

# TAKE THE COLD SHOWER GOAL CHALLENGE

- ✦ BOOST YOUR IMMUNE SYSTEM ✦
- ✦ FEEL BETTER & MORE FOCUSED ✦
- ✦ ACHIEVE YOUR GOALS ✦



**Go on, try the Cold Shower Goal Challenge for just 6 weeks and you'll be astonished at the results.**

**The PHYSICAL BENEFITS:**

- **Increased alertness • Healthier hair and skin**
- **Weight loss (promoted brown fat) • Faster muscle recovery from exercise • Reduced stress and depression • Increased levels of will power**

**The MENTAL BENEFITS:**

- **The focus to recite and achieve your life goals**
  - **Establish the foundations for a better life**
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## YOUR GOAL TEMPLATE

Cold showers give you the perfect opportunity to recite your life goals in a relaxed, focused way. But what are your life goals? Here's a template of what you need to recite:

***“I am so happy and grateful now that I  
<INSERT THE DESIRE OR GOAL> by being  
committed <DATE THAT YOU WANT THIS TO  
HAPPEN BY>”***

***Example:***

***I am so happy and grateful now that I have found my perfect partner  
and I am living a happy and wealthy life by December 2020***

If you need any help in formulating the template with your own goals then I'd love to help you.

**Then recite 4 personal affirmations:**


*(e.g. “I am happy, I am healthy, I am wealthy, I am strong.”)*

**It is important you allow yourself to get into the spirit of it, believe it and feel it. Build the image in your mind’s eye that you are living your goals. Thinking *FROM* the goal and not *TO* the goal.**

**We can never expect different results if we don’t change our internal belief system. We have to be ready to receive.**

**OK, and now with your goals outlined, you can begin WEEK 1 of the COLD SHOWER GOAL CHALLENGE...**

# WEEK 1:



Take the plunge. Just try **ONE MINUTE** under a cold shower every day. If you can't manage a full minute at first, then start with the water set to warm and then gradually turn it colder.

Remember to control your breathing - nice and steady. If you can't manage controlled breathing, just step away from the cold water and catch your breath. Then step back under once you've got control of your breathing. And begin to recite your goals!



# WEEK 2:

OK, step it up this week.

If you did one minute of cold water showering every day last week, then do 2 minutes every day this week. Or if you managed 2 mins last week, do 4 this week. And so on.

Remember to control that breathing,

Continue to recite your own personal goals in a relaxed and focused way.

If you're still finding it difficult, just begin with your normal temperature shower and then finish off for a few minutes under the cold water.



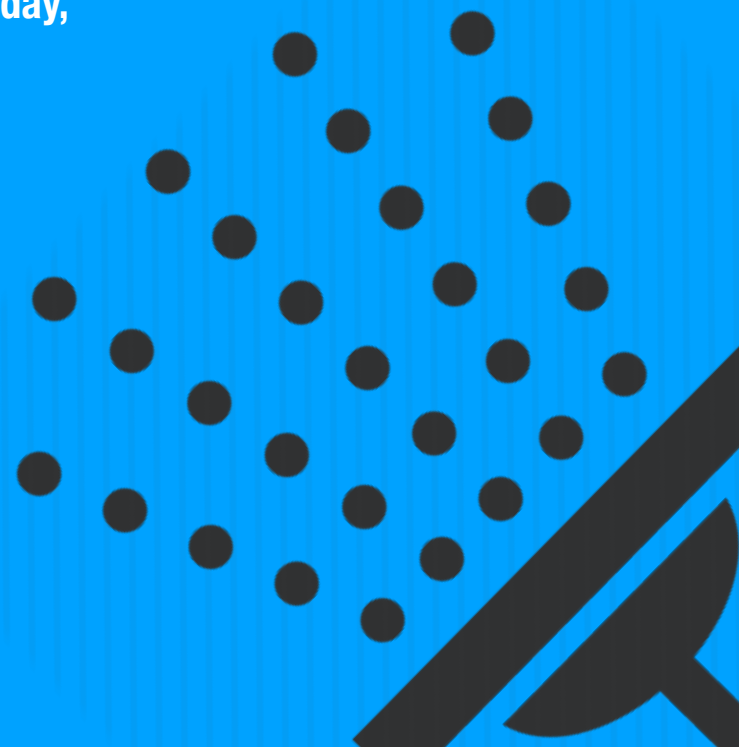
# WEEK 3:

**You should be aiming for between 5 and 10 minutes this week in a cold shower every day.**

**Your body and mind will be starting to get used to the experience and you'll find that your willpower to decide to do it each day is stronger.**

