

40 STEPS TO BECOMING HER IN 90 DAYS

ENVIRONMENT

- ☐ Deep clean your home
- ☐ Get rid of everything that does not spark joy
- ☐ Put something beautiful in every room
- ☐ Put up your vision board where you can see it every day

PERSONAL AESTHETIC

- ☐ Replace old clothes and accessories with things that fit you, flatter you, and make you feel fabulous
- ☐ Choose 3 signature hair styles that frame and flatter your face
- ☐ Get a signature fragrance and wear it daily
- ☐ Groom and polish your nails

FINANCES

- ☐ Build emergency fund of 6 months living expenses
- ☐ Invest in a low cost index fund every month
- ☐ Set up automatic monthly savings and investment account contributions
- ☐ Put bills on autopay
- ☐ Ask for a raise / start side hustle or business

MINDSET

- ☐ Gratitude journal every night
- ☐ Listen to positive affirmations regularly
- ☐ Speak about things in the positive, not the negative
- ☐ Journal daily to purge and process negative emotions

PERSONAL GROWTH

- ☐ Practice a physical skill (new sport, hobby) at least 3 times a week
- ☐ Practice a mental skill (language, instrument) at least 3 times a week
- ☐ Commit to a daily spiritual practice for 10 min (pray, meditate, etc)
- ☐ Read a book a month related to one of your goals
- ☐ Form and cultivate relationships regularly

HEALTH

- ☐ Drink at least 2 liters of water daily
- ☐ Workout / break a sweat 5 days a week
- ☐ Create a healthy meal prep plan
- ☐ Get in 10,000 steps a day
- ☐ Moisturize your skin and wear sunscreen daily

PURPOSE

- ☐ Make a vision board
- ☐ Find your ikigai
- ☐ Make 1, 5, and 10 year life plan
- ☐ Make statement of your ideal self
- ☐ Create morning and night routine and track it on a habit tracker

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Roman Wölfel

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