15 POINT PLAN TO BREAK OUT OF A RUT IN 30 DAYS

Do you ever feel stuck in a rut? Do you fall victim to being stressed out and less productive than you'd like to be? Adopt these 15 simple habits to get unstuck and learn to control how you think:

B benkinney TRAINING

EXERCISE DAILY
It raises endorphins. Track this, whether it's steps, running, or other workout routines.

DON'T DRINK CALORIES
It slows you down and depresses you (this includes alcohol).

DON'T SLEEP TOO MUCH OR TOO LITTLE
If you stay up late, get up at your normal time every day. It'll make you tired, so you eventually pass out and get a good night's sleep.

NEVER SKIP MEALS
It makes you grumpy and gives you weak willpower. Track your calories.

NEVER ALLOW NEGATIVITY AROUND YOU
News, movies, or people. Get rid of negativity in your life.

JOURNAL
Every morning or night, write down what happened.

PRAY
Even if you don't believe in God, pray to something. Get it out.

SAY WHAT YOU'RE GRATEFUL FOR
You can't be grateful and angry at the same time. Do it as a family or in a group when possible.

REVIEW WRITTEN GOALS DAILY
On a whiteboard or vision board. You'll achieve much more in life if you do.

LAUGH DAILY
Set a timer on your phone for 30 seconds and just laugh for no reason, or watch comedy. It changes your entire energy, mood, and state. Do this before you have to do something serious, stressful, or hard.

PERSONAL GROWTH
Try to learn something new every day. Read books, listen to podcasts, and watch videos.

DO A HOBBY DAILY
Something you can look forward to, plan, and research every day.

FOCUS ON OTHERS
Volunteer, donate, help friends. Anything you can do to get your mind off yourself or your work.

PROTECT & LIMIT ALONE TIME
Don't get too much, but also protect it so you at least have some alone time every day.

DON'T WORK MORE THAN 50 HOURS A WEEK
You won't be as productive past that point.

Each of these 15 steps counts as a point. Write total points down each day, and also rank how you felt that day on a scale of 1 to 10. You'll notice that the days when you have a lower total will almost always be the worst days. Do this for 30 days to control how you think, and it will change your mindset and your entire life. Once you can control how you think, which is the base of the control triangle, then you can start working on controlling your time, the people you let in your life, and your finances and wealth. **Once you can change your thinking, it will change your life.**

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WHO
TIME
THINK

Break Out of a Rut in 30 Days

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
Exercise																														
Drinks																														
Sleep																														
Meals																														
Negative																														
Journal																														
Pray																														
Grateful																														
Goals																														
Laugh																														
Growth																														
Hobby																														
Others																														
Alone																														
50 Hours																														
Total (out of 15)																														
Happiness (out of 10)																														