

## **The 10x10 challenge. 10 Challenges for 10 Days.**

Let's go!! The goal of the 10x10 Challenge is to snap you out of your current state with physical, mental and social goals that will begin to propel you to a better and greater self. Without changing your habits and challenging yourself, you are bound to stay where you are. That's no fun.

Here are the 10 challenges:

1. **Drink half your bodyweight in ounces of pure water each day.** Get a water jug with the ounces listed on the side and get to drinking.
2. **8+ hours of sleep per night.** Quality sleep is the best medicine for a healthy life. Sadly, many people are chronically tired because they don't sleep enough.
3. **15 minutes of movement exercise per day minimum.** Walking, biking, hiking, swimming, pickleball. Any activity where you MOVE!
4. **No phone the first 15 minutes of the day and the last 30 minutes of the night.** Starting your day looking at your phone is a sure way to begin your day in a reactive mode.
5. **Journal 5 minutes twice a day,** one in the morning and one before bed. It can be a structured journal format or free write. Just write.
6. **Less than 2 hours per day on social media.** The average person in the US spends 5+ hours per day scrolling, messaging and chatting on social media. There is no better way to derail a productive day than to get on social media.
7. **Daily 100.** 50 pushups and 50 bodyweight squats per day. These can be performed at a set time or during intervals during the day. Your choice.
8. **Pray 5 minutes per day.** Once a week pray with someone.
9. **Eat breakfast:** Whole foods, Fruits, eggs, oatmeal or protein shake. No processed, sugar laden foods such as donuts, cereals or pastries.
10. **Turn off your phone during sleep time.** Rest is rest not a pause for connection with your phone.

Let's be honest, the 10x10 challenge is difficult. The first step is to get started. If you miss one or more challenges in a day, don't sweat it, get it the next day. Heck, if you complete 5 challenges a day, that is success. Just challenge yourself each day to reach as many challenges as you can. However many you complete each day is a success. You only fail when you stop trying.

The 10x10 challenge is just the beginning. If you love it, keep going. Make it 20, 50, heck even 100 days and see how your life becomes more fulfilling, productive and rewarding.

Please email me at [Michaelates20@gmail.com](mailto:Michaelates20@gmail.com) when you begin the 10x10 challenge. I can help you through.