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Make your mental blueprint and begin. ~Robert Collier***

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This Week's Challenge

Part 1: What will a typical day in your life be like when you reach an optimal level of health, fitness, and mindset? What will you do with your time? What do you look like? What are you wearing? How do you feel? How are your relationships? Bring your senses and emotions into this vision. Record everything you can possibly think of using as much detail as possible.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This Week's Challenge

Part 2: What will a typical day of your life look like 5 years from now if you don't take action and make changes starting today? How will your time be spent? What do you look like? How do you feel? How are your relationships? Bring your senses and emotions into this vision as well. Your goal here is to paint a picture that is painful enough that you must choose to take action and start designing the life you want today!

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Part 3: Think about your current routine. What is one small positive habit change you can make NOW that will move you closer to your ideal life? Write it down in the box below and commit to making this change for the next seven days in a row. Read this out loud each morning!

*Mark off one circle for each day you are successful. You need 100% success. Start over if you miss even one day.

Reflection - Were you committed?

- If you did meet your goal each day, decide if this is a permanent changes you want to make to your routine. Will you need to repeat these for another 7 days to make them stick? Are you ready to make another change?*

- If you did not meet your goal each day, focus on what needs to be done differently so that you can be successful. Repeat this goals for another 7 days. No exceptions.*