

- ❑ **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](#)).