

# The Secret 30 Day Challenge

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## How It's Gonna Go Down

1. **Purchase *The Secret DVD*** or you can **[watch it online](#)** so you know what the heck we're all talking about.
2. **Choose what you want to manifest** over the next 30 days.
3. **Assemble any props**, pens, paper, crayons, journals, Yanni, candles, herbs, donuts you need.
4. We start on **March 1st**.
5. **Do your daily activities**, prayers, affirmations, intentions. Or do absolutely nothing.
6. There'll be **2 free teleconference calls** for you to call in and discuss your learnings, your progress or your fetid stagnancy.

Call #1: **March 1 @ 8pm EST** – Dial in to **(712) 432-2323** with Access Code **60657**

Call #2: **March 30 @ 8pm EST** – Dial in to **(712) 432-2323** with Access Code **60657**

Calls are recorded if you miss them.

7. **Mark your progress** on the worksheet (next page).
8. The challenge ends on **March 30th**.
9. **Report your learnings** on our results call on March 30, 2007 (call-in info above). Or don't.

## Promote *The Secret 30 Day Challenge*

The more the merrier.

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<http://andywibbels.com/the-secret-movie-30-day-challenge/>

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Can't wait to see ya on the calls! BFF/LYLAS. Andy Wibbels

# The Secret 30 Day Challenge

## Worksheet: Measure It!

Choose **three ways to measure your results** over the next 30 days – this is completely private to you.

The important thing is that they ***must be quantifiable***. Fluffy fuzzy feelings are great but are not quantifiable.

Depending on your goals measurements could include: Number of dates you've been on, orgasms, starting weight and ending weight, starting body fat and ending body fat, number of cigarettes you've smoked on day 1 vs day 30, number of books you've read in the past 30 days, days without alcohol, money in your bank account on day 1 vs day 30, value of stocks owned on day 1 vs day 30, credit card debt on day 1 or day 30, hours spent with spouse/family/kids compared to previous month, hours spent sleeping compared to previous month, number of cars you've bought, homes you've bought with no money down, visits from Ed McMahon, number of times you've been a snarky cynic.

Goal/manifestation	Action/affirmation taken	Status on Day 1	Status on Day 30
(quantifiable and measurable)	(right down exactly what you do for 30 days)	(quantifiable and measurable)	(quantifiable and measurable)

## Bonus Tool

[www.joesgoals.com](http://www.joesgoals.com) is a fantastic way to track daily habits like affirmations, visualizations and other daily thingies.