

How to Change Your Life in 30 Days

Follow these steps and watch as your habits change in the next 30 days.

Watch as you get more done.

Watch as you move forward.

And watch as you become a man (or woman) of action.

You'll become someone who has focus.

You'll become someone who starts and finishes.

Because you only get paid for *done*.

Follow these steps and in 30 days and then look back to see how much you have accomplished. How far you've moved forward and how much you have changed.

Remember This or FAIL Miserably

- You only get paid for getting the work done
- You will have distractions. You will have other ideas - ignore them and stay focused on this one goal
- Ingrain these two facts into your brain

Stick to this plan - remember the three points above - and you will do more in the next 30 days than most do in a year.

And you'll feel pretty good about yourself for *getting the work done* and seeing the results!

Complete the Following Questions:

Step #1:

→ **What is your 90 day goal?** (Only one goal)

Step #2:

→ **Set the date** of your 30 day checkpoint

→ What will you have achieved by day 30?

Step #3:

→ **Set the date** of your 60 day checkpoint

→ What will you have achieved by day 60?

Step #4:

→ How long can you work for each day?

→ What days will you work?

→ **What time (be exact) will you work at each day?**

Step #5:

→ Put the 30, 60 and 90 day dates in your diary

→ Block out your diary at the times to do the work

→ Do the work (do not let yourself down)

Step #6:

- Do the work every day without fail

- Review your work at 30 and 60 days

- Tick the goal-chart every day you do the work

Without Fail This Exercise Will Help You Get the Work Done

Every day you do the work - you tick the chart.

If you take a day off (weekends for example) you put a cross (X) in the chart.

Your goal is to fill the chart with ticks.

Start date:

30 day checkpoint date:

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

60 day checkpoint date:

31	32	33	34	35	36	37
38	39	40	41	42	43	44
45	46	47	48	49	50	51
52	53	54	55	56	57	58
59	60					

90 day finish date:

61	62	63	64	65	66	67
68	69	70	71	72	73	74
75	76	77	78	79	80	81
82	83	84	85	86	87	88
89	90					

This is how you get stuff done. You turn up and you do the work - consistently - every day. It's works because it's simple.

What now? You move take a couple of days off, reward yourself and move onto the next goal.

About James Burchill



Bestselling Author, Trainer, Speaker & Entrepreneur

James has trained over 13,000 people in 147 countries

When James isn't writing or training about productivity, business, marketing or technology, he's consulting and coaching. Clients include Oracle, GoodYear, IBM, eBay and other well-known brands.

A former adjunct university professor and member of Mensa, James is a bestselling author, course creator and has appeared on TV, radio and in print. Jim is active within his courses, Facebook and Twitter. Join James and thousands of other students today!

- Checkout his training on <http://jamesburchill.com>

Got Questions?

- Get in touch with James here
 - > <http://jamesburchill.com/pages/support>