

## 5 Fun Rules

Ready to give this program all you've got?

*Set aside 15 minutes in your day*

DO NOT open the challenge email until right before you are due to do the task. The surprise and spontaneity is part of the fun! We will warn you the day before if you require any special equipment or information for a particular task, or whether you need to be in a certain place to accomplish it. That way there's no temptation to say 'I didn't have the right stuff!'

*No over-thinking!*

And, while we're at it, no negative self-talk. Phrases that aren't allowed on the My 15 Minutes program:

- Meh, I don't want to!
- Sigh! Can't be bothered.
- I'll give this one a miss - it's not quite applicable to my life...

It's 15 minutes! JUST. DO. IT.

*If you miss a day...*

Stick with the program anyway!

This is not a diet, where one chocolate biscuit becomes your downfall. Even if you miss four 15-minute tasks in a week, it will only take you one hour to catch up.

*If a 15-minute task really doesn't fit your circumstances...*

Do some quick thinking and modify the challenge to suit.

A task not being 100% relevant for you is not an excuse to avoid doing anything. This is your 15 minutes, so use it well!

*Give My 15 Minutes a RED HOT GO!*

Enter the program playfully, positively and with a 'Can Do' attitude of fun and dedication. You deserve it!