

LEVEL UP IN 90 DAYS GUIDE.

The ultimate guide to level up in 90 days by following these simple daily habits.

by Aaliyah Hay

THE 21/90 RULE.

It is believed that it takes 21 days to create a habit and 90 days to make it part of your lifestyle. After you complete the 90 days, the habit will be as much a part of your daily lifestyle as brushing your teeth.

Remember, this rule will only work if you consistently stick to your plan.

TOP TIPS

Set achievable habits - you can choose your own habits that you know you can do everyday.

Take it one day at a time - don't look at the 90 days in front of you, just focus on the next 24 hours.

Stay accountable - you can stay accountable to yourself by having a checklist for everyday or stay accountability to someone else. This will help you stick to it.

habit number one.

WAKE UP EARLY.

I'm not saying you have to wake up at 5am, but waking up an hour before you normally do can change your whole day.

Waking up early makes sure you're ahead of your day and you can prepared for your day ahead.

It gives you time too workout, plan your day, journal, work on your side gig/business, be more productive, read, quite time to yourself, etc.

All of these things, whatever you decided to do, will make you feel so much better for the day ahead. Its a huge life hack - it literally gives you more time in your day.

habit number two.

READ EVERYDAY.

Spend at least 10 minutes a day reading.

This will help not only strengthen your mind,
but also increase your focus, knowledge and
self-confidence.

Here are some personal development books I
highly recommend:

Atomic Habits

Miracle Morning

Rich Dad, Poor Dad

The Compound Effect

Get Over Your Damn Self

habit number three.
JOURNAL.

Now I don't mean write down everything that's happened in your day, of course you can if you wish, but when I "journal" I do a bit of everything.

You can do this before you go to bed or when you wake up, but write down your thoughts in a journal.

This can be your goals for tomorrow or the day ahead, what you're grateful for, your long time goals, affirmations, or a few lines just writing whatever thoughts you are having.

I would recommend choosing 3 of them and doing them daily. I personally write a few lines of what's on my mind, my long-term goal, and what I am grateful for.

habit number four.

EXERCISE EVERYDAY.

To have a good mental health, you have to also have good physical health.

We shouldn't have to move our body, we should want to move our body. Our body does so much for us, and just moving it every day in any way you like, will not only help your body but also your mind too.

A few different exercises you can do are running, swimming, lifting weights, Pilates, yoga, and even on the days you don't feel like it, going for a long walk.

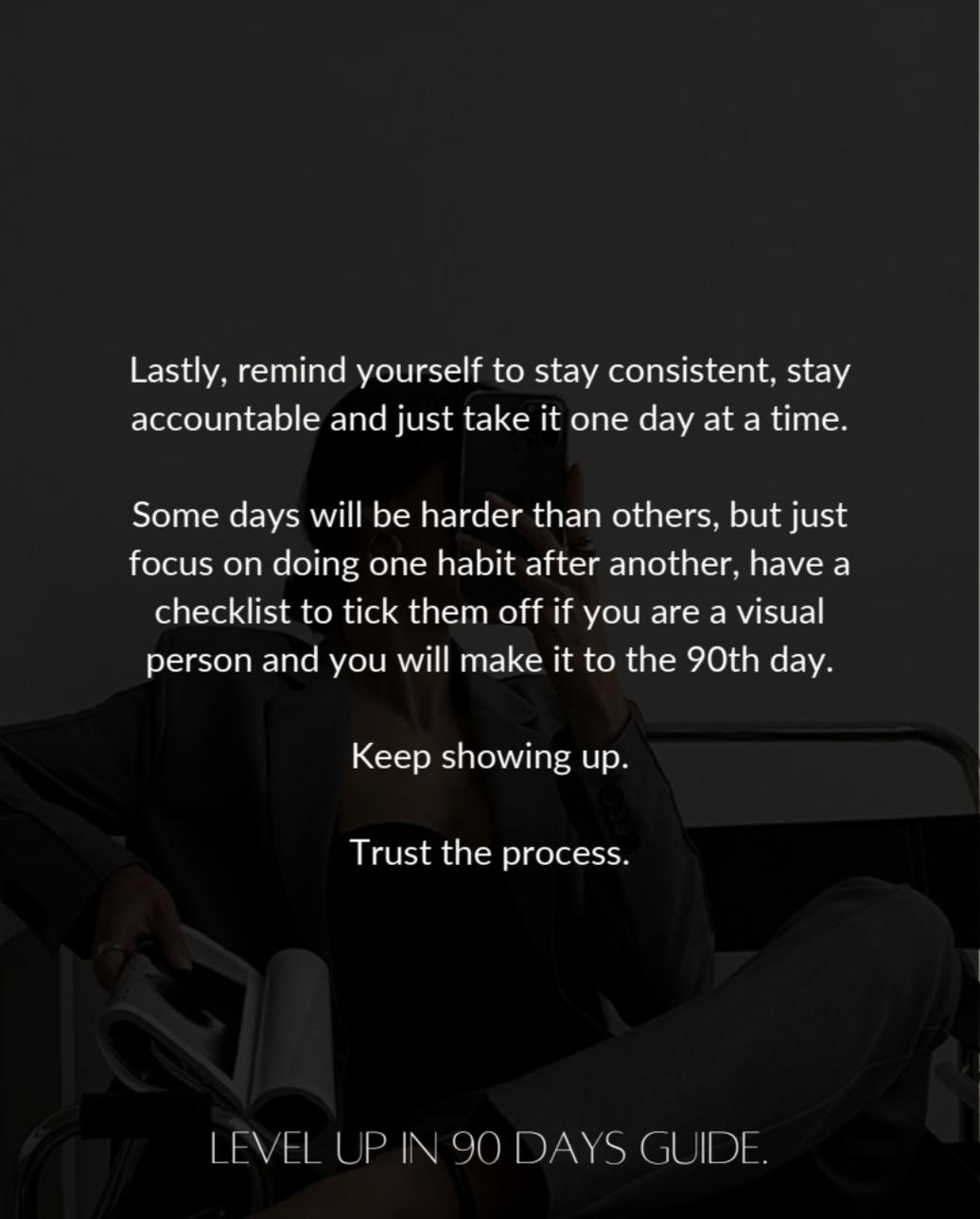
habit number five.

DRINK MORE WATER

Staying hydrated can be hard and I find a lot of people do struggle with this, but water is essential for your mind, health and recovery. If you can make this a habit, it can help you in so many different ways.

Firstly I would set a goal of how much water you want to drink daily, make sure it is achievable and make a plan too.

For example; if you set a goal to drink 4 glasses of water, which is very achievable. Have a plan to drink two glasses in the morning when you wake up and two in the afternoon/lunch. That way you are not trying to down loads of water at the end of the day. This makes it more achievable so you are likely to do it daily.

A person is sitting on a bench, holding a smartphone to their ear with their right hand and a notebook in their lap with their left hand. The image is dark and serves as a background for the text.

Lastly, remind yourself to stay consistent, stay accountable and just take it one day at a time.

Some days will be harder than others, but just focus on doing one habit after another, have a checklist to tick them off if you are a visual person and you will make it to the 90th day.

Keep showing up.

Trust the process.

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