**Keep going and keep reciting your goals every day. Recite those goals in the shower and throughout the rest of the day, too.**

**It takes time to fully believe and internalise these goals, so it's important to keep saying them over and over.**



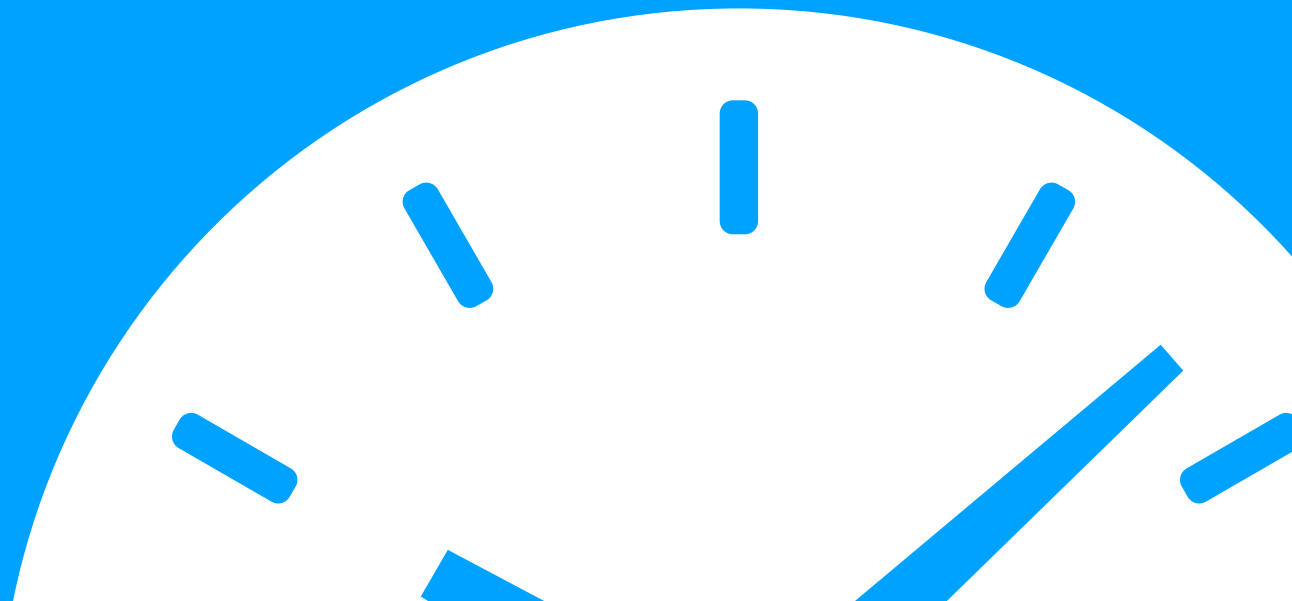
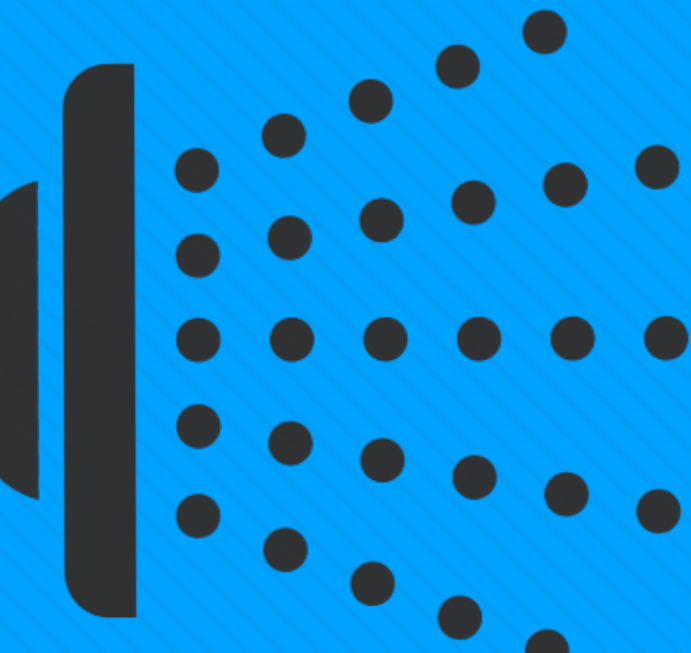
# WEEK 4:

**OK, you're doing great! Keep going.**

**Make sure you're easily doing at least 5 mins in the cold shower every day.**

**Remember, the water has to be fully COLD or else you're not getting the full benefits. And if you're really feeling the benefits then you'll want to keep going.**

