

# 7

**DAY CHALLENGE TO  
ACHIEVE 1% BETTER  
EVERY DAY**



# Introduction

A thousand-mile journey starts with one small step. This is the case with most important goals and endeavors. They are attained with small steps or milestones. But did you know that the old saying applies to your achievement? Read on, and you may discover some surprising facts in this short guide.

If you could boost your achievement by 1% every day, what would that mean? It would mean that in 30 days you will be achieving 30% better. In 90 days, your achievement level will be 90%, and soon after, 100%. But what is really amazing is that you can go beyond that 100% to more and more improvement as your opportunities expand and multiply.

## **Achievement vs. Productivity**

Productivity and achievement are closely related, but never make the mistake of thinking they are interchangeable. You can be highly productive and organized, but your level of

achievement can be mediocre or less than you would like. Productivity allows you to be efficient and well-organized and get more done in less time. But the quality and outcome of what you get done may leave much to be desired. More importantly, your level of achievement remains the same and doesn't grow or improve.

So bear in mind that while you should work on upping your productivity, you should make sure that your level of achievement increases along with it.

### **Why You Need to Work on Achieving Better**

First off, there is always room for improvement. This should always be a rule of thumb. Never be content with the current status quo but always be on the lookout for ways to achieve bigger and better things. Here are some reasons for learning to achieve better:

- Frustration and loss of motivation often accompany low achievement. Becoming a better achiever will ignite your overall purpose and drive.
- The desire to achieve better turns you into a big thinker. You look for better opportunities and possibilities and think out of the box. Big thinking unleashes your creativity and courage, providing you with new and revolutionary ways to achieve better.

- Consistent high achievement fosters tremendous self-assurance and belief in your ability to attain any goal.
- Better achievement ignites your desire for learning and self-improvement. You constantly look for new knowledge, skills, and tools that will keep you on that upward curve to achieving better.

### **How the 7-Day Challenge Works**

The 7 practices presented in this challenge are designed to enable you to achieve 1% better every day. The steps are so simple that your first reaction will be skepticism. But don't be fooled by their simplicity. The 7 practices will help you develop lifelong habits that will keep you achieving better for the rest of your life.

All you have to do is practice each day's challenge and restart the process when the week is over. You may need to repeat the challenge 4-5 times until the new achievement-boosting habits are formed.

Are you excited about experiencing the amazing benefits and watching your achievement soar? Let's jump right in with Day 1.

# **Day 1- Start your day half an hour earlier**

Waking up 30 minutes earlier can be a big game-changer. When you experience firsthand how this simple habit impacts your whole day, you will be amazed. Here are some of the benefits of this challenge:

- You'll have time to eat a proper breakfast, which is a vital factor in keeping your energy and stamina high throughout the day. Naturally, this means better achievement.
- We all know what those last-minute rushes are like when you frantically search for an item of clothing, pack lunches, and rush to get everybody out of the door on time. This can be very stressful. It's a terrible way to start the day and can throw everything out of whack. That extra 30 minutes can be a real sanity saver.
- Waking up earlier allows you to start your day in a positive mood. You can use the extra time to enjoy a leisurely cup of coffee, exercise, or meditate. The positive

mood will last with you all day and keep you motivated, focused, and able to achieve better.

Your challenge for Day 1 is to begin setting your alarm half an hour earlier. This could mean that you also need to go to bed earlier to be able to get enough sleep. But the benefits are well worth this small modification. You can actually wake up an hour earlier if you choose to start your day with amazing calm and positivity. However, this may not be convenient for everyone.

The goal of this challenge is to help you achieve 1% better every day by getting a great start to your day. Along these lines, here are some more suggestions for starting your day right:

- Lay out beside what you're going to wear the night before to save time. This will also allow you to avoid the stress of searching for items of mislaid clothing. If you have kids, teach them to do the same.
- Pack lunches the night before to save time and allow yourself a more leisurely morning.
- Make sure that school bags, gym gear, and other items are packed and ready the night before. This is another huge stress and panic saver.

