

# *The MB Next Era* *3/30/90 Challenge™*

**A 90-DAY  
HABIT STACKING SYSTEM  
TO BUILD YOUR ALIGNED LIFE**

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# The Mission

This isn't just a fitness challenge. It's not a quick fix.

The MB Next Era 3/30/90 Challenge™ is a 90-day identity shift built through habit stacking, daily discipline, and intentional living.

Three phases. Thirty days each. One aligned, transformed you.

# The Rules

- You'll complete each phase without skipping days. If you miss a habit, reconnect with promises to yourself and keep going. This challenge isn't about punishment it's a means to build trust and confidence.

## Phase 1 (Days 1–30) – Stabilize & Simplify

This phase is about building stability, trust, and consistency.

Complete all 6 Core Habits daily:

1. Movement – 45 minutes (cycle-synced intensity if desired)
2. Nourishment – Choose intentional, supportive meals + hydrate (aim for consistency that works for your body)
3. Mindset – 10 minutes journaling + 10 minutes reading
4. Visibility – Show up intentionally each day – for yourself first, and optionally through an outward share (a post, a story, or another form of expression)
5. Environment – 15 minutes declutter/tidy
6. Planning Ritual – Nightly plan & reflection

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## Phase 2 (Days 31–60) – Stack & Strengthen

Once your foundation is in place, this phase strengthens and expands your habits.

Keep all 6 Core Habits AND add these 4 Upgrades:

1. Level-Up Movement – 1–2 higher intensity days/week
2. Nourishment Upgrade – Weekly grocery prep, meal planning, or another supportive ritual
3. Visibility Upgrade – One intentional long-form share per week (blog, video, podcast, extended post — or another way you choose to “be seen”)
4. Skill/Wealth Habit – 20 min/day skill-building or income-producing activity

## Phase 3 (Days 61–90) – Expand & Embody

This is where the habits shift from “challenge” to “identity.”

Keep all habits from Phases 1 & 2 AND add these 3 Identity Habits:

1. Signature Ritual – Weekly anchor (CEO hour, content day, personal styling, etc.)
  2. Impact Habit – Weekly give-back or service action
3. Lifestyle Flexibility – Practice habits during travel, busy weeks, or social seasons

Track Your Progress

Keep Your Promise

For 90 days, I will show up for myself.

I will keep my word.

I will become the woman who lives her Next Era every day.

After completing your 90 Day Challenge check out our  
Next Round details!

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Progress bars for each day, consisting of two vertical lines.

*Movement*

Row of 31 circles for Movement tracking.

*Nutrition*

Row of 31 circles for Nutrition tracking.

*Mindset*

Row of 31 circles for Mindset tracking.

*Visibility*

Row of 31 circles for Visibility tracking.

*Environment*

Row of 31 circles for Environment tracking.

*Planning Ritual*

Row of 31 circles for Planning Ritual tracking.

*M&B Next Era*

MONTH:

ROUND:

# 3/30/90 CHALLENGE