**And really focus on reciting those personal goals to get in that positive mind-set for success.**





# WEEK 5:

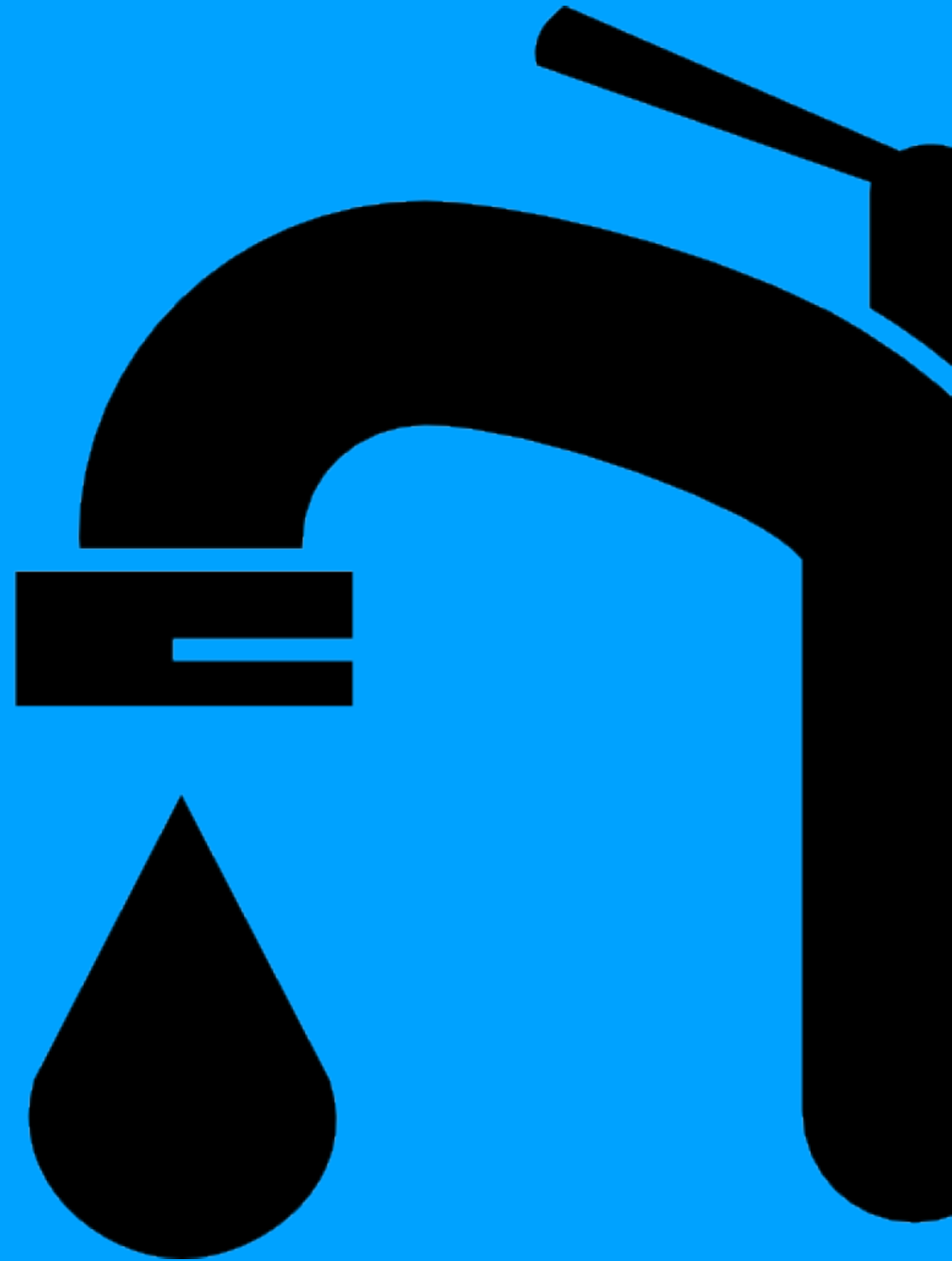
**It's bath week!**

**Try to take the occasional cold bath as well as a daily shower.**

**Maybe just one a week.**

**Make sure the bath water comes up to your chest so that you can fully immerse your body.**

**BE the person you want to become and meditate on this for at least 5 minutes as you lie in your cold bath.**



# WEEK 6:

Continue with the daily cold showers, but this time add in a weekly ICE bath.

Get at least 4 bags of ice from the supermarket and throw the ice into your cold bath.

Then spend 15 minutes immersed in the icy bath water.

Again, empty your mind and totally relax.

And that's it! That's your 6 week challenge. Well done. But now that you are feeling the amazing physical and mental benefits, you'll want to continue.

So keep going!

