30 DAYS with RUSSELL·BRUNSON

30-DAY PLAN



WEEK 1

YOUR DEFINITE PURPOSE

DAY 1 SETTING GOALS

- What / How / Why... Who do you want to become?
- Set a real, tangible goal for the next 30 days and commit.

DAY 2 FINDING A GUIDE

- Choose a Guide
- Study Their Plan
- Create Routines & Habits

DAY 3 DOCUMENTING THE PROCESS

DAY 4 GET TO WORK

RESISTANCE TRACKER		
TIME	**WHAT IT WAS**	**RESPONSE**
6.00 AM	ALARM WENT OFF, DIDN'T WANT TO WAKE UP	BEAT RESISTANCE
10.00 AM	INSTAGRAM	RESISTANCE WON

DAY 5 GATHER YOUR TEAM

DAY 6 PROGRESS CHECK

DAY 7 DAY OF REST

- **Let your subconscious work**

WEEK 2

ENERGY MANAGEMENT

DAY 8 GET ENERGIZED

- Get a blood test at UnfairAdvantage.com
- Shift your diet
- Skip breakfast!
- High Protein Lunch
- Have complex carbs at night for better sleep

DAY 9 PERFECT THE MORNING ROUTINE

- Fasted morning workouts
- Brain work

DAY 10 PROGRESS CHECK. FIND YOUR "WHO'S"

DAY 11 "LEAD OR GOLD" DEADLINES

DAY 12 TIME TRACKER

DAY 13 DAY OF VARIETY

DAY 14 DAY OF REST

WEEK 3

THE SPRINT

DAY 15 BLOCKING YOUR TIME



DAY 16-19 CONTINUE THE SPRINT

Eliminate the 'nice to haves' and focus on the essentials

DAY 20 DAY OF VARIETY / REST

DAY 21 DAY OF VARIETY / REST

WEEK 4

LEAD OR GOLD

DAY 22 THE STRAIGHT LINE

DAY 23 BRING THE PIECES TOGETHER

DAY 24 FINAL TESTING

DAY 25 LAUNCH DAY

DAY 26 LOOKING AT RESULTS

DAY 27 DAY OF REFLECTION

DAY 28 DAY OF REST

DAY 29&30 SET YOUR NEXT GOAL!