

I created the course for individuals like you who want more time to create and live the life they've imagined and for those that want to get better results at work, in their homes, professionally, personally and spiritually.

This program is a culmination of everything I have ever implemented and that has worked for me exceptionally well. If you don't know, I had a heavy gambling addiction for 9 years. I was a huge procrastinator, I never followed through or finished anything I started. I wasn't a bad person, I was just doing the wrong things with my life – I went on to nursing school, racked up thousands of dollars in debt and, yep you guessed it (didn't finish). I started projects and businesses that never amounted to much. I was motivated but I didn't create the discipline needed to follow through and make huge impacts in my life. It was because I didn't understand how to start.

No one ever explained to us how to start or where to start. It was overly frustrating to jump from books to books, audio to audio without a solid course on what actions to take in the mornings, what tools that can help me with mindset - How to think differently about money. How to train my brain to think positively – how to create my purpose or make an impact in society. It wasn't until I tested many routines, created sacred rituals, failed and used hundreds of productivity tools that I finally figured out a condensed solution to changing my mindset, elevating my energy, and getting massively attractive in the universe.

This program benefits anyone that wants to think better, act better and live better. Throughout this course you will have me as your personal guide – working with you – figuring it all out and I will be keeping you accountable the whole way through.

By the end of this course you would have read a 539-page book, created massive discipline, changed your mindset, released negative blocks that has been holding you back, created your personal brand, drink more water, learned how to meditate, created your own personal value system, organization and MUCH MORE!

If you truly follow each day in this program with intent and an open mind and really home in on the tasks – you will see a major difference by day 21. Not only that if you allow yourself to consistently follow through with tasks beyond the 30 days – you will change your LIFE!

This course is a mixture of reading, writing, creating, learning and thinking. I used all sorts of media such as audio, text, and video and will reach out to you via email every so often to check in.

There will also be an invitation for you to speak with me in my weekly support conference The Power Talk, where we can discuss what's working for you and how you feel about the course so far! Here's how the structure of your course will be so you know what to expect daily.

First: I will recap the day before, then get right into the day's lesson, I will then share how it will produce results and give you a short story about what it has done for me and/or a story about one of my coaching clients.

Then I we will get into the details of the lesson followed by action / tasks and how to stay accountable.. I will round it up with what to expect the next day. Each lesson will be roughly 20 to 30 minutes. Some days will be shorter and other days will be longer.

Each lesson will unlock very early in the morning. As you go through the lesson, you will be challenged to rise a little earlier than you are used to. Don't worry – It won't be too far off from where you are now.

What's really cool about this course is that I provide you with literally 30 building blocks divided into digestible easy-implementable pieces. You can customize any of the 30 pieces you want in your life.

For example: You can customize your mornings to

Wake up early
Say affirmations
Drink water
Exercise
Finances etc.

Someone else may really like the result they've been receiving from meditation so their mornings look something like

Wake up early
Meditation
Writing Goals
Motivation

There's many ways you can customize your life – it is not a one size fit all and that is what truly makes my course more effective than anyone that I've personally seen in the past. I've taken the best habit forming building blocks and allow you to test drive each of them for 30 days.

So there's really nothing you should fear moving into this program – 1. You have support 2. You will see results and 3. You can choose what you want to keep at the end of it.

The entire goal of this course is to provide you the foundation so you can achieve more in life – Let's get started.

[Click to Listen to Day 1's WELCOME MESSAGE BELOW](#)
[Click For Day 2 - Gratitude](#)

ACTION: Write a list of 100 things, people, places that you are grateful for and read them aloud

[Click For Day 3 - Affirmations](#)

ACTION:

1. [Order Your Book!](#) Jack Canfield - Success Principles
 2. Download [100 Affirmations Here](#)
 3. Download Another [100 Affirmations Here](#)
[Buy 21 Actionable Affirmations For A Comfort Killer \(Audio/ Ebook\)](#)
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[Click For Day 4 - Prioritizing](#)

ACTION:

1. [Order Your Book!](#) Jack Canfield - Success Principles (If You Haven't)
2. [Order THIS Book!](#) Stephen Covey - 7 Habits of Highly Effective People

Start Planning Your Day the Night Before. Do not say 'YES' right away! Advise the other person that you will be checking your calendar, then you will be comparing the activity with the Prioritization Matrix

[Buy 21 Actionable Affirmations For A Comfort Killer \(Audio/ Ebook\)](#)

[Click For Day 5 - Eliminate Negative Inputs](#)

ACTION: 1. [Download](#) The Comfort Killers Daily Planner

[Click For Day 6 - Writing Goals](#)

