

QUANTUM LEAPS

**MASTER**

**THE DAY**

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RECAP

# **MASTER THE DAY** **BONUS TRAINING**

**MAKING**

**QUANTUM LEAPS**

I first started making quantum leaps in my own progress (health, relationships, personal finance, writing my book, etc). Once I started cultivating this 5-part daily/weekly ritual which serves one purpose only: changing habits.

## **HERE'S THE RECAP:**

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**PART 1:** Morning visualization of the goal

**PART 2:** Daily habit tracking on a visual worksheet

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**PART 3:** The nightly review of my habit (Did I do it?)

**PART 4:** The weekly review (what % of the time did i do the habit?)

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**PART 5:** What new habits do I need the following week to make this week's progress amazing?

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## **APPLYING THIS TO ANY HABIT**

**Take a look at the worksheet below for ideas on how you can apply this to whatever tiny habits you are trying to implement in your life.**



## PART 1: **DAILY VISUALIZATION OF THE GOAL**

Describe in as much detail as you can. If it's purely weight loss - visualize your new self in the mirror, visualize how others describe you, visualize how you describe yourself, see what it feels like, see what new clothes fit like.

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## PART 2: **DAILY HABIT TRACKING**

Track day-to-day some of your core daily habits. So if it's weight loss, one habit might be keeping a simple food log. Or it might mean tracking how many days a week you cooked your own food. Make sure to keep a daily visual reminder like this near your work desk.

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### HABIT TRACKING

Weekly I

1. Meditate 10 min
2. Walk 10 min
3. Eat plants with one meal

	M	T	W	T	F
1.	✓	✓		✓	
2.		✓	✓	✓	
3.	✓				✓

<b>HABITS</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
#1							
#2							
#3							
#4							

**PART 3: THE NIGHTLY REVIEW**

Just do a quick 60 second reflection on your daily habit. Did you do it? Yes or no? What tripped you up? What worked? It's just a quick reflection on the day's events.

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**PART 4: THE WEEKLY RECAP**

Reflect on those habits you set for yourself. What % of the time did you hit them? And if you didn't get the goal you wanted, what happened? Based on what you've learned about yourself, what new habit can you introduce that might work this week?

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**PART 5: NEW HABITS**

Based on #4 - what worked and what didn't - what new habits can you implement this week?

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