

We are what we repeatedly do. Excellence then, is not an act, but a habit. - Aristotle

30-Day Challenges to Build Good Poker Habits



Challenge:

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

5 Steps to a Successful 30 Day Challenge

1. SMART Goal to achieve with this challenge
2. My Plan to hit my goal
3. Start Small (if necessary)
4. Plan for Failure (plan now so you can fall back on it... just in case) Mantra: "Don't Fail Twice"
5. Reward - whatcha want?

Email your challenge to Sky@SmartPokerStudy.com. He'd love to hear it and help you accomplish it.