



The 30-Second Formula to a
Billionaire Life
MICRO-HABITS
MACRO SUCCESS

Author: Rehan Allahwala



Preface

In a world full of complexities and constant demands, the simplicity of small, consistent actions often goes unnoticed. This workbook, “Micro-Habits, Macro Success: The 30-Second Formula to a Billionaire Life,” is designed to bring focus back to the small yet powerful daily habits that, when practiced consistently, can lead to significant life transformations.

Every task in this book is curated to be simple, quick, and effective. Whether it’s a moment of gratitude, a deep breath, or a small act of kindness, each task is a building block towards a more mindful, productive, and fulfilling life. These micro-habits are not just about accomplishing goals but about creating a mindset and lifestyle that attract success and happiness.

This workbook is more than just a guide; it’s a companion on your journey to self-improvement. By dedicating just a few seconds each day to these tasks, you will cultivate a habit of mindfulness and positivity, making each day a stepping stone towards your ultimate life goals.

The journey of a thousand miles begins with a single step. Let this book be your first step towards the life you’ve always envisioned. Embrace these micro-habits, and watch how they lead to macro success.

Welcome to a transformative journey, one small habit at a time.

— Rehan Allahwala

DAY: 01

1. Take three deep, calming breaths.

 2. Smile to improve your mood instantly.

 3. Take three deep, calming breaths.

 4. Practice good posture for confidence.

 5. Do a quick stretch to loosen up.

 6. Mentally review your day's plan.

 7. Imagine yourself achieving a goal.

 8. Say something nice to someone.

 9. Ask yourself what can be improved today.

 10. Mentally acknowledge a recent success.

-
11. Jot down a quick task to accomplish.

