How to Change Your Life In 30 Days Checklist
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Week 1**- Detox your mind and body**

1. Get An Early Start
2. Say “I am Having A Great Day”
3. Brush your teeth
4. Do some yoga, stretching or any exercise. Even a few minutes helps
5. Focus on better nutrition. More water, more vegetables

Week 2**- Organize Your Life**

1. Clean up your personal space
2. Do a major decluttering of everything

Week 3- **Organize Your Life Part 2**

1. Write down/start scheduling everything you need to do each day
   Refer to the post on Time Blocking
2. Dream big. Write down your crazy dreams and aspirations

Week 4- **Expand Your Thinking**

1. Change your routine. Do everything differently
2. Get out of your comfort zone. Do something that scares you a bit
3. Get out of the house more. Walk, sit in nature, hike, meditate

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