



DARE BOOTCAMP

1. Print off a few copies of the Xeffect chart. It is basically a chart with 49 boxes in it. Each box represents a day.
2. You set yourself a habit you want to create for yourself and enter it at the top of the page. You can only track one habit per sheet. I suggest starting out with 2 habits for the first 49 days.
3. You then write the **reasons** for creating this habit at the top of the page and then write the **reward** you will give yourself once you reach the 49th day.

For example:

Habit: *'Do the 7 min meditation every day'*

Reason: *'I want to feel a deeper sense of peace of mind and happiness in my life.'*

Reward: *'I will take a half day all to myself to do something I really enjoy.'*

The habit you want to create should be very specific and measurable. For example. *'eat healthy'* is a too general and hard to measure compared to *'no coffee for 49 days'*. The reward also has to feel like a *real* reward not something small. You are doing an amazing thing for yourself and you need to have a strong goal to motivate you.

4. For every day you complete the task you add an X to the chart. If you miss a day you leave it blank and make sure you do it the following day. Once you reach the end (49 days later) the new behaviour will be wired into your brain making it very easy to do each day going forward.
5. Once you have completed your first 49 days you can then begin again with a new habit or if you wish you can continue to track the current habit you are working on.

What happens if you miss a day here or there? It's very likely you will miss some days but the research shows that that's not a problem as long you keep going and complete the 49 days.