



The Perfect 100 Day Project

Hello! My name is Rich Armstrong. I'm the founder of TapTapKaboom, and author of *The Perfect 100 Day Project*. It's a book where I help you choose, make, and finish the perfect 100 Day Project *for you*. In it I answer tons of questions, *and* ask you tons of questions.

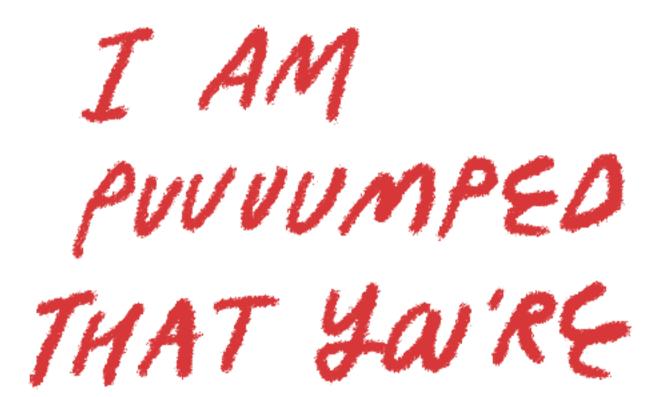
Maybe you may own this book. Maybe you're part of the my100dp.com community. Maybe you're a TapTapKaboom patron. Or you may have taken my popuar online class called *The Perfect 100 Day Project*, or one of my other classes. However you got to be here, reading this page, welcome!

On the next page, your 100 Day Project tracker awaits!

Below are some links to check out!

Get The Perfect 100 Day Project book

<u>www.ttkb.me/100dpbook</u>



Visit the My 100 Day Project website www.ttkb.me/my100dp

HEREI

Take The Perfect 100 Day Project online class www.ttkb.me/100dpclass

Visit the TapTapKaboom website and check out all the classes, tools, and apps to help you be more creative and productive.

<u>www.taptapkaboom.com</u>

i

Your 100 Day Project Tracker

You can track your 100 Day Project here *and* get things to consider and think about every few days *and* write short journal entries-thoughts, ideas, feelings, questions, answers.

If you want to fill in the dates you can. If you want to note where you missed or skipped days you can. And if you want to

write more, make a note of it and resume writing at the end of this tracker-there are a bunch of blank pages.

If you only want to mark days off go for it. If you only want to answer the journal prompts, go for it. If you feel like answering questions from other days, go for it. This is 100% your project– do what you like.

Here's an example of how you may want to use it:

DAY DATE NOTES

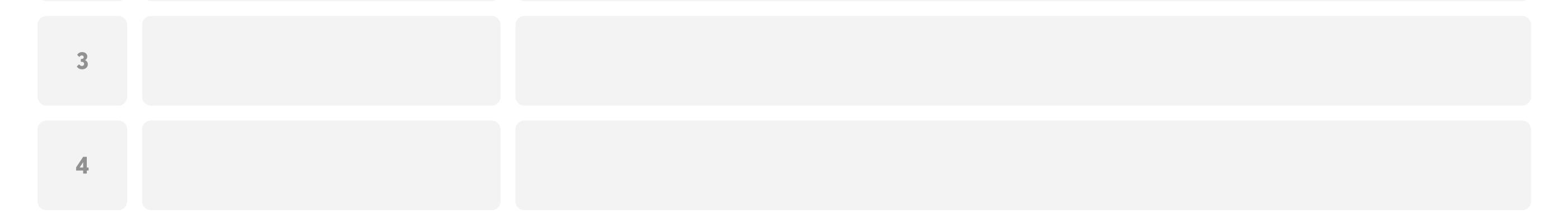
	22 JAN	FELT SO GOOD. PUMPED ABOUT 49 MORE DAYS.
<u>P</u>	23 JAN	
×	24 JAN	HAD TO WORK OVERTIME
V	1 FEB	TODAY WAS DIFFICULT! MORE ON PAGE 14



