTH AND SUCCESS IN YOUR CHOSEN FIELD. THERE ARE MANY WAYS TO SELF-EDUCATE. YOU CAN READ BOOKS, YOU CAN WATCH YOUTUBE VIDEOS/DOCUMENTARIES OR YOU CAN LISTEN TO PODCASTS OR AUDIOBOOKS. BUT YOU MUST DO THIS EVERY DAY IF YOU WANT TO BE TRULY SUCCESSFUL.

WE LIVE IN AN EXTREMELY COMPETITIVE WORLD. AND THERE ARE 10 OTHER GUYS OUT THERE WITH THE SAME GOAL WHO ARE WORKING HARDER AND READING MORE THAN YOU. AND YOU SHOULD ENJOY IT! WHAT YOU ARE EDUCATING ABOUT IS NOT CALCULUS. IT'S ABOUT YOUR GOALS AND PASSIONS. I NEVER GET BORED LISTENING TO PODCASTS OF HOW GUYS TOOK \$500 AND TURNED IT INTO \$5,000,000 IN A YEAR. KNOWLEDGE IS POWER. SO TAKE YOUR GOAL, AND ENJOY SOME AWESOME EDUCATIONAL MATERIAL ON IT DAILY.



30 *DAY, AT HOME* SELF IMPROVEMENT BOOTCAMP

#12 TAKE ACTION!

BUILDS: *YOUR DREAM LIFE*



YOUR TASK:

EVERY DAY I WILL TAKE AT LEAST 3 ACTIONS TOWARDS MY GOAL. 3 IS A MINIMUM, THE MORE THE BETTER.

WHY IT WORKS:

ALL THE GOAL WORK AND SELF-EDUCATING MEANS NOTHING IF YOU ARE NOT TAKING ACTION. ACTION IS THE LAST STEP TO SUCCESS THAT YOU NEED FOR SUCCESS. A DAY SHOULD NOT GO BY IN YOUR LIFE THAT YOU DON'T TAKE ACTION TOWARDS YOUR GOAL.

AND DURING THIS BOOTCAMP, IT WON'T. AN ACTION IS SIMPLY SOMETHING THAT MOVES YOU ONE STEP CLOSER TO YOUR GOAL.

IF YOU WANTED TO BUILD A HOUSE AND YOU SIMPLY LAY 3 BRICKS A DAY, EVENTUALLY YOU'D HAVE A HOUSE.

YOU NEED TO FIGURE OUT WHAT YOUR ACTIONS ARE BASED ON YOUR GOALS. AND YOU'VE ALREADY DONE THIS AT THE BEGINNING OF THE BOOTCAMP. SO LOOK AT YOUR ACTIONS AND DO THEM!

NOW TAKE TIME TO PREPARE YOURSELF
TO BE ABLE TO COMPLETE EACH TASK.
WHEN YOU'RE REDY - PRINT OUT THE NEXT
3 SHEETS AND TRACK EACH HABIT AFTER
COMPLETION. IF YOU MISS ONE, KEEP
GOING. YOU CAN DO THIS!

[illegible]



20

TAKE ACTION

[illegible]