



UNIFIEDJOURNEY BOOTCAMP DETAILS

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- Accept the Challenge. Read/Review ***Free from the Pack & Your Rose of Jericho***. Create and write down your personalized systems of habits. **Complete Online Feedback Form (Day 0)**, then run the systems for 90+ days.
 - 1st 30:
 - Focus on the end caps: Bedtime and Morning routines. This will give you the most bang for the buck in helping you to feel better from the start all the way through to the end of your day. This will be the fastest way to make and sustain change.
 - Love yourself through the learning and implementation process, ease into the intensity.
 - Compassion is the key to consistency. Consistency is the key to success in change (slow is smooth, smooth is fast). Consistency is doing the same/similar routine around the same time each day. Focus on Flexibility from start to finish, especially in this phase and at the beginning of every workout.
 - **Complete Online Feedback Form** at the end of **30 days** as a summary of your experiences. Sharing more in any format of your choice is optional (i.e. email, blogs, websites, videos, etc.)
 - 2nd 30:
 - Focus on Evening recaps on tracking data and organizing it. Time plus data reveals what works and does not. Refer to ***Your Rose of Jericho*** to help you stay focused on looking for opportunities to add to the Visible dimension during the Daily Operations of this phase.
 - Have fun with what you do, how you do it and who you do it with. Focus on Balance; get in rhythm, in sync with yourself. Harmonize all dimensions. Focus on your Core; find out who you are and what makes you tick.
 - Positive experiences and results increases the chances of creating consistency and sustaining it.
 - **Complete Online Feedback Form** at the end of **60 days** as a summary of your experiences. Sharing more in any format of your choice is optional (i.e. email, blogs, websites, videos, etc.)
 - 3rd 30:
 - Identify Account Ability partners in your pack for the most needed or value adding habits.
 - Seek those who want to be Account Able with you, to you, or you to them. Identify the areas and ways that work best for the both of you. Know that each new project with each member of your pack will require going through a figuring it out phase. The results of Strength and Endurance will increase with well-maintained systems.
 - **Complete Online Feedback Form** at the end of **90 days** as a summary of your experiences. Sharing more in any format of your choice is optional (i.e. email, blogs, websites, videos, etc.).
- Share the 0, 30, 60 and 90-day+ progress by completing the online Feedback Form, via email or through personal and professional websites, articles, and/or social media channels (tag #UnifiedJourney).