

Willpower
Bootcamp

The 12-Day Willpower Bootcamp

Exercise and Strengthen Willpower — Reclaim Awareness

Win a Simple Battle (Day 1 - 12) Make your bed for 12 days

Day 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

Become a Finisher (Day 2 - 12) Finish what you start

Day 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

Defeat Notifications (Day 3-12) Disable all non-essential notifications

Day 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

Resieze Awareness (Day 4-12) Push-ups or knee bends every hour

Day 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

Kill Multitasking Focus only on one task at a time

Day 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

Breath in the Silence Sit in silence for 5 minutes while counting breaths to 10 repeatedly

Day 6 | 7 | 8 | 9 | 10 | 11 | 12

Trigger a New Story Re-narrate all ambushed awareness

Day 7 | 8 | 9 | 10 | 11 | 12

Direct the Silence Direct the silence

Day 8 | 9 | 10 | 11 | 12

Go the Extra Mile Do more and better in every task

Day 9 | 10 | 11 | 12

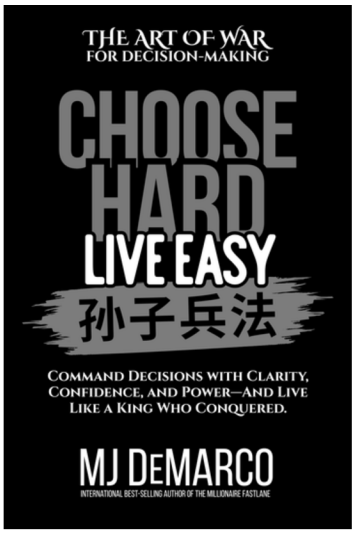
The Gauntlet Turn your smartphone into a dumbphone—only essentials

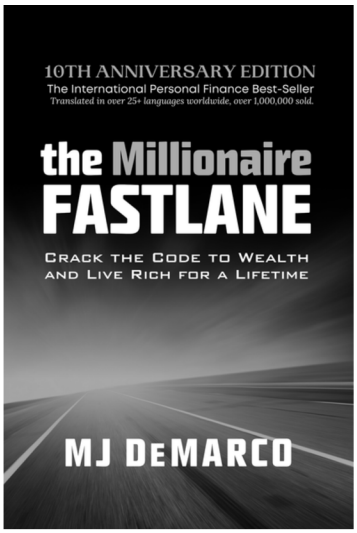
DAY 10 | DAY 11 | DAY 12

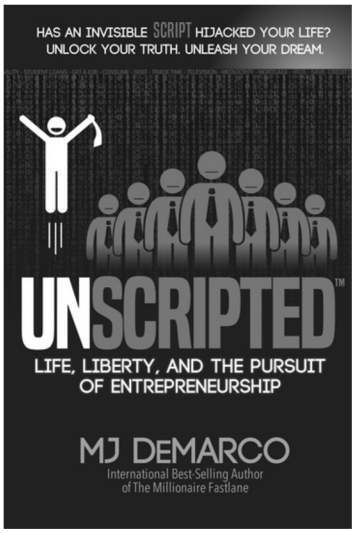
☐ VICTORY! 

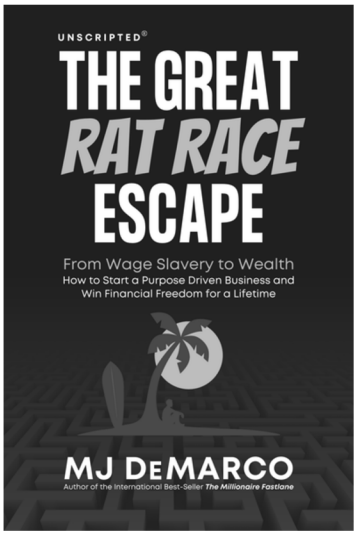
☐ DEFEAT! 

Other Books by MJ DeMarco









Resources to Choose Hard, Live Easy!

MJ's NEWSLETTER: GET LIFE-CHANGING DECISION INTELLIGENCE
https://newslettter.themillionairefastlane.com

MJ'S DISCUSSION FORUM (SINCE 2007!)
https://thefastlaneforum.com/community/

MJ's TELEGRAM GROUP
https://t.me/UnscriptedNetwork

MJs YOUTUBE CHANNEL
https://youtube.com/FastlaneMJ

MJ's PERSONAL BLOG
mjdemarco.com

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