

Introduction

This is a 40-day program where each day's tasks have been pre-structured to enhance your chance of successfully reaching your goal. Each daily exercise is geared toward assisting you in a particular area. These well-researched truths will greatly improve your whole life when implemented and not just in the area where you initially planned to implement the program.

INSTRUCTIONS

- ✚ Prepare for the program by ensuring that you have a goal and some clarity around what you are trying to achieve. It is highly suggested that you think seriously about what you want before beginning.
- ✚ You will need a pen and notepad, as several of the days require you to write. Please keep all of your written material for future reference.
- ✚ Some days require thought and activity throughout the day. Make notes and reference those notes as needed.
- ✚ Read the instructions in the morning and complete the tasks before the end of the day. Most tasks will not take more than twenty minutes a day to complete. When completing the tasks – **STAY FOCUSED ON THE GOAL YOU WISH TO ACHIEVE.**
- ✚ Seriously commit to providing the daily amount of time and energy required to make this program as effective as possible for you.
- ✚ When the program is completed, you are highly encouraged to repeat the program. The second time through will be a good opportunity for you to notice your improvements and continue to strengthen your skills.



- ✚ Obtain a supply of motivational material and spend as much additional time as you can listening to or reading the motivational material.
- ✚ On the days when asked to repeat something right before you go to sleep, make sure you say it as close to falling asleep as possible.
- ✚ Your goal should be closely aligned with the things in life that will bring you a strong feeling of purpose and fulfillment. If the goal is based purely on questionable motives it will be hard to sustain motivation for any length of time. Find your passion and purpose!