

72-Day IsaWarrior Challenge

Daily Activities:

300 - 100 Push-ups. 100 Ab Squeezers. 100 Lunges

Give up one harmful vice

Keep stomach empty 3-hours before bed

Daily Gratitude walk (20 min minimum)

Express Gratitude to Family

No Negative T.V (News, Everybody Loves Raymond, Hanna Montana, etc...)

No Radio

No Newspaper

30 min Personal Growth

30 min Education "Back Office"

During the 72 days listen to favorite tools 10 times to master them (Don Nooner rule)

Daily Declarations

No Meat with Hormones

Eat 1-step processed foods

Take 100% Responsibility for your personal life. Which looks like this:

No Complaining

No Blaming

No Justifying

No Comparing

No inappropriate apologizing

Host or attend weekly meeting and training

Never eat lunch alone Mon-Fri for the Challenge Period

Make 20-Consultants (2 per week until Dec. 31st)

Play the, "Hi, How are you?" Game, 10 times per day

Give away 5 tools per day

Weekly:

Accountability / Capability Meeting with partner

Celebrate weekly: Enjoy one meal of your choice. Movie, Massage, Pedicure.....etc...

Turn in ICE.....Intention for Top Achiever

Challenge: Do NOT invite anyone to Top Achiever's yet. Remember Susan Sly's first Top Achiever's she got smuggled in. Lenny was invited by George two days before the event. The whole point here is that, the two people that each 1-Star gets to invite have not shown up yet and they might not for 71 days!!!!!!