

15 STEPS TO BREAK OUT OF A RUT IN 30 DAYS

Do you ever feel stuck in a rut? Do you fall victim to being stressed out and less productive than you'd like to be? Adopt these 15 simple habits to get unstuck and learn to control how you think:

POWERED BY

PLACE ^{INC}



EXERCISE DAILY

It raises endorphins. Track this, whether it's steps, running, or other workout routines.



DON'T DRINK CALORIES

(Or alcohol) It slows you down and depresses you.



DON'T SLEEP TOO MUCH OR TOO LITTLE

If you stay up late, get up at your normal time every day. It'll make you tired and eventually you pass out and get a good night's sleep.



NEVER SKIP MEALS

It makes you grumpy and gives you weak willpower. Track your calories.



NEVER ALLOW NEGATIVITY AROUND YOU

News, movies, or people. Get rid of negativity in your life.



JOURNAL

Every morning or night, write down what happened.



PRAY

Even if you don't believe in God, pray to something. Get it out.



SAY WHAT YOU'RE GRATEFUL FOR

You can't be grateful and angry at the same time. Do it as a family or in a group when possible.



REVIEW WRITTEN GOALS DAILY

On a whiteboard or vision board. You'll achieve much more in life if you do.



LAUGH DAILY

Set a timer on your phone for 30 seconds and just laugh for no reason, or watch comedy. It changes your entire energy, mood, and state. Do this before you have to do something serious, stressful, or hard.



PERSONAL GROWTH

Try to learn something new every day. Read books, listen to podcasts, and watch videos.



DO A HOBBY DAILY

Something you can look forward to, plan, and research every day.



FOCUS ON OTHERS

Volunteer, donate, help friends. Anything you can do to get your mind off yourself or your work.



PROTECT & LIMIT ALONE TIME

Don't get too much, but also protect it so you at least have some alone time every day.



DON'T WORK MORE THAN 50 HOURS A WEEK

You won't be as productive past that point.

Each of these 15 steps counts as a point. Write total points down each day, and also rank how you felt that day on a scale of 1 to 10. You'll notice that the days when you have a lower total will almost always be the worst days. Do this for 30 days to control how you think, and it will change your mindset and your entire life. Once you can control how you think, which is the base of the control triangle, then you can start working on controlling your time, the people you let in your life, and your finances and wealth.

Once you can change your thinking, it will change your life.



