



Clean Slate

Routines are great

Switching it up is great as well

Changing routines can create breakthrough opportunities

Dr. Moine says get up an hour earlier or later and you will change your life!

I am doing some 92-day challenges that are switching it up

92 days of cold showers

5 days per week of getting up at 6 am

92 days of no sports

92 days of blogging - <https://ericlofholm.blogspot.com/>

The purpose of this is to show myself I can do it!

What are some challenges you can do?

Soda

Alcohol

Dessert

Netflix

Bonus Video – Create your 4th Quarter Goals

<https://ericlofholm.lpages.co/replay-qtr-goals-document/>