

30 Days Of Discipline

1. Wake up at 5 am
2. Eat no more than three meals a day
3. Take cold showers every morning
4. No porn and no masturbation for 30 days
5. 100 push ups, 100 sit-ups and 100 squats every day.
6. Make sure you're well-dressed
7. Make sure your posture is great (standing up straight, chest and head held high and eye contact to everyone)
8. No excuses, No complaining, and No Explaining (yes-or-no questions" are "yes" or "no")
9. Write down the ideas in your head (keep a notebook and pen with you)
10. Work on your mission
11. Create a to-do list for each day (5 – 10 items of the day)
12. Plan your week

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