

**DAN**  
ON DEMAND

# 90-DAY CHALLENGE



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This is Dan Lok.

Welcome to Dan On Demand™, the breakthrough program dedicated to show you how to think like a millionaire and develop the Millionaire Mindset.

In this 90 day challenge, you'll get the step-by-step process to make the next 90 days one of the fastest growth periods of your life by seeing how millionaires think.

There will be challenges, activities, assignments, and homework with the purpose of ONE thing and one thing only:

**To get you to start thinking like a millionaire.**

Frankly, some people who join a program like this will look at the first few classes and do a little bit but nothing significant. Or they may sign up and do nothing at all.

## **And That's Why A Lot Of People Fail**

Because they aren't committed to their own success. They are afraid of hard work. They SAY they want a better life for themselves and their families, but nothing comes from it at the end of the day and tomorrow they wake up the same person they were the day before.

Nothing gets better.

And they live their whole lives like this until one day before they die they look back and wonder, “what if?”

“What if I had been more committed to making my dreams come true? What if I had been more dedicated to my own success? And what if I had done made no excuses and did whatever it takes?”

### **This Is One Of The Biggest Regrets**

When people DON'T develop the Millionaire Mindset, they are doing a disservice to their friends, family, and the whole world.

Why?

Because just ONE person with the Millionaire Mindset can change the world.

Richard Branson. Steve Jobs. Elon Musk. Bill Gates. Warren Buffett. Oprah. All these people have one thing in common.

**They all have the Millionaire Mindset.**

Think about how many people they've all inspired. Impacted. And influenced to become better versions of themselves? Not only that, they're quite wealthy too. And they've built schools, charities, and given their families good lives.

Now I'm not saying you're going to get rich or impact millions of people if you follow the 90 day challenge and get the Millionaire Mindset.

I'm saying if you work hard, follow the steps I've laid out in the 90 day challenge, and if you stay committed to your success even when you don't feel like it,

## **You Could Walk Out After These Next 90 Days With A Brand-New Way Of Thinking**

Maybe you will start thinking like a millionaire or maybe you don't. It could be something else. What's important is you develop whatever mindset that best serves you and helps you get to your goals as fast as possible.

But you won't develop the Millionaire Mindset overnight. That's just unrealistic. But it can be developed day by day with the right training, guidance, and mentorship.

## **How Long Does It Take To Read Just 10 Pages Of A Book A Day?**

Probably not TOO long. And how many pages will you have read over 90 days at that pace?

Literally 900 pages.

How many books is that? Quite a few.

And if you're reading the right content, imagine what it could do for your life.

But why don't most people do it? Because it's easy to do. And it's also easy not to do.

## **That's Why I Put Together This 90 Day Challenge For You**

To keep you accountable to make your dreams come true.

Every single step you take in this challenge is equivalent to reading those 10 pages of a book. Every video you watch, every comment you make, every single assignment is a page in the book. And every step in the 90 day challenge gets you one step closer to having the Millionaire Mindset.

All it takes is watching a few videos and doing a few assignments that take 15 to 30 minutes a day.

But what happens if you don't improve every day for 90 days? What happens if you decide to stay for just 3 days?

Sure, you may get some good info for 3 days. But things probably won't get any better.

My point is you will see dramatic improvements just by staying committed.

The improvements may be tiny at first, but eventually it's going to snowball. And that snowball will turn into an avalanche.

### **Think You Can Stop An Avalanche?**

Exactly.

So to kick start your 90 day challenge we're going to do the first 3 days and start off doing some of the most important work there. Then we're going to move into a week by week challenge. And if you see the word BONUS it means it is an optional assignment in the 90 day challenge for those who are committed to getting the most out of this program.

Without further ado, **let's get started.**

# 90-DAY CHALLENGE

## DAY #1



Join the [DOD Facebook group](#) and meet other Doers.



Set up your [Discord account](#) and register for the next live class.



Watch the first 3 of 7 [Dan On Demand™ Success Roadmap - The Foundation](#) videos.



**BONUS:** Make an introduction post in the DOD Facebook group about what you hope to learn in the program, and why you joined.

# 90-DAY CHALLENGE

## DAY #2



Do The **Millionaire Morning Success Ritual** (I recommend you do it in the morning or before bed for best results).