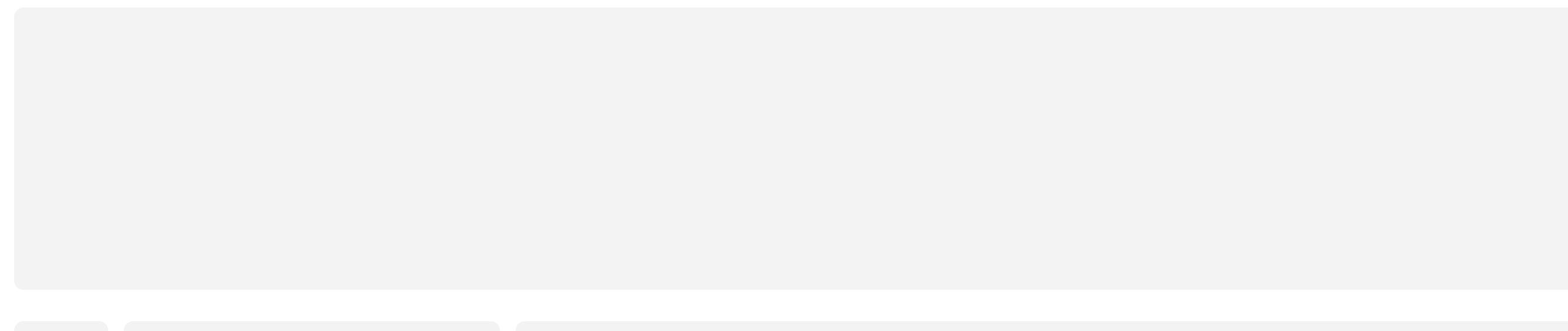


DAY DATE NOTES

You started. Whoop! Fist-bump! How did that feel?



How can you make it quicker and easier to begin working on your project each day?





Whoop! Yes! Yes! Yes! You've just completed your first week! Give yourself a high five! Or celebrate in your unique way. Well-forking-done! Now your project is real. You're doing it. It's not just theory anymore.

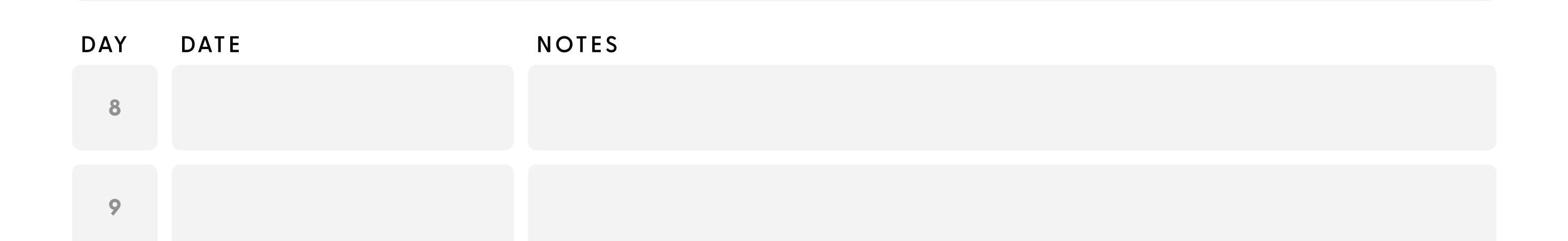
Maybe you're pumped. Inspired. Stoked. Loving life. Enjoying the process. Getting good feedback. Things are peachy. Rosy. Awesome.

But maybe things aren't so great. Maybe you've had some hiccups. You've missed

some days. You've spent far more time creating each day than you planned. The sharing is stressful. Or you're soooo bored by your project already. Or something else. It could even be a mix of things.

Keep on going!

What would make working on your project easier each day?



Is the time of day working for you?

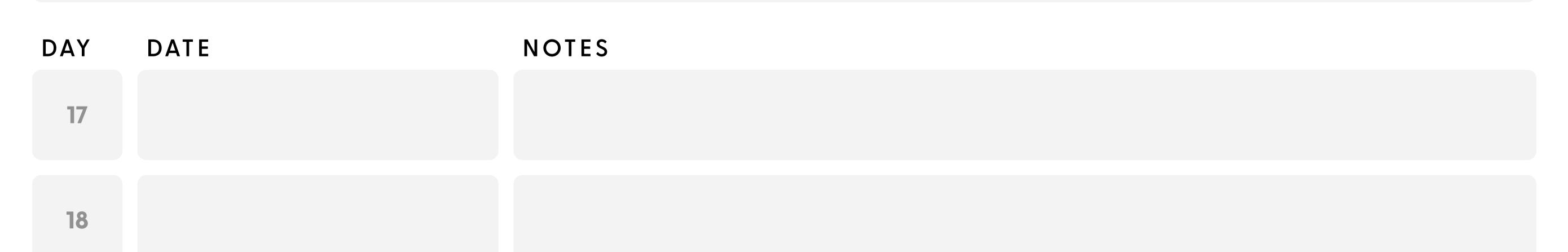
How are you feeling about doing another 90 days of this?



Are you spending a Goldilocks amount of time on your project each day?

15		
16		

What is the worst thing about your project?





