

## **Day 1: Life-Changing Success Habits**

- Did you read the research and benefits of waking up early?
- Did you wake up between 4:30 am to 5:30 am? (or are you slowly waking up at least 30 min earlier than your usual time)
- Did you read the research and benefits of reading daily?
- Did you read at least 30 min daily?
- Did you read the research and benefits of meditation?
- Did you incorporate daily meditation for 20 minutes?