PROJECT60

Building positive, long-term habits.

WHAT TO DO.

1. WAKE UP BEFORE 8AM

* Sleep 6+ hours
* Maintain a consistent bed routine

**I will be sleeping at/by 11PM and waking up at 6AM**

1. DO A MORNING ROUTINE

* No phone or Social Media
* Could be going for a walk, deep thinking or mentally preparing for the day

**When I wake up, I’ll pray for 30 mins, spread my bed, take a shower and write the day’s To-Do list**

1. EXERCISE FOR AN HOUR

* Based on your fitness level eg walking, stretch, running, yoga

1. FOLLOW A HEALTHY BALANCED DIET

* A diet of choice
* No Alcohol, soft drinks and no/less sugar
* Drink enough water at least 2-3L

**I’ll try to avoid overly processed foods, eat OMAD,**

1. DEDICATE AN HOUR TOWARD A NEW SKILL

* Choose a skill that aligns with your future goals & ambitions
* High Concentration needed. Avoid distractions

**I will learn coding in JavaScript (express.js) so that I’ll be able to do JS projects in the next one month**

1. READ 10 PAGES A DAY OR LISTEN FOR AN HOUR

* Motivational, Psychological or business-related books

**I will read 10 pages of the Excess Male after Dinner**

1. RESIST AND WIN OVER A BAD HABIT

* Choose a bad habit (i.e ineffective) or an addiction you’d love to stop
* Aim at resisting it daily

**I will avoid procrastination and social media addiction**

1. TRACK YOUR DAILY PROGRESS IN A JOURNAL

* Write down your experiences both positive and negative
* Write down what you’ve learnt and possible improvements

**I will try write my day’s progress, lessons and possible improvements on a journal. I hate to write.**