Finish watching **Dan On Demand™ Success Roadmap - The Foundation**.



Comment on 5 people's posts inside the DOD Facebook group.



**BONUS:** Start reading / listening to **F.U. Money**.

# 90-DAY CHALLENGE

## DAY #3



Do The **Millionaire Morning Success Ritual** (I recommend you do it in the morning or before bed for best results).



Watch **The Wealth Triangle™: Dan Lok's Pioneered Wealth Strategy, How to Invest Like a Millionaire Ep. 2.**



Post an introduction video to the DOD Facebook group about where you are on The Wealth Triangle (high income skill, scalable business, or high return investment) and why you joined DOD. Use the hashtag **#90DayChallenge** in your post.

Boom! Congratulations on completing the first 3 days of the 90 day challenge.

The hardest part of doing anything is getting started. You've already overcome the most difficult part of the challenge and by you being here still tells me you're committed to your success and ready for more in your life.

Every day from now on in the 90 day challenge you're going to see something called...

### **Daily Millionaire Conditioning**

This means that every day for this 90 day challenge you will be:

#### **Doing The Millionaire Morning Success Ritual**

Start your day with [The Millionaire Morning Success Ritual](#). And if you miss it in the morning, you can do it before bed too.

#### **Declaring The Qualities Of A DOD Do'er Out Loud**

Download, print, or pull-up the Qualities Of A DOD Doer affirmation PDF and declare it out loud with purpose and passion. Speak as if each word is the truest thing you've ever said.

Now onto the...

# 90-DAY CHALLENGE

## WEEK #1



Do the Daily Millionaire Conditioning every day.



Watch all episodes of **Dan On Demand™ Success Roadmap - Millionaire Mindset.**



Make a post in the DOD Facebook group about your #1 takeaway from this week and use the hashtag **#90DayChallenge** in your post.



**BONUS:** Start reading the Book of the Month and post your #1 takeaway from the first 3 chapters of the book in the DOD Facebook group and use the hashtag **#bookofthemoth.**

# 90-DAY CHALLENGE

## WEEK #2



Do the Daily Millionaire Conditioning every day.



Watch all episodes of **Dan On Demand™ Success Roadmap - Millionaire Productivity Habits.**



Write your “not-to-do list” in a journal or piece of paper (i.e. video games, Tinder, Instagram, Snapchat etc).



Make a post in the DOD Facebook group about your #1 takeaway from this week’s challenge and use the hashtag **#90DayChallenge** in your post.



**BONUS:** Comment on 5 posts per day in the DOD Facebook Group and use the hashtag **#DoDoer** in your comment.

# 90-DAY CHALLENGE

## WEEK #3



Do the Daily Millionaire Conditioning every day.



Watch [Copywriting Secrets](#).



Go through Bonus #5 - [21 Proven Fill-In-The-Blank Headline Formulas](#).



Make a post in the DOD Facebook group using one of the headlines from Bonus #5 - [21 Proven Fill-In-The-Blank Headline Formulas](#) selling the object that is on your left where the “call to action” is to comment on the post and use the hashtag **#90DayChallenge** in your post.



**BONUS:** Comment on 7 posts over the course of the week (1 comment per day) in the DOD Facebook Group and use the hashtag **#DoDoer** in your comment.

# 90-DAY CHALLENGE

## WEEK #4



Do the Daily Millionaire Conditioning every day.



Watch **Telephone Millions**.



Go through Bonus #9 - **Telephone Millions Million-Dollar High-Ticket Booklet**.



Make a post in the DOD Facebook group about your #1 takeaway from this week's challenge and use the hashtag **#90DayChallenge** in your post.



Comment on 5 posts in the DOD Facebook Group per day and include **#DoDoer** in your comment.

# 90-DAY CHALLENGE

## WEEK #5



Do the Daily Millionaire Conditioning every day.



Watch **Your First Million.**



Go through Bonus #2 - **The 7-Figure Business Blueprint.**



Make a post in the DOD Facebook group about your #1 takeaway from this week's challenge and use the hashtag **#90DayChallenge** in your post.



Comment on 5 posts in the DOD Facebook Group per day and include **#DoDoer** in your comment.



**BONUS:** Start reading the Book of the Month and post your #1 takeaway from the first 3 chapters in the Facebook group and use the hashtag **#bookofthemoth.**

## WEEK #6



Do the Daily Millionaire Conditioning every day.



