

Here's a

48

DAY

**CHALLENGE FOR
ARTISTS...**

To get your S#*! together
(if you havn't already)

Introducing...

THE
CHECKLIST
PROJECT

WHAT?

Perform
5 Habits everyday
for 48 Days.

1. A Morning Kickstart

Have a morning routine to prime your day. Choose the one that works for you and stick with it through out the challenge.

2. Move

Workout or Move everyday for a minimum of 30 mins.

3. Eat

Eat right according to your goals, whatever it may be.

4. Deep work

Perform 5-8 blocks of focused deep work of 30 mins each.

5. Read 10 Pages a day

Pretty self explanatory.

WHY?

- To 'save' our days from procrastination, laziness and good ol' fashioned screwing around.
- To build Discipline and Character.
- To build Mental fortitude and toughness.
- To learn to **Start** something and **Finish** it.

RULES.

- Follow the Habits you've set for yourself *
- DONT MISS A DAY! and god forbid, if you did, Follow the 2 day rule - Never miss 2 days in a row.
- Start over if you missed 2 days in a row.
- Track your progress and share it on Social Media.

* You can modify the core habits to your requirements but stick with it once you decide on them.

Starts **NOV 14th**

#THECHECKLISTPROJECT

By
KESH