MB45

45 Days of Habits to Transform your Mind and Body



- [ ] 90 Min Workout or (2) 45 Min
- [ ] 1 Chapter Non-Fiction Book. Write down 3 Takeaways
- [ ] 3 Minute Meditation on 3 Things that You are Thankful for
- [ ] Drink 100 oz of Water *MINIMUM
- [ ] Pick an AGRESSIVE Diet Plan and Stick to it!
- [ ] No Cheat Days/ Preferably No Alcohol
- [ ] 20 Mins Working on a *NEW Skill/Talent/Hobby
- [ ] 1 Kind Message/Word to Someone. *Cannot Repeat the Same Person

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