

If You Are Doing It,
Do It Right!



HOW IT WORKS

Monthly Goals

"TAKE A MOMENT AND FILL THIS PAGE WITH PURPOSE."

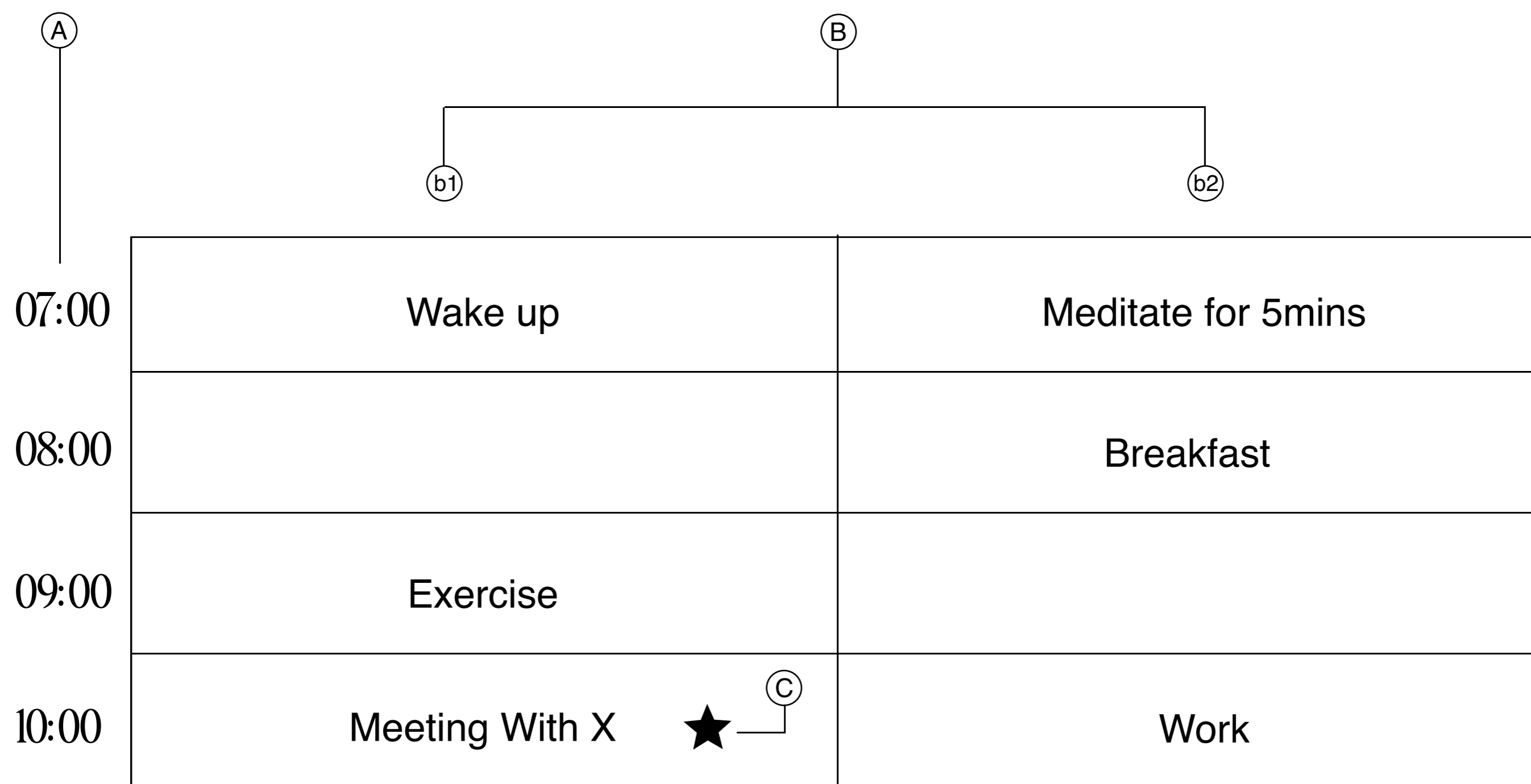
This Space Is Your Starting Line, A Chance To Lay Down Your Intentions And Set The Tone For Your Journey.

The Goal Of This Book Is Simple: To Show You Just How Much You Can Achieve In A Short Amount Of Time. Small Wins Compound Into Great Victories, Building Momentum And Shaping Habits That Last.

So, Don't Skip This Step. Write With Clarity And Commitment. Let These Words Be The Foundation Of Your Progress And A Reminder Of Why You Began.

TimeBox Method

A reference example is shown below:



HOW DOES A TIMEBOX WORKS?

A : This is your new clock, the one you'll live by, from 5 in the morning to 12 at night.

B : These are the time slots for the day, and they are divided into two sections. each slot is 30 mins

b1 : The first half of the hour (7:00–7:30) is where you assign tasks to be completed within that time frame.

b2 : The second half of the hour (7:30–8:00) is where you continue or assign new task within that time frame .

C : This is to identify the priorities of the day, which you can mark using the stencil/bookmark provided.

WHAT IS BRAIN DUMP?

Brain dump as it is named is where you dump whatever is in your brain, it could be tasks, it can be to do list, it can be anything even drawings

ps : throughout the book the designer spelled “dump” as “dumb”, i think he’s just dumb

WHAT ARE CHALLENGES?

This is where you write down the challenges of the day, for eg; No smoking if you’re a smoker, No Sugar, Not more than 2hr screen time etc.

EXTRAS

2 : Free notes have been given after 30 pages to use whenever you want to write/doodle down anything

3 : After 30 pages of timebox, you will find a MOR page.
take your time to reflect on the everything you have done in this 30 day challenge

After Completing This Challenge,
If You Are Ready For More Head To:

www.heroin.studio/product