BREAKTHROUGH YOU!

52 Ways to Dramatically Transform Your Life



CHECKLIST

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52 Ways to Dramatically Transform Your Life

Month	Week	Task	Done?
1	1	Start paying your bills each week.	
	2	Stretch.	
	3	Be on time.	
	4	Journal each day.	
2	5	Purge your financial obligations.	
	6	Weigh yourself each day.	
	7	Review your day.	
	8	Meditate.	
3	9	Track your spending.	
	10	See your doctor.	
	11	Set a few goals.	
	12	Be grateful.	
4	13	Wait a week before making major purchases.	

	14	Track your food intake for a week.	
	15	Dress like your boss.	
	16	Visualize success.	
5	17	Save automatically.	
	18	Take a walk.	
	19	Limit your use of electronic devices	
	20	Develop a spiritual practice.	
6	21	Read a financial book.	
	22	Drink more water.	
	23	Plan your day the night before.	
	24	Forgive yourself.	
7	25	Create an emergency fund.	
	26	Find a form of exercise that you love.	
	27	Outsource one of your maintenance tasks.	
	28	Eliminate one negative habit.	
8	29	Take steps toward your retirement.	
	30	Cut back on processed carbohydrates.	
	31	Go to bed and wake up an hour earlier.	
	32	Spend time in nature.	
9	33	Sell your unwanted items.	

	34	Take a cold shower.	
	35	Work on your eye contact.	
	36	Make yourself uncomfortable.	
10	37	Make a budget.	
	38	Try a 24-hour water fast.	
	39	Spend quality time with your child or a friend	
	40	Trust your gut.	
11	41	Cut your spending to the bare bone for a week.	
	42	Eat more vegetables.	
	43	Investigate a second source of income.	
	44	Volunteer.	
12	45	Ask for discounts.	
	46	Listen to music that relaxes you.	
	47	Laugh.	
	48	Try something new.	
13	49	Check your credit score.	
	50	Spend some time in the sun, but not too much.	
	51	Start a new hobby.	
	52	Hug someone.	