



How to Completely Change Your Life for the Better in 90 Days

(And set yourself 10 years ahead)

1



Fix Your Physical Health



- Workout every single day.
- Cardio.
- Calisthenics
- Walk 10,000+ steps.
- Move every single day.
- Stop drinking and doing drugs.

2



Fix Your Metabolic Health



- Eat clean – no processed foods.
- Low sodium.
- High protein.
- Healthy fats.
- Natural sugars only.
- No simple carbs.
- Tons of green leafy veggies.
- Drink insane amounts of water.
- Get 8+ hours of sleep/night.

3



Fix Your Mind



Stop following people that make
you feel bad on social media.

Stop reading the news.

Stop watching porn.



Instead:

- Read and listen to books.
- Consume high-quality content that nurtures you and makes you grow.
- Meditate and journal daily.
- Be comfortable in dead silence and your own thoughts.
- Abstain from external dopamine hits.

4



Increase or Develop High Leverage Skills.



- Work on a high-leverage skill that pays long-term dividends.
- Work at this and get better **DAILY.**



Master skills like:

- Sales
- Copywriting
- Speaking/Communication
- Focus
- Etc.

Use these skills to excel in your day job or to build a side hustle.

5



Fix Your Emotions



- Detach yourself from outcomes and expectations.
- Focus on 100% ownership and accountability.
- If it's uncontrollable, detach from the outcome.
- Focus on Mastery of the process and facts.
- Embody Stoicism.

6



Fix Your Inner Circle



- Remove the bad apples in your circle that poison your mind.
- Surround yourself with others who are doing BIG things.
- This will force you to grow and level up.
- Remember, you are the average of the 5 people you spend the most time with.



Now go execute.

Commit to 90 days and
watch your life change for
the better 100

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