

## ***The 90-Day Challenge: Week to Week & Day to Day***

The depth of your commitment will determine the magnitude of the changes you will witness in your hands and in your life. So every day for the next 90 days, take the time to fully commit to the Challenge.

### **Material of the Week**

On “Day One” of each week, try your best to read through *all the material*—that is “A Bit of Theory” and “Let’s Practice” sections, and watch the video to get a good idea of the material for the week. Print the Check List of the week and keep it handy.

In the following days, watch the video and read the lesson, while keeping in mind to:

- Take your time—it’s important to assimilate the concepts.
- Go over the material as often as you need.
- Take notes (don’t hesitate to pause the video).

### **On a Daily Basis:**

- Practice the exercises diligently as directed.
- Repeat silently the affirmation of the week several times a day.

### **Journal Entry**

Regular journaling is an essential part of the program. Again, this daily commitment to yourself is crucial for your success in the Challenge and achieve your goals.

During each week, you will read the lesson, watch the video and take care of the Let’s Practice section. Therefore, we encourage you to write down in your journal:

- The ideas that most resonate with you.
- The concepts you want to explore in greater depth.
- The questions that arise as you work through the weekly material.
- Reflections, memories and emotions that come to mind during the week.
- Aspects of your life or of yourself that you want to change.
- Difficulties you are encountering.
- The messages your subconscious is sending you through dreams.

Journaling every day forces you to go within in order to know yourself better. It will also help bring out your finest qualities and allow your latent gifts and talents to flourish. Journaling is a powerful self-development tool; it can bring up some uncomfortable thoughts and feelings, so don’t hesitate to call upon us if you need some extra help or guidance.

### **Synthesis: Your Daily Check List**

At the end of each week, analyse the content of your Check List and read your notes, your observations and your reflections. Reflect upon the weekly theme and write down in your journal what you learned and if there is anything you would like to change or improve about yourself.