

The *Cashflownaire* Learning How to Live Well 30-Day Challenge

In the first episode of my new "*Cashflownaire Podcast*," I share why I believe this challenge is critically important for living a good life.

You can find this episode here:

<https://anchor.fm/cashflownaire>

If you're sincerely interested in learning how to live life well, listen to this first episode. I think you'll find it to be very helpful!

This 30-day challenge is designed to help you learn to see how amazing your life is RIGHT NOW. This is critically important because we all have a tendency to miss so many incredible things in life.

We focus on problems.

We focus on negative people.

We focus on things that we're worried about.

And we also focus on what we don't have.

If you actually invest the time to do this challenge every single day for the next 30 days, you *will* train yourself to see your life from a different perspective.

This shift in perspective WILL change your life.

However, to be 100% honest with you, this challenge won't be easy. It may look like it's easy, but it isn't.

My guess is that when you first start doing this challenge, you'll have trouble answering these questions. I certainly did.

I recently added the question... "*How was I lucky?*"... and have been struggling to answer this each morning.

The good news is that if you stick with it, and force yourself to answer every question on a daily basis, it will get easier!

When it starts to get easier for you to answer these questions, understand that this training has actually worked it's magic in your life. You're starting to see things you weren't seeing previously. You're starting to see how awesome your life really is!

One more suggestion for you... don't worry too much about your answers. There are no right or wrong answers. List the first thing that comes to mind and keep going!

The Cashflownaire Challenge Learning How to Life Live Well Date: _____	
List 5 Things That Went Right (Trains you to see how many things are going well)	List One Way Your Significant Other Makes Your Life Better (Trains you to see how amazing they are)
1. _____ _____	_____ _____
2. _____ _____	_____ _____
3. _____ _____	List One Way Someone Came Through For You Yesterday (Trains you to see how amazing people are)
4. _____ _____	_____ _____
5. _____ _____	_____ _____
How Did The World Conspire To Make Me Happy? (Trains you to see how amazing the world is)	List One Thing You Did Well Yesterday (Trains you to see how amazing you really are)
_____ _____ _____	_____ _____ _____
How Was I Lucky? (Trains you to see how lucky you really are)	List One Money-Making Idea (Business/Investing/Debt Reduction/Savings) (Trains you to see the opportunities all around you)
_____ _____ _____	_____ _____ _____
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On the download page for this 30-day challenge, I've included a one-page PDF of this daily tracking sheet. **Print out 30 of these daily challenge sheets right now so you'll have them ready to go each morning!**

Now, I know in advance that only a small percentage of people (less than 5%) will actually do this challenge every day for the next 30 days.

Yes, it's true.

You can give 100 people an incredible strategy that will completely change their lives and, sadly, only three or four will actually do it. ☹️

Most people don't follow through with anything, even IMportant things like this 30-day living well challenge.

Best,

- Rob Minton
Cashflownaire

P.S. If you have a bad day during this challenge, just go back and review your completed 30-day challenge summaries. You'll instantly find dozens of things that are going right in your life. You'll find a summary of how many people came through for you when you needed them. You'll also see several ways that the world conspired to make you happy. 😊

P.P.S. My hope is that you'll continue to do this living well challenge after the 30-days. The longer you continue this daily process, the faster you'll be able to pull yourself out of negative thought patterns. When something goes wrong, you'll catch negative thoughts quickly and will be able to start looking for things that are going right in your life breaking the loop of negative thinking.