












## We take ACTION. We build our life.

Complete the following 3 actions for 33 consecutive days and you've build the mindset to succeed. Let's take back control by taking ACTION.

- 1) Take a 3 minute cold shower/or 3 min ice bath everyday for 33 days.
- 2) Complete a 33 minute OUTSIDE walk.
- 3) Actively read (take notes) on 3 personal growth/non-fiction pages.

											
1				12				23			
2				13				24			
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