

Monday, October 11

Today is going to be a great day!

Clean Slate Monday

What I am learning from my 92-day challenge

A challenge is a form of self-hypnosis

A few times I have gone to Facebook and ESPN.com without consciously thinking about it.

I am not missing the things I have given up:

Sports

Intent chess

I am not minding the cold showers

Making these changes has not been hard

I added:

Not being on my phone while driving

Wearing my seatbelt

Weekend social media diet (no social media on the weekends)

I am sold on changing routines for short periods of time.

Mental toughness

Produce

David Goggins – When we say we have nothing left in the tank we have only used 40%. We still have 60% left

Bonus Video – Take action in the face of resistance -

<https://www.youtube.com/watch?v=V3j1koS7fj4>