

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

Greetings!

If you have decided to improve your life quality, these checklists, together with my free audio book [*Fulfilling Life: A Matter of Personal Choice*](#), will help you get started. It is best to print the tables, but you can also use them as a Word document.

What you measure, you will complete. Choose a pace that suits you, and don't overdo things. Focus on improving your habits gradually, and you will soon see great results. Fill in the tables and tick off anything on the list you did that day. When you start paying attention to priorities and other important things, your life will become much better. Be creative and work on those things that affect your quality of life the most. Continue with the good things you are already doing, and replace the bad ones with good ones.

Find books, courses, and links according to your interests and priorities, join groups (online and others), install the necessary software and applications, find people with similar interests or jobs you want to do, and get the required equipment. When you fill out these tables and start working on your goals, things will begin to move in a better direction.

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

What to do next?

- Firmly decide that you will change things for the better
- Define your "Why?" which is related to the life you want to live, not just money. (The "100 Life Goals" table will help you with that. Write down all the goals you want to achieve in life, small and big ones. That is the root of high motivation.)
- Make a plan that you will stick to, and visualize your goals daily
- Fill in the tables
- Stop watching TV until later in the day
- Set alarm clock at least an hour earlier than normal
- Get a notebook or notepad and write down all new ideas
- Make your read list: choose [five books](#) of a different genre to read in the next 60 days
- Join the challenges in the Long-Term Habits [Facebook group](#)
- Install a workout-tracking application on your phone ([Map my Walk](#), Strava, Fitbit, etc.)
- Find music that lifts your mood and add it your mp3 player or mobile phone (check Spotify to discover music that you like)

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

- Get a fitness tracker (they are great for motivation)
- Create a workout schedule and get the necessary equipment (sneakers for walking or hiking, clothes, backpack, etc. Be sure to get well-informed and consult a doctor about the exercises you want to do.)
- Write down all your monthly expenses and see what you can throw out
- Find a hobby you love (playing an instrument, painting, writing, learning foreign languages, etc.)
- Surround yourself with optimistic and active people. Join a course, club, or group regarding your interests, hobbies, or recreation. Find an instructor or coach if you can afford one.
- Subscribe to the [Creative 5](#) weekly newsletter; essential inspiration to help you start your week in the best possible way (once a week, spam-free).

Get rid of things that drain your time and energy: TV, social networks, poor nutrition, unnecessary expenses, vices, gossip and comparison with others, socializing with the wrong people

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

Related to your desired job: If you don't already have one, start looking for a job that suits you. Create a [LinkedIn](#) profile, connect with people who are already doing the job you want to do, and start gathering the necessary information. Work on the education and certifications you need to get the job you want. Get the essential books, videos, and audio materials. Find good educational courses (they can be online, for example, at Udemy, Coursera, or in your city).

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

DATE OF START:

CHALLENGE NUMBER:

I AM WORKING ON / DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
I AM THROWING OUT / DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

I AM WORKING ON / DAY	3	3	3	3	3	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	5	6		
	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	0			
I AM THROWING OUT / DAY	3	3	3	3	3	3	3	3	3	3	4	4	4	4	4	4	4	4	4	4	4	5	5	5	5	5	5	5	5	5	6		
	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	0	1	2	3	4	5	6	7	8	9	0			

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

100 LIFE GOALS (SMALL AND BIG ONES)

1.	21.	41.	61.	81.
2.	22.	42.	62.	82.
3.	23.	43.	63.	83.
4.	24.	44.	64.	84.
5.	25.	45.	65.	85.
6.	26.	46.	66.	86.
7.	27.	47.	67.	87.
8.	28.	48.	68.	88.
9.	29.	49.	69.	89.
10.	30.	50.	70.	90.
11.	31.	51.	71.	91.
12.	32.	52.	72.	92.
13.	33.	53.	73.	93.
14.	34.	54.	74.	94.
15.	35.	55.	75.	95.
16.	36.	56.	76.	96.
17.	37.	57.	77.	97.
18.	38.	58.	78.	98.
19.	39.	59.	79.	99.
20.	40.	60.	80.	100.

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

**HIGHLIGHT THE THINGS THAT CURRENTLY HAVE THE MOST SIGNIFICANT INFLUENCE ON YOUR LIFE QUALITY
(Be completely honest with yourself)**

POSITIVE	NEGATIVE
Planning and visualizing life goals	Lack of goals and priorities
Taking the necessary steps every day	Relying on luck and leaving things to chance
Focus on priorities	Comparing with others
Optimism	Pessimism
Hard work	Laziness
Perseverance and achieving goals	Excuses and giving up
Reading and education	TV and social networks
Control of personal finances	Wastefulness
Exercising	Inactivity
Healthy sleep	Lack of sleep
Healthy nutrition	Poor diet
Spending time with people you love	Bad company
Objectivity	Subjectivity
Healthy communication	Quarrel
Gratitude	Resentment
Generosity	Selfishness
Hobbies	Vices

THE CHALLENGE - 60 DAYS TO A BETTER LIFE

USEFUL MATERIALS AND LINKS I HAVE FOUND AND WHICH I WILL USE

Books	Courses	Websites	Groups	Applications and software	Contacts	Equipment

Links:

- [Free downloads available](#): audiobook, checklists, and the PDF version of the book
- [Great Books for a Great Life](#) - all the answers to your questions in one place
- [Long-Term habits group](#) 