ACTION: 1. [Download](#) The Comfort Killers Daily Planner

[Click For Day 7 - Planning Your Day](#)

[Click For Day 8 - Water Intake](#)

ACTION: 1. Down a gallon of water daily

[Click For Day 9 - NONCAT](#)

Action: Purchase The Comfort Killers Book [Here](#)

[Click For Day 10 - Books](#)

ACTION:

1. Begin reading The Success Principles

([Click here](#) for the [12 Day Plan / 15 Day Plan](#))

2. How to Eat Books ([Podcast](#))

3. The Master Key System ([Download](#))

[Click For Day 11 - Visualization](#)

ACTION: 1. Visualize 15 minutes everyday

[Click For Day 12 - Journaling](#)

ACTION:

- 1. Write in your journal everyday from this point forward*
- 2. [Purchase](#) The Comfort Killers Journal [Here](#)*

Examples of my personal journal [HERE](#) / [HERE](#) / [HERE](#) / [HERE](#)

[Click For Day 13 - Creating](#)

ACTION:

- 1. @ work - is there a new process that can benefit customers, employers? any cost saving tactics you can suggest? @ home - create new orders, decor, sacred rituals? Create new articles, post, status - create a new routine. create a new meal plan. create an outline for your business. create. create. create*

The Success Principles ([Click here](#) for the [12 Day Plan / 15 Day Plan](#))

[Click For Day 14 - Motivation](#)

ACTION:

- 1. Create a trickery plan for yourself to keep motivation up high. Your goal is to create discipline not only live for motivation.*
- 2. [Watch](#) Guns & Power Featuring Elena Cardone on [YOUTUBE](#)*

The Success Principles ([Click here](#) for the [12 Day Plan / 15 Day Plan](#))

[Click For Day 15 - WAKE UP!](#)

ACTION:

- 1. Get up at minimum 1 hour earlier - Set alarms. Get annoyed*
- 2. Download The Comfort Killers [Weekly Register Here](#)*

[Click For Day 16 - Exercise](#)

ACTION:

1. Take The Comfort Killers Survey (You'll also be entered for a chance to WIN this month's drawing: \$25 Amazon Gift Card)
 2. CLICK HERE to show that you are committed by sending a TWEET to Dominique and Stacy A. Cross
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[Click For Day 17 - Meditation](#)

ACTION:

1. Learn about Chakras for BEGINNERS
 2. Guided Meditation: Here / Here / Here
-

[Click For Day 18 - Make The Call](#)

ACTION:

1. Make the call today!
 2. If you are enjoying this program so far, TWEET this message out today.
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[Click For Day 19 - Social Activities](#)

ACTION:

1. Search and sign up to sites like EventBrite, MeetUp, Toastmasters, Local Yoga, Sports Leagues, Small Business Association (SBA), SCORE
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[Click For Day 20 - Positivity](#)

ACTION: 1. Can you look for positives in negative situations in your personal or professional life? How about the positives in your family life?

[Click For Day 21 - Values](#)

ACTION: 1. [Download](#) the list of [200 Core Values](#) to choose from

[Click For Day 22 - Helping Others](#)

[Click For Day 23 - Time Management](#)

ACTION:

1. Write this down: "I'm NOT ignoring you, I am Prioritizing You"
 2. Create 3 POLICIES and RULES
 3. Use a day planner
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[Click For Day 24 - Personal Finances](#)

ACTION: 1. Download [THIS Financial Worksheet](#)

[Click For Day 25 - Personal Brand](#)

ACTION:

1. Watch [Stacy A. Cross and Kevin Harrington](#)
2. What is your USP?

[Click For Day 26 - Develop Your Story](#)

ACTION: 1. Order Story Selling Book From Amazon Now

[Click For Day 27 - Productivity Tools](#)

ACTION: 1. Apps mentioned:

IFTTT

FIVERR

EMAIL NOTE TO SELF

[Click For Day 28 - Organization](#)

ACTION: 1. What can you get rid of today?

[Click For Day 29 - Reflection](#)

ACTION:

1. Benjamin Franklin's Daily Planner

2. Scan Your Day and pinpoint any deficits and take 100% responsibility for your reactions, responses, thoughts, etc.

[Click For Day 30 - Bringing It All Together](#)

ACTION:

Congratulations! In today's video you will learn how to bring everything you have learned together and make it yours! Enjoy ... stay tuned for another video.

Leave Your Testimony - Day 31

ACTION:

- 1. Leave your testimony: Send Email*
- 2. Share this link with your friends and family so that they can sign up too!*

www.HowToGetUncomfortable.com