 12. Reaffirm your focus on the current task.

 13. Thank someone for something small.

 14. Glance at your key long-term goal.

 15. Quickly adjust your to-do list.

 16. Dismiss a negative thought.

 17. Consider another person's perspective.

 18. Set a small personal challenge for the day.

 19. Mentally scan for a new opportunity.

 20. Let go of a small grudge or frustration.

DAY: 02

1. Take three deep, calming breaths.

2. Smile to improve your mood instantly.

3. Take three deep, calming breaths.

4. Practice good posture for confidence.

5. Do a quick stretch to loosen up.

6. Mentally review your day's plan.

7. Imagine yourself achieving a goal.

8. Say something nice to someone.

9. Ask yourself what can be improved today.

10. Mentally acknowledge a recent success.

11. Jot down a quick task to accomplish.

12. Reaffirm your focus on the current task.

13. Thank someone for something small.

14. Glance at your key long-term goal.

15. Quickly adjust your to-do list.

16. Dismiss a negative thought.

17. Consider another person's perspective.

18. Set a small personal challenge for the day.

19. Mentally scan for a new opportunity.

20. Let go of a small grudge or frustration.

DAY: 03

1. Take three deep, calming breaths.

2. Smile to improve your mood instantly.

3. Take three deep, calming breaths.

4. Practice good posture for confidence.

5. Do a quick stretch to loosen up.

6. Mentally review your day's plan.

7. Imagine yourself achieving a goal.

8. Say something nice to someone.

9. Ask yourself what can be improved today.

10. Mentally acknowledge a recent success.

11. Jot down a quick task to accomplish.

12. Reaffirm your focus on the current task.

13. Thank someone for something small.

14. Glance at your key long-term goal.

15. Quickly adjust your to-do list.

16. Dismiss a negative thought.

17. Consider another person's perspective.

18. Set a small personal challenge for the day.

19. Mentally scan for a new opportunity.

20. Let go of a small grudge or frustration.

DAY: 04

1. Take three deep, calming breaths.

2. Smile to improve your mood instantly.

3. Take three deep, calming breaths.

4. Practice good posture for confidence.

5. Do a quick stretch to loosen up.

6. Mentally review your day's plan.

7. Imagine yourself achieving a goal.

8. Say something nice to someone.

9. Ask yourself what can be improved today.

10. Mentally acknowledge a recent success.

11. Jot down a quick task to accomplish.

12. Reaffirm your focus on the current task.

13. Thank someone for something small.

14. Glance at your key long-term goal.

15. Quickly adjust your to-do list.

16. Dismiss a negative thought.

17. Consider another person's perspective.

18. Set a small personal challenge for the day.

19. Mentally scan for a new opportunity.

20. Let go of a small grudge or frustration.

DAY: 05

1. Take three deep, calming breaths.

2. Smile to improve your mood instantly.

3. Take three deep, calming breaths.

4. Practice good posture for confidence.

5. Do a quick stretch to loosen up.

6. Mentally review your day's plan.

7. Imagine yourself achieving a goal.

8. Say something nice to someone.

9. Ask yourself what can be improved today.

10. Mentally acknowledge a recent success.

11. Jot down a quick task to accomplish.

12. Reaffirm your focus on the current task.

13. Thank someone for something small.

14. Glance at your key long-term goal.

15. Quickly adjust your to-do list.

16. Dismiss a negative thought.

17. Consider another person's perspective.

18. Set a small personal challenge for the day.

19. Mentally scan for a new opportunity.

20. Let go of a small grudge or frustration.

DAY: 06

1. Take three deep, calming breaths.

2. Smile to improve your mood instantly.

3. Take three deep, calming breaths.

4. Practice good posture for confidence.

5. Do a quick stretch to loosen up.

6. Mentally review your day's plan.

7. Imagine yourself achieving a goal.

8. Say something nice to someone.

9. Ask yourself what can be improved today.

10. Mentally acknowledge a recent success.

11. Jot down a quick task to accomplish.

12. Reaffirm your focus on the current task.

13. Thank someone for something small.

14. Glance at your key long-term goal.

15. Quickly adjust your to-do list.

16. Dismiss a negative thought.

17. Consider another person's perspective.

18. Set a small personal challenge for the day.

19. Mentally scan for a new opportunity.

20. Let go of a small grudge or frustration.

DAY: 07

1. Take three deep, calming breaths.

2. Smile to improve your mood instantly.

3. Take three deep, calming breaths.

4. Practice good posture for confidence.

5. Do a quick stretch to loosen up.

6. Mentally review your day's plan.

7. Imagine yourself achieving a goal.

8. Say something nice to someone.

9. Ask yourself what can be improved today.

10. Mentally acknowledge a recent success.

11. Jot down a quick task to accomplish.

12. Reaffirm your focus on the current task.

13. Thank someone for something small.

14. Glance at your key long-term goal.

15. Quickly adjust your to-do list.

16. Dismiss a negative thought.

17. Consider another person's perspective.

18. Set a small personal challenge for the day.

19. Mentally scan for a new opportunity.

20. Let go of a small grudge or frustration.

WEEKLY REPORT

DAY	Possible frequency	Frequency	Possible Score	Score
Day 1	20		20	
Day 2	20		20	
Day 3	20		20	
Day 4	20		20	
Day 5	20		20	
Day 6	20		20	
Day 7	20		20	

Weekly Summary:

Total Tasks Completed:

Tasks Missed:

Singnature:

DAY: 08

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.

DAY: 09

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.

DAY: 10

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.

DAY: 11

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.

DAY: 12

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.

DAY: 13

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.

DAY: 14

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.

WEEKLY REPORT

DAY	Possible frequency	Frequency	Possible Score	Score
Day 1	40		40	
Day 2	40		40	
Day 3	40		40	
Day 4	40		40	
Day 5	40		40	
Day 6	40		40	
Day 7	40		40	

Weekly Summary:

Total Tasks Completed:

Tasks Missed:

Singnature:

DAY: 15

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.

DAY: 16

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.

DAY: 17

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.

