

# Alux's 50 Day Discipline Challenge

This is your game plan, feel free to download it at high-resolution and print it on A4 paper.

## ALUX.COM 50 DAY DISCIPLINE CHALLENGE

**MY GOALS IS:**

MY NAME IS:

**JCN**

**Snap in a pleasant state (smile, laugh, fun)  
when I see their face.**

HOW DOES ACHIEVING THIS GOAL CHANGE MY LIFE?

**Creates a positive environment**

**Happier life with family**

**Reduce stress and friction with spouse**

**Place me in a positive state**


1. DEFINE A GOAL WORTH FIGHTING FOR
2. DECONSTRUCT THE GOAL
3. MAKE A DAILY PLAN
4. REMOVE TEMPTATIONS
5. PRIORITIZE THE GOAL
6. DON'T WAIT FOR IT TO FEEL RIGHT
7. FORCE YOURSELF TO DO IT
8. FIND ROLE-MODELS WHO INSPIRE YOU
9. SCHEDULE BREAKS & REWARDS
10. FAILURE - EVEN FOR ONE DAY - IS NOT AN OPTION
11. TRACK YOUR PROGRESS
12. SET MILESTONES
13. SELF-ANALYZE YOUR PROCESS
14. REMOVE NEGATIVE HABITS
15. MAKE IT TO DAY 50
16. BECOME SUPER-HUMAN



DAY 50



THIS IS WHERE YOU  
WIN THE CHALLENGE.