- Buy pre-prepared breakfast foods that you can prepare in minutes with the least amount of hassle. Most of these foods, like muffins, waffles, and even sausages, can be popped into the microwave.

In a nutshell: This super simple challenge will definitely allow you to achieve 1% better by giving you a running start to your day. A day that starts with high optimism, energy, and a great mood continues to run smoothly and with much less stress. Needless to say, you'll function at your peak and achieve better in all that you do.

## **Day 2- Do one thing differently**

Habit breeds familiarity, which we prefer over uncertainty and change. Most people choose to stay inside their comfort zone rather than experiment or try new things. However, doing things the same way out of habit could limit your ability to be a higher achiever. For example, your daily routine may start with doing mundane tasks early in the day to get them out of the way. This could include replying to emails, making phone calls, scheduling appointments, and so on. But here's the catch: For most people, the early hours of the day are known as 'peak times'. These are the times when your brain is at its highest energy and focus level.

Rather than wasting your peak hours on mundane tasks, it would be far better to work on high-priority tasks or tasks that require deep focus or analytical thinking. This is an example of how one small change can boost your achievement and help you obtain better results.

Your challenge for Day 2 is to reflect on your regular routine and the various tasks that you do. Choose one thing that you can do differently and see whether this small change helps



you achieve better. If it does, great! If not, try something else. It will be a process of trial and error, but well worth the effort when you discover a variety of ways to become a better achiever.

Here are some examples of how to do one thing differently:

- Identify your peak times and whether you are making the best use of them. As mentioned, the early morning hours are the peak time for most people, but your peak hours could be in the afternoon or the evening. These are the best times to schedule tasks that require high focus and concentration.
- Try mixing the order in which you do certain tasks, which will make for a smoother flow.
- Look for digital tools and apps that can help you be more efficient and achieve better outcomes. These could include tools for analytics, team organization, or financial calculation. Even a simple spell-checking and grammar tool can help you produce better work and save a load of time.
- Try changing your work setting and see if this helps you focus better. For example, working in a quieter space can help you avoid the distraction of noise that could be hindering you from concentrating. Likewise, working

outdoors on nice days can uplift your mood and help you work more efficiently.

- Change your routine regularly to stay motivated. The same hum-drum routine will get you into a rut and make you feel bored and listless. As a result, you'll lack the motivation to strive for bigger and better.
- Change the routes you usually take to work or other destinations. This will go a long way toward keeping you motivated and positive.

In a nutshell: This challenge may leave you very surprised indeed when you experience the results. In order to continue enjoying the benefits, make the intention to consistently do one thing differently on a regular basis. This will allow you to maintain the cycle of achieving 1% better with each change you make.

## **Day 3- Take advantage of your learning style**

A person's learning style goes beyond academics and education. It is part of their personality that influences the way they interact with the world around them. Therefore, it's vital to identify your personal learning style and harness it to boost your achievement.

There are 7 learning styles in all. Each person has a specific style, and while two styles can overlap, one will still be dominant. These styles are:

1. Visual learning
2. Auditory learning
3. Verbal learning
4. Kinetic learning
5. Logical learning
6. Social learning
7. Solitary learning

This challenge involves spending an hour online to research your learning style. Once you have done so, reflect on how much you make use of your individual style in your life. Reflect on various ways to incorporate this style into your work and life to boost your achievement level.



Here are 7 brief examples of how each learning style can be harnessed to achieve better:

**The Visual Style:** As the name implies, the visual learning style relies on visual aids to retain information and boost memory and concentration. You can apply this style to your work or anything else that you do to function better. Use plenty of visual materials like videos, images, maps, and colored charts. Depending on the type of project or task

you're doing, you should be able to find many ways to help you work with more efficiency.

**The Auditory Style:** If you are an auditory learner, you will achieve better by relying on aural information such as voice recordings rather than written text. Consider recording your schedule or memos to yourself, or recording information and ideas for a project.