DAY: 18

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.

DAY: 19

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.

DAY: 20

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.

DAY: 21

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.

WEEKLY REPORT

DAY	Possible frequency	Frequency	Possible Score	Score
Day 1	60		60	
Day 2	60		60	
Day 3	60		60	
Day 4	60		60	
Day 5	60		60	
Day 6	60		60	
Day 7	60		60	

Weekly Summary:

Total Tasks Completed:

Tasks Missed:

Singnature:

DAY: 22

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah , Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

DAY: 23

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah, Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

DAY: 24

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah, Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

DAY: 25

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah, Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

DAY: 26

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah, Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

DAY: 27

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah, Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

DAY: 28

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah , Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

WEEKLY REPORT

DAY	Possible frequency	Frequency	Possible Score	Score
Day 1	100		100	
Day 2	100		100	
Day 3	100		100	
Day 4	100		100	
Day 5	100		100	
Day 6	100		100	
Day 7	100		100	

Weekly Summary:

Total Tasks Completed:

Tasks Missed:

Singnature:

DAY: 29

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah, Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

DAY: 30

1. Take three deep, calming breaths.
2. Smile to improve your mood instantly.
3. Take three deep, calming breaths.
4. Practice good posture for confidence.
5. Do a quick stretch to loosen up.
6. Mentally review your day's plan.
7. Imagine yourself achieving a goal.
8. Say something nice to someone.
9. Ask yourself what can be improved today.
10. Mentally acknowledge a recent success.
11. Jot down a quick task to accomplish.
12. Reaffirm your focus on the current task.
13. Thank someone for something small.
14. Glance at your key long-term goal.
15. Quickly adjust your to-do list.
16. Dismiss a negative thought.
17. Consider another person's perspective.
18. Set a small personal challenge for the day.
19. Mentally scan for a new opportunity.
20. Let go of a small grudge or frustration.
21. Tidy up your workspace briefly.
22. Think about what you've accomplished today.
23. Take 30 seconds to remind yourself of your goals.
24. Pause and clear your mind.
25. Decline a distraction or unnecessary task.
26. Mentally reframe a challenge as growth.
27. Picture how you want tomorrow to look.
28. Eliminate a non-essential task.
29. Take a moment to be patient with yourself or others.
30. Capture a new idea quickly.
31. Reflect on something you've improved today.
32. Remind yourself why you're working on something.
33. Straighten up for better confidence.
34. Step away briefly to recharge.
35. Think of a recent failure as a learning opportunity.
36. Ask yourself, "What can I learn today?"
37. Brighten someone's day with a smile.
38. Affirm that you can achieve what you're working on.
39. Note one habit you're developing.
40. Take a moment to let go of stress.
41. Pause and savor the present.
42. Say something positive about yourself.
43. Text or email someone a message of encouragement.
44. Think about one thing you've learned today.
45. Do a quick set of squats or push-ups.
46. Consider advice you've received from a mentor.
47. Express appreciation to someone in person or online.
48. Identify one good thing about your day.
49. Do a one Squat.
50. Set a tiny goal for the next hour.
51. Think about how someone else may be feeling.
52. Avoid a temptation for a few seconds.
53. Picture a recent success vividly.
54. Mentally claim responsibility for a task or decision.
55. Think about how you can accept criticism positively.
56. Visualize a peaceful place for 30 seconds.
57. Mentally affirm the vision of your future self.
58. Reflect on how far you've come.
59. Admit a small truth you've been avoiding.
60. Mentally review a mistake as a lesson learned.
61. Decide what your next action will be.
62. Realign with your core purpose or mission.
63. Quickly assess how you feel right now.
64. Question a belief that might be holding you back.
65. Think of someone you can show compassion to today.
66. Offer a compliment to a classmate or colleague.
67. Think about one area you want to improve.
68. Take a moment to value the different perspectives around you.
69. Sketch a quick outline for a project or task.
70. Mentally reset and refresh your focus.
71. Focus on listening during a conversation for 30 seconds.
72. Reflect on the habits of a successful innovator.
73. Acknowledge someone else's effort or success.
74. Reach out for advice or insight on a topic.
75. Tell yourself, "I'll be consistent today."
76. Do one tiny action to move closer to your goal.
77. Let go of a small fear for 30 seconds.
78. Reflect on the excitement of learning something new.
79. Think about how a recent setback could lead to growth.
80. Mentally affirm your flexibility to change.
81. Focus on one thing you want to achieve today.
82. Set alarm for Fajar
83. Meditate for 5 mins
84. Brush your teeth
85. Take a bath
86. Pray 2 Nafal Namaz
87. Dua for 30 seconds
88. Quickly adjust your to-do list
89. Hug your mom for 30 seconds
90. When anger comes, take a deep breath
91. I am amazing
92. I love myself
93. I love everyone
94. Do one push-up
95. Ask someone for help
96. Thank Allah for giving me life
97. Smile broadly for 10 seconds
98. Tasbeeh 33 Times: SubhanAllah, Alhamdulillah, Allahu Akbar
99. Say thank you to your father.
100. Thank Allah for everything

