

30 DAY MINDSET CHALLENGE

The following is a 30 day mindset challenge first introduced by one of my favorite speakers

EARL NIGHTINGALE

- 1** On a piece of paper small enough to fit into your wallet, write out exactly what it is you want in your life and by when. For example, “I want to earn \$500k a year by December 31 2030 by offering the world something of value.”
- 2** Read your goal at least twice a day for the next 30 days with optimism, assume you must become what you think about: it’s the law.
- 3** Stop thinking about what it is you fear, replace negative thoughts with positive thoughts – control your thinking.
- 4** Each day do a little more than you have to do – go the extra mile.
- 5** Give of yourself more; do more kind deeds for others without expectation.
- 6** Don’t concern yourself with how you are going to achieve the goal, you only need to know where you’re going. The answers for how will come to you.

If you let a negative thought enter your mind and you do not replace it, you must start the 30-day test again.

Start over and over again until you’re able to reach 30 days without accepting any negative thoughts.

This might take a year, might take two, but stick with it - we’re working on upgrading your life, it’s no easy task.

You can get the full strategy directly from Earl Nightingale’s short book,

“THE STRANGEST SECRET”



Buy On Amazon