**The Kinetic Style:** Physical interaction is the way this style can help you focus better. This could include making models or drawing illustrations and charts to organize your thoughts and make your ideas clearer.

**The Logical Style:** Knowing the reasons and causes can help a logical learner achieve better. Use your inclination for analysis to research tasks and projects to understand what outcome is required and the best way to achieve it. Also, state mentally the purpose of what you are doing and why.

**The Verbal Style:** Reading out loud, speaking out your thoughts, and discussing with others can bring you amazing clarity and make a project become tangible and clear.

**The Social Style:** If you are a social learner, working in a group or team is your key to higher achievement and will bring out the best in you. Whenever possible, make it a point to work with others and brainstorm, exchange ideas, and receive criticism and feedback. When you apply this learning style, if you are a social learner, you will notice a significant improvement in your productivity and the outcomes of your work.

**The Solitary Style:** If you are a solitary learner, it's important to have a quiet, secluded space where you can work alone. Also, the more personalized your space is, the more motivated and in control you will feel. Working in a crowded, noisy setting when you are a solitary learner will hinder your ability to shine and achieve better.

In a nutshell: The simple act of working according to your learning style can make a dramatic improvement in how you work and function in your life. Identify your personal learning style and get creative! Make it a habit to build on it and find new ways to make it work for you.

## Day 4- Get a sleep app

Sleep is a vital and integral foundation of overall physical and mental health. Like food and water, sleep is essential. If we don't sleep, we die.

**Why Do We Need Quality Sleep?** Quality rest is a massive rejuvenator of our physical and mental functions. When you sleep, your brain doesn't rest along with you. It jumps into action, sending signals for a massive housecleaning process to begin. Toxins are flushed out of the body, antigens and harmful bacteria are destroyed, and damaged cells and tissues are repaired.

This amazing process is more efficient the better your sleep quality is. Among other benefits is the increase of blood and oxygen flow to the brain, which maintains your cognitive health. It's a no-brainer that peak brain health is reflected in your clarity, concentration, memory, and sharpness. This, in turn, means better achievement.

Your challenge for today is to ensure that you get consistent quality rest by investing in a sleep app. All this requires is an enjoyable hour online and taking your pick. Sleep apps come in dozens of forms and types that suit every preference. They contain cool features that can be personalized as well. The great news is that many are either free or cost next to nothing.

Some sleep apps will lull you to sleep with soothing nature sounds like waterfalls or ocean waves. Others will relax you with soft music designed to induce drowsiness and deep sleep. Other apps will induce sleep with guided visualizations. A binaural beats app is designed to induce deep sleep by altering your brain waves. This process consists of two separate tones that together help your brain fall into a state of deep REM sleep. Just make sure you have a good set of headphones. Choose the app that you prefer and watch your sleep improve dramatically. In addition, consider the following tips to further enhance your sleep quality:

- Try to go to bed and wake up at fixed hours. This will keep your circadian rhythm balanced and maintain your energy level throughout the day.
- Bedding should always be clean, and your mattress should be of the best quality.



- Your bedroom should be well-ventilated and aired every day.
- Avoid blue light from TV and computer screens in the evening or at least two hours before your bedtime. Blue light overstimulates the brain and will prevent you from falling asleep and also cause restlessness throughout the night.
- Create a relaxing bedtime routine that puts you in the mood for sleep. This could include reading, prayer, meditation, or a light snack.

In a nutshell: Each night of quality sleep will up your achievement by 1%. Include a sleep app into your sleep routine to maintain the cycle. As your sleep quality becomes more consistent and better, your achievement will improve in proportion.

## Day 5- Don't Multitask

More and more people are now in agreement: Multitasking isn't all that it was claimed to be. In fact, it can sometimes do more harm than good. Unfortunately, many of us have developed this habit and pride ourselves on how many things we can do at the same time.