MONTHLYREPORT

DAY	Possible frequency	Frequency	Possible Score	Score
Week 1	20		20	
Week 2	40		40	
Week 3	60		60	
Week 4	100		100	

Monthly Summary:

Total Tasks Completed:

Tasks Missed:

Singnature:

Conclusion

As we come to the end of this workbook, it's essential to reflect on the journey we've taken together. The small, daily actions outlined in this book are much more than simple tasks; they are the seeds of transformation. Each habit, no matter how insignificant it may seem, has the power to shape your mindset, influence your behavior, and ultimately define your life's trajectory.

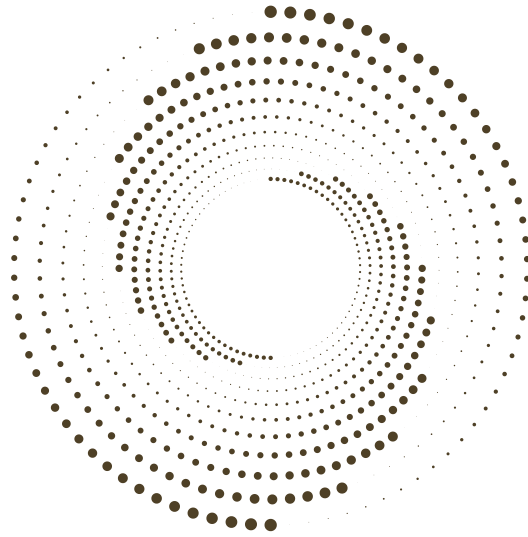
Throughout this journey, you've learned the value of consistency, mindfulness, and intentional living. The micro-habits you've practiced daily have been building blocks, creating a solid foundation for personal growth and success. By embracing these small steps, you've begun the process of transforming your daily routines and, in turn, your life.

Remember, success isn't always about big leaps; it's about the small, consistent steps you take every day. Continue to integrate these micro-habits into your life beyond this workbook. Keep practicing gratitude, stay mindful, and always seek improvement, no matter how small it may seem.

As you move forward, carry with you the understanding that greatness is built through dedication to the little things. The path to a fulfilling, successful, and meaningful life is paved with these seemingly tiny, yet powerful, habits.

Thank you for taking this journey towards self-improvement and embracing the power of micro-habits. May this be just the beginning of a life filled with growth, happiness, and success.

— Rehan Allahwala



TRANSFORM YOUR LIFE WITH THE POWER OF MICRO-HABITS

**This book offers 100 quick and effective daily habits to help you transform your life. From gratitude to goal-setting, each task is designed to inspire personal growth and positive change.
Ready to start your journey? Take the first step today!**