SIGN HERE IF YOU'RE DONE LYING TO YOURSELF

100 CONTRACT CHALLENGE IDEAS

START • STOP • BUILD

CHALLENGES 01–020

01	I will not check my phone during the first hour after waking up.
02	I will turn off my phone one hour before bed.
03	I will not use social media before noon.
04	I will not watch YouTube before completing my most important task.
05	I will not take my phone into the bathroom.
06	I will get out of bed when my alarm rings.
07	I will go to bed by _____.
08	I will go one full day without sweets.
09	I will not eat fast food.
10	I will not drink soda or other sugary drinks.
11	I will drink a full glass of water after waking up.
12	I will take at least a 10-minute walk every day.
13	I will exercise for at least 10 minutes every day.
14	I will read at least five pages of a book every day.
15	I will work on the task I have been avoiding for at least 10 minutes.
16	I will complete my most important task before using my phone for entertainment.
17	I will decide my most important task before I start my day.
18	I will make my bed immediately after getting up.
19	I will clean up after myself instead of leaving it for later.
20	I will finish one thing I have been putting off today.

100 CONTRACT CHALLENGE IDEAS

START • STOP • BUILD

CHALLENGES 21–040

21	I will not press snooze when my alarm rings.
22	I will not check notifications while eating.
23	I will keep my phone out of reach while working.
24	I will eat without watching TV, YouTube, or my phone.
25	I will stop using screens by _____.
26	I will prepare my clothes for tomorrow before going to bed.
27	I will choose my three priorities before starting my day.
28	I will finish one task before starting another.
29	I will work for at least 20 focused minutes before taking a break.
30	I will not use social media while working.
31	I will wash the dishes immediately after eating.
32	I will spend 10 minutes cleaning or organizing my space.
33	I will put things back where they belong immediately after using them.
34	I will go one full day without buying anything except necessities.
35	I will write down every purchase I make.
36	I will prepare at least one meal at home.
37	I will not eat after _____.
38	I will eat at least one piece of fruit.
39	I will stretch for at least five minutes.
40	I will spend at least 15 minutes outside.

100 CONTRACT CHALLENGE IDEAS

START • STOP • BUILD

CHALLENGES 41–060

41	I will not look at my phone while someone is talking to me.
42	I will keep my phone outside the bedroom while I sleep.
43	I will open social media only at times I chose in advance.
44	I will not watch another episode after _____.
45	I will spend the first 30 minutes after waking up without a screen.
46	I will start my most important task before _____.
47	I will work on my most important task for at least 30 uninterrupted minutes.
48	I will do my hardest important task before the easiest one.
49	I will write for at least 15 minutes.
50	I will practice a skill I want to improve for at least 20 minutes.
51	I will decide tomorrow's first task before going to bed.
52	I will clear my workspace before I finish working.
53	I will not leave dirty dishes overnight.
54	I will declutter one small area of my home.
55	I will eat one meal today with no screen in front of me.
56	I will prepare my first meal instead of buying or ordering it.
57	I will not snack between meals.
58	I will complete one workout even if I do not feel motivated.
59	I will take the stairs whenever I reasonably can.
60	I will go outside within one hour of waking up.

100 CONTRACT CHALLENGE IDEAS

START • STOP • BUILD

CHALLENGES 61–080

61	I will not watch pornography.
62	I will go one full day without alcohol.
63	I will go one full day without caffeine.
64	I will not gamble or place a bet.
65	I will wait 24 hours before making an unplanned purchase.
66	I will not open shopping apps unless I intend to buy something specific.
67	I will save _____ before spending money on something unnecessary.
68	I will check my bank balance instead of avoiding it.
69	I will sit quietly without my phone for at least five minutes.
70	I will write down what is on my mind for at least five minutes.
71	I will write down one thing I am avoiding and why.
72	I will spend at least 15 minutes learning something useful.
73	I will practice a language for at least 15 minutes.
74	I will spend 30 minutes practicing something I keep saying I want to get better at.
75	I will not gossip about another person.
76	I will let someone finish speaking before I respond.
77	I will spend at least 20 minutes with someone I care about with my phone out of sight.
78	I will send the message or make the call I have been avoiding.
79	I will do the thing I know I need to do before I feel ready.
80	I will catch myself making an excuse and take one action anyway.

100 CONTRACT CHALLENGE IDEAS

START • STOP • BUILD

CHALLENGES 81–100

81	I will not drink caffeine after _____.
82	I will drink at least _____ glasses of water.
83	I will eat at least one serving of vegetables.
84	I will prepare my food instead of ordering takeaway.
85	I will not eat anything directly from the package.
86	I will brush and floss my teeth before going to bed.
87	I will spend at least 10 minutes in daylight after waking up.
88	I will not sit for longer than one hour without getting up.
89	I will prepare everything I need before starting an important task.
90	I will work on one task for at least 30 minutes without switching to another.
91	I will not check email before completing my first important task.
92	I will not play video games before _____.
93	I will limit social media to _____ minutes a day.
94	I will leave my phone in another room while doing focused work.
95	I will go one full day without spending money on anything unnecessary.
96	I will save _____ before spending money on entertainment.
97	I will contact one person I have been meaning to reach out to.
98	I will have one full conversation today without looking at a screen.
99	I will say no to one thing I genuinely do not want to do.
100	I will take one concrete step toward the goal I keep talking about.