Only a few years ago, time management gurus raved about the benefits of multitasking and how it not only saves time but also makes you more productive. Today they have retracted these claims as multitasking has shown that while it saves time, it often leads to errors and poor outcomes.

### **Multitasking and Mindfulness**

Doing several tasks at once goes against the concept of mindfulness. Mindfulness plays an essential role in keeping us focused, present, and grounded throughout our day. Multitasking saps mindfulness by fragmenting your thought process so that you are unable to give each task its due. The result is mediocre achievement, poor outcomes, and sometimes serious errors. Your challenge is to break

the habit of multitasking and replace it with mindful focus. As your mindfulness increases, you will notice a difference in your achievement and outcomes. You may also be surprised to find that this actually saves more time in the long run.

Here are some simple action steps:

- Choose just one task that needs to be done.
- Bring your full attention to that task and don't let your mind wander.
- Don't submit to the urge to take a call as you are working or take quick peeks at your social media.
- Keep phone alerts turned off to avoid the temptation to chat or answer messages as you are working.
- Avoid having conversations while working on a task to eliminate miscommunication. When you are busy with several things at once, you are more liable to miss information but also say things without thinking them through.

In a nutshell: As illustrated above, multitasking can sap your achievement level. By breaking the habit and replacing it with mindfulness, you will notice a consistent improvement in your efficiency and your ability to achieve bigger and better.

## Day 6 - Delegate One Task

Do you often have stressful, hectic days where you struggle to get everything done? Join the club! We all know the frustration of having too much to do and not enough time. It's not hard to see how this kind of pressure can make your achievement mediocre at best. The solution could be simple but hugely powerful: Delegating.

Unfortunately, this solution doesn't cross the minds of many people, including you. You think that unless you do something yourself, it won't get done right. You don't trust others to do a task well, much less complete it. But this challenge will leave you pleasantly surprised.

The challenge for Day 6 is to learn the art of delegating and use it whenever you can. Delegate one small task, not necessarily every day, but on a regular basis. Here's how you can do that:

- Make a list of the tasks you do on a daily basis. Tick some tasks that you feel are simple enough to delegate.
- Delegate the first tasks to someone with a few instructions. If you need to, walk them through the steps several times until they get the hang of it.
- Supervise the person loosely and encourage them to come to you with questions.
- When the tasks have been successfully completed several times and you are confident in the person's ability, move on to a new task. Depending on the situation, you can delegate the new task to the same person or to someone else.

It may be worth your effort to teach someone a specific skill in order to perform a more complex task. This could be a task that doesn't require your personal input but is time-consuming and mundane. This will free you up to focus on the tasks that do require your personal touch. If you can identify any of these tasks on your list, decide what skill is needed and who you will teach it to.

If you are in a leadership position, mentoring others is a great way to create a trusted circle of people to whom you can delegate even more complicated tasks. These people can be subordinates, mentees, or coworkers. They can also

be family members, including kids, to whom you can delegate simple chores. Just look around you. There are all sorts of people to whom you can delegate. In most cases, you will find that people are capable of doing the task well and sometimes even better than you.



In a nutshell: Discovering that you don't have to do everything yourself is a huge relief. Discovering that there are capable people to whom you can delegate is a big stress reliever and time saver. Delegating frees you up to work on the really important things that will grow your success and propel you toward your goals. Every small task you delegate will enable you to achieve 1% better and be your very best.

## Day 7- Reward yourself

"If you tidy your room, I'll treat you to ice cream." When a child hears those words, their eyes light up. You can be sure that in a short time they will proudly display a clean, tidy room. The anticipation of a reward or treat is simply the biggest motivator.

You don't have to be a kid to get excited about a reward. The reward mechanism exists in children and adults alike. Moreover, you don't have to wait for someone to offer you a reward because you can reward yourself! This is what the last day's challenge is all about—amazing self-motivation.

When you promise yourself a treat for high achievement, you are ten times more likely to complete a task or project from start to finish. You are much less likely to fall off track and be slowed down by distractions. More importantly, the anticipation of a reward will challenge you to bring your best effort to the tasks. You will be motivated to not only achieve better but to achieve spectacularly. Your challenge

is to learn how to self-motivate by rewarding yourself for a job well done. Here are some suggestions for how to do that:

- Decide on the reward beforehand. This will bring it to life in your mind and be more motivating than just some random treat.
- The reward should be proportionate to the desired achievement. For example, getting an A on your term paper could be worthy of a new item of clothing or ordering your favorite meal. Giving a spectacular presentation that wins your company a big client deserves a bigger reward. This could include a day of pampering at a luxury spa or a pair of designer shoes. The point is to stay motivated but within reason.
- Rewards don't have to be costly, especially if you are on a tight budget. In fact, they don't have to cost anything at all. A quiet day of solitude lazing around the house could be a real treat. Likewise, going for a nature walk or curling up with a good book is the perfect treat after a long project. Don't think money, think pleasure. The simplest things can sometimes be the most pleasurable reward.
- Be brutally honest with yourself. If your achievement is below par, don't reward yourself. This kind of tough love will keep you on your toes and motivate you to do better next time.



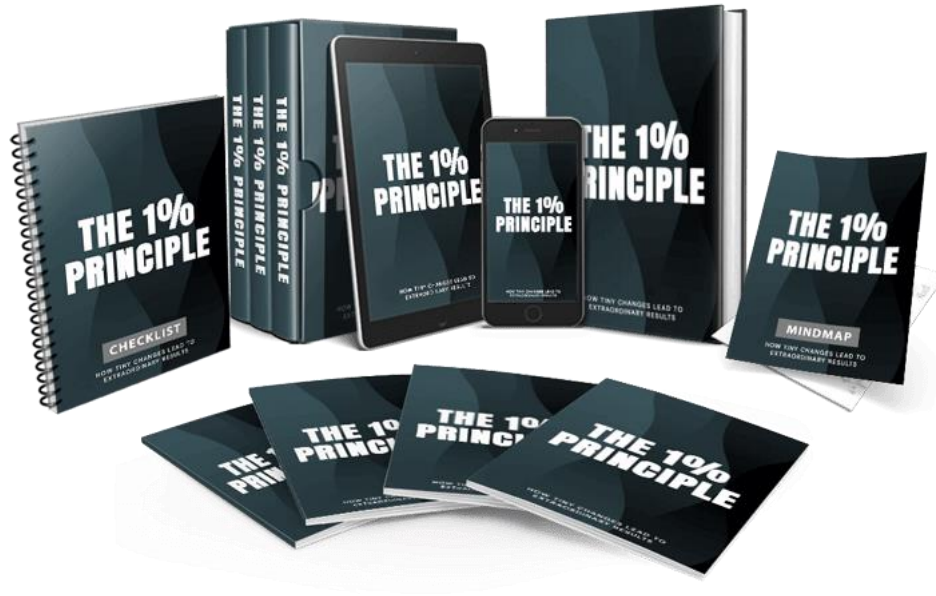
In a nutshell: Looking forward to a reward is the secret of peak motivation. When you apply this challenge, you will notice how much more driven and positive you are about achieving better. So don't wait for others to reward you. Take the initiative and start rewarding yourself!

# Conclusion

Small steps lead to grand destinations and spectacular achievements. Achieving 1% better every day follows the same concept. You will move from being an underachiever to an overachiever over time as your outcomes and successes grow. That is how this challenge can change your life.

Your achievement will improve every day when you practice the 7 steps of this challenge and develop them into habits. You will notice an improvement almost immediately as each day's challenge is designed to help you achieve better every single day. Gradually, your achievement will improve by 100%. But why stop there? With this challenge, there is no limit. The more you practice, the better you will achieve. You owe it to yourself to be a super achiever and to shine at anything you choose to do. If you thought this was not possible, this challenge is proof that you can achieve your true greatness. So what are you waiting for? Start achieving 1% better every day!

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