Watch all episodes of **Dan On Demand™ Success Roadmap - Closing More Sales.**



Make a post in the DOD Facebook group about your #1 takeaway from this week's challenge and use the hashtag **#90DayChallenge** in your post.



At the end of each day, write down the 3 things that went well in a journal. No matter how small. We want you to go to sleep feeling good about the 3 things you did well that day so you wake up in a better state.

*Examples:*

- "I supported a DOD family member in the Facebook group today"
- "I closed a customer today"
- "I took a jog this morning"
- "I made my bed this morning"
- "I listened more instead of talking more with my friend"



Comment on 7 posts per day in the DOD Facebook Group and use the hashtag **#DoDoer** in each comment.

# 90-DAY CHALLENGE

## WEEK #7



Do the Daily Millionaire Conditioning every day.



Watch the [GEM personality type video](#).



In a journal, write down your family's gem types, how each has affected you in terms of communication, and how you should speak to your family based on their gems.



Watch the [Sales Tips That Get People To Buy](#) Playlist.



Make a post in the DOD Facebook group about your #1 takeaway from this week's challenge and use the hashtag **#90DayChallenge** in your post.



Comment on 7 posts per day in the DOD Facebook Group and use the hashtag **#DoDoer** in each comment.

# 90-DAY CHALLENGE

## WEEK #8



Do the Daily Millionaire Conditioning every day.



Watch the **Dan On Demand™ Success Roadmap - How To Sell High-Ticket Products & Services** and post in Facebook your biggest “aha” and how you plan on implementing.



How would you sell either: a cup of coffee for \$50? A pair of socks for \$1,000? Or a chair for \$10,000?



Comment on 10 posts per day in the DOD Facebook Group and use the hashtag **#DoDoer** in each comment.

## WEEK #9



Do the Daily Millionaire Conditioning every day.



Rewatch [How To Set Goals And Actually Achieve Them](#) for reference.



In your journal or a piece of paper, write down your #1 money goal you want to realistically achieve in the next 12 months. Write down your DIG and what you are going to do to achieve that yearly, monthly, weekly, and daily.



Post your DIG and the daily action steps you are going to take to achieve that DIG in the DOD Facebook group.



Make a post in the DOD Facebook group about your #1 takeaway from this playlist and use the hashtag **#90DayChallenge** in your post.



Comment on 10 posts per day in the DOD Facebook Group and use the hashtag **#DoDoer** in each comment.



**BONUS:** Start reading the Book of the Month and post your #1 takeaway from the first 3 chapters of the book in the Facebook group and use the hashtag **#bookofthemoth.**

# 90-DAY CHALLENGE

## WEEK #10



Do the Daily Millionaire Conditioning every day.



Watch **Dan On Demand™** **Success Roadmap - The Art of High-Ticket Sales.**



Post what high income skill you're working on right now and how you're going to apply what you've learned from The Art Of High Ticket Sales video playlist to your current or future business model and use the hashtag **#90DayChallenge** in your post.



Comment on 10 posts per day in the DOD Facebook Group and use the hashtag **#DoDoer** in each comment.

# 90-DAY CHALLENGE

## WEEK #11



Do the Daily Millionaire Conditioning every day.



Rewatch **How To Stop Procrastinating - Cure Procrastination Forever - Millionaire Mindset Ep. 17.**



The DOD journey is coming to an end soon. But your personal growth journey is just starting. Make a post about your #1 goal for the next 12 months in finances, health & fitness, relationships, and mindset.



Comment on 10 posts per day in the DOD Facebook Group and use the hashtag **#DoDoer** in each comment.

# 90-DAY CHALLENGE

## WEEK #12



Do the Daily Millionaire Conditioning every day



Comment on 10 posts per day in the DOD Facebook Group and use the hashtag **#DoDoer** in each comment



Take the 90 Day Challenge Test and pass it, print your 90 Day Dan On Demand Challenge Certificate, take a picture with it proudly, and post it in DOD Family in Facebook to celebrate the accomplishment with your fellow Doers and use the hashtag **#90DayChallenge**.



Celebrate! Book a time for yourself to go out and do the things you love to do. Maybe throw a get together. Go out with your friends or loved ones. Or get a massage.