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Introducing the 21-Day Habit Trial Program. This is a self-initiated program where you stick to a certain habit for 21 days, every day. While it can be used to cultivate new habits, you can use it to test out any new activity, such as waking up early , quitting soda , sticking to a new

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diet, making new friends , meditating,  
going to work early , doing an act of  
kindness , etc.

21 Days to Cultivate Life Transforming  
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21 Day Self-Discipline Challenge Kick  
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part of your assignment was to choose a “ Mega-Project ” to work on for the next 21 days of the challenge along with completing a small nagging task. If you have a blog, write a post telling us about what you hope to gain from the challenge, how you felt after ...



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Days to a More Disciplined Life, I was  
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