

75 HARD

CONTENT ICON EDITION

75 HARD – NOBODY WILL NOTICE YOU UNTIL YOU DO THIS

#75HardContentIcon

DAY

/ 75

DATE

.....

75 days. Zero excuses. **Today > yesterday.**

NO OFF DAYS
NO EXCEPTIONS

THE NON-NEGOTIABLES 0 / 8

☐ PLAN BEFORE SCROLL

Write down 3 goals before opening any social app.

☐ 1 REEL — NO PERFECT

Post one reel every day. It doesn't have to be perfect.

☐ 3 REAL COMMENTS

Three genuine, value-adding comments in your niche. Add "real comments" in your niche and connect with at least one creator per day.

☐ 30 PAGES — NO SHORTCUTS

Read 30 pages of non-fiction. Audiobooks don't count.

☐ 1 INTENTIONAL PARTNER OFFER

Make one meaningful outbound collaboration offer.

☐ 10 MIN ANALYTICS

Check your stats. Write ONE insight for tomorrow.

☐ INTENTIONAL ZOMBIE CONSUMPTION

Scroll with a purpose to find 5 trends or content ideas.

☐ PROOF OF PROGRESS

One screenshot or photo showing you're moving forward.

PLAN & REFLECT

MY 3 GOALS FOR TODAY

1

2

3

ONE INSIGHT FROM ANALYTICS

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PROOF OF PROGRESS — WHAT DID I ACHIEVE TODAY?

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 TODAY'S VIBE


ROUGH


REAL


GOOD


ON FIRE