

GREATNESS BY TWS

7 day plan

NAME:

GOAL:

DAY 1

- WAKE UP AT 5 AM
- HYDRATE (500 ML)
- COLD SHOWER
- 30-MINUTE WORKOUT
- 10-MINUTE GRATITUDE JOURNALING

DAY 2

- 90-MIN DEEP WORK
- STOP 3 DISTRACTIONS
- POWER HOUR
(1HR OF LEARNING)
- REFLECT ON THE DAY

DAY 3

- DO 1 THING THAT SCARES YOU
- 45 MIN WORKOUT
- 2 MIN VISUALIZATION
- EAT CLEAN
(NO SUGAR OR PROCESSED FOOD)

DAY 4

- 2-MIN POWER POSES
- RECORD & LISTEN TO PERSONAL AFFIRMATION
- WALK 10,000 STEPS

DAY 5

- 10 MIN MEDITATION
- HIGH-ENERGY FOODS
- HIGH-ENERGY INTERACTION
(WITH INSPIRING PERSON)
- NIGHT TIME ROUTINE
(30-MIN WIND DOWN)

DAY 6

- 5 MINUTES OF SILENCE
- FOCUS ON 1 TASK UNTIL COMPLETION
- REMOVE 1 BAD HABIT
- READ 30 MIN
(TOP PERFORMER'S BIOGRAPHY)

DAY 7

- 15 MIN MORNING SELF-REFLECTION
- NO TECHNOLOGY
(4 HOURS)
- PLAN NEXT 7 DAYS
(WRITE DOWN GOALS)
- GRATITUDE JOURNAL

NOTE: