



40 Day DRM Brain Hack Calendar

1  You can do it!	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20  Half way there!	21	22	23	24
25	26	27	28	29	30	31	32
33	34	35	36	37	38	39	40  You did it!

*“List up to 3 new habits in each box, check them off each day and DON’T SKIP A SINGLE DAY until it’s complete.
This is your brain & body physically changing. Embrace the discomfort.
Prove to yourself that you are in FULL control of your flesh puppet”*