



Dare 2 Change 30 Day Challenge

By Omar A. Jarvis

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0.1in. Scientists have suggested that, with a little willpower, it takes roughly 30 days for a person to form a new habit. As with mastering anything new, the act of starting and getting beyond the preliminary stage where everything feels awkward is 80 of the battle. This is precisely why its important to make small, positive changes every day over the next 30 day period using the Dare 2 Change 30 Day Challenge. Now, after reading Dare 2 Change, implementing the Dare 2 Change 30 Challenge can make a difference in the way you live; helping to improve your health, social life, emotional well-being, finances, mental stability, professional work related goals, your involvement within your community and environment, your habits, and your spiritual development. This challenge will help empower you with a set of personal skills and techniques which will change your world in a wonderful and amazing way. What do you do when your drive and self-control starts to wear down. Usually, we look far ahead in the future and realize that we cant see ourselves keeping up,...

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