

WAKE UP EARLY

Life is often about doing shit that we really don't want to do.

Waking up is one such thing that benefits the lot of us no matter our pursuit in life.

Ben Franklin put it best:

Early to bed and early to rise makes a man healthy, wealthy, and wise.

Now, many will read these challenges and cherry pick.

They'll see some as things they don't necessarily have to do because they feel it doesn't pertain to them.

Don't be that guy.

Do EVERYTHING because each challenge, each step, even the business aspects of A2A, will make you better.

Each of these, no matter how closely they align with your life or not, bring you to your alpha, your potential, and the man we all need you to be.

So take action!

The Challenge:

Wake up 10 minutes earlier every day this week (6 days, maintain on the 7th) to get you to an hour earlier wake-up time by week's end.

You don't necessarily have to keep this hour earlier—that depends on what your routine and schedule are now—but the challenge is to simply wake up 10-minutes earlier every day.

Take action.

Toughen up.