



The Daily Practice Journal

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I was stuck. My life was going nowhere.

I was in a job I didn't really like, doing work I didn't care about.

And to distract myself, I was spending money I didn't have on going out and drinking all the time.

The bills started to pile up. I got further and further into debt, which meant I had to stay in the job that I didn't like just to afford the monthly payments. I was trapped. I felt miserable, like I was suffocating, and my mood began to seriously affect my relationships with the people around me.

Then I discovered the Daily Practice.

The brainchild of James Altucher, prolific writer and entrepreneur, the Daily Practice focuses on improving these four things in your life, every day:

- Physical health
- Mental health
- Emotional health
- Spiritual health

James calls these the Four Legs of the Daily Practice—each one as crucial as the next. By tackling every single one of these, every single day, and improving even just by 1%, James promises that your life will be completely different six months from now.

What did I have to lose? I started doing the Daily Practice, in the hope that my life would turn around.

It did. Faster than I could have imagined.

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