



7 Days of Discomfort

7-Day Challenge

Growth begins where comfort ends. This 7-day challenge is designed to sharpen your discipline and reveal what you're capable of without distractions or indulgence

Day 1

- Take a cold shower or walk 15 minutes.
- Skip the stimulants (coffee and sugar).
- Avoid your phone for the first 2 hours of the day (pre-work).
- Journal Entry: How do I respond to discomfort?

A Cold Start

Day 2

- No social media or entertainment apps.
- Phone used only for essential communication.
- Journal Entry: What do I reach for when bored?

Digital Silence

Day 3

- Do something physically hard (long walk, workout, hike, manual labor).
- No music or distractions during physical activity.
- Journal entry: What did your mind tell you when things got hard?

Physical Challenge

Day 4

- Write down everything you do today in 15 minute blocks. Summarize if needed.
- Journal: Where is your time going? What things were a waste?

Time Audit

Day 5

- No spending today (except essential pre-budgeted items)
- Reflect on impulse vs. intention.
- Journal: What cravings showed up?

Financial Fast

Day 6

- Wake up at 5am (or 1 hour earlier than usual).
- No screens for the first hour
- Journal: What did you do with your reclaimed time?

Early Wake

Day 7

- Have one conversation you've been avoiding.
- Journal: What truths are you hiding and why?

Radical Honesty

Reflection

- What was the hardest day and why?
- What surprised you?
- What are some things you want to carry forward and make a part of your regular life?