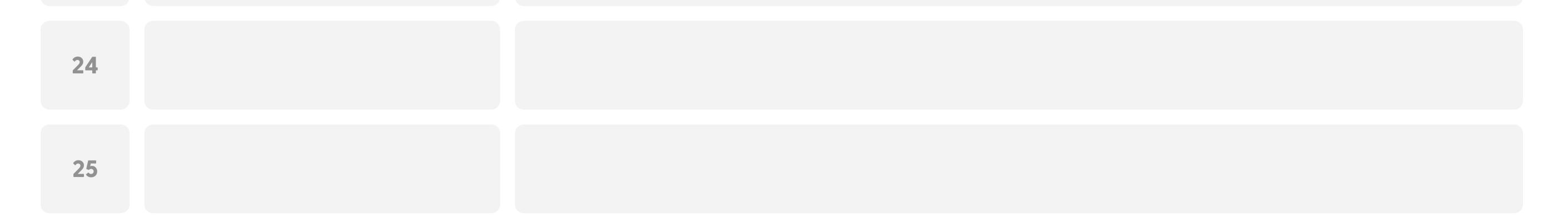
Take a quick look back at the last 21 days and see what you've done!

When you begin to see what you've done, and see how you've progressed, you begin to gather momentum. And momentum is infectious. Contagious. Glorious. Hella-good-feeling. It helps us keep going.

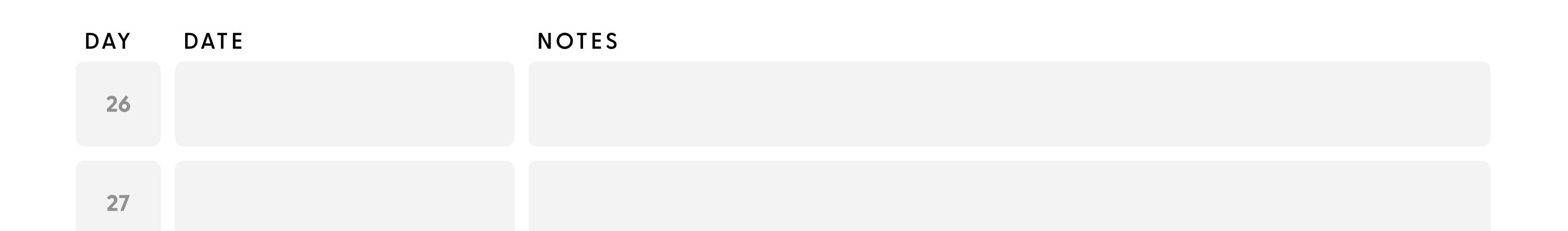
But there's normally room for change. Small. Big. You'll know. You don't have to suck it up for another 79 days. You can change things now—on day 21. Because you're still figuring your project out. You're changing. You're learning. You're growing. So reflect a bit. Be honest. Take stock. Be grateful.

22

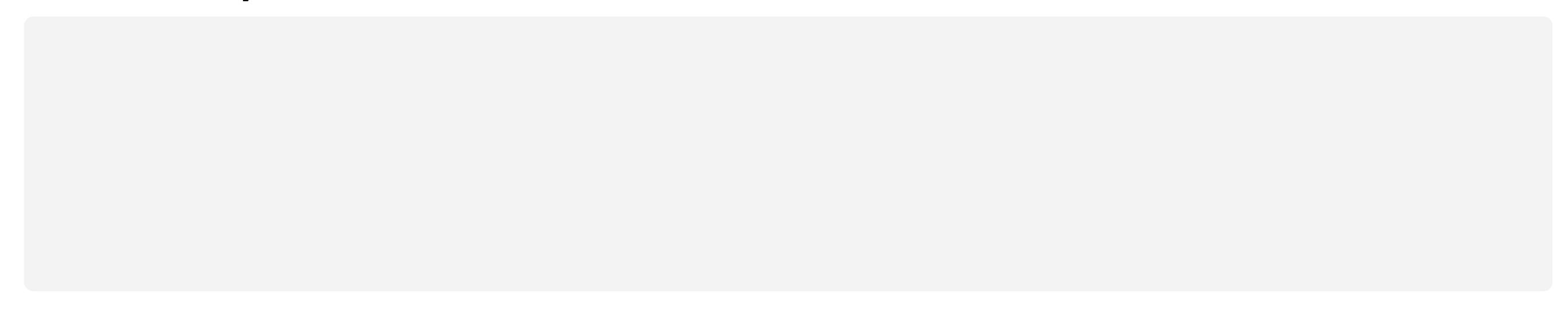
What are you absolutely-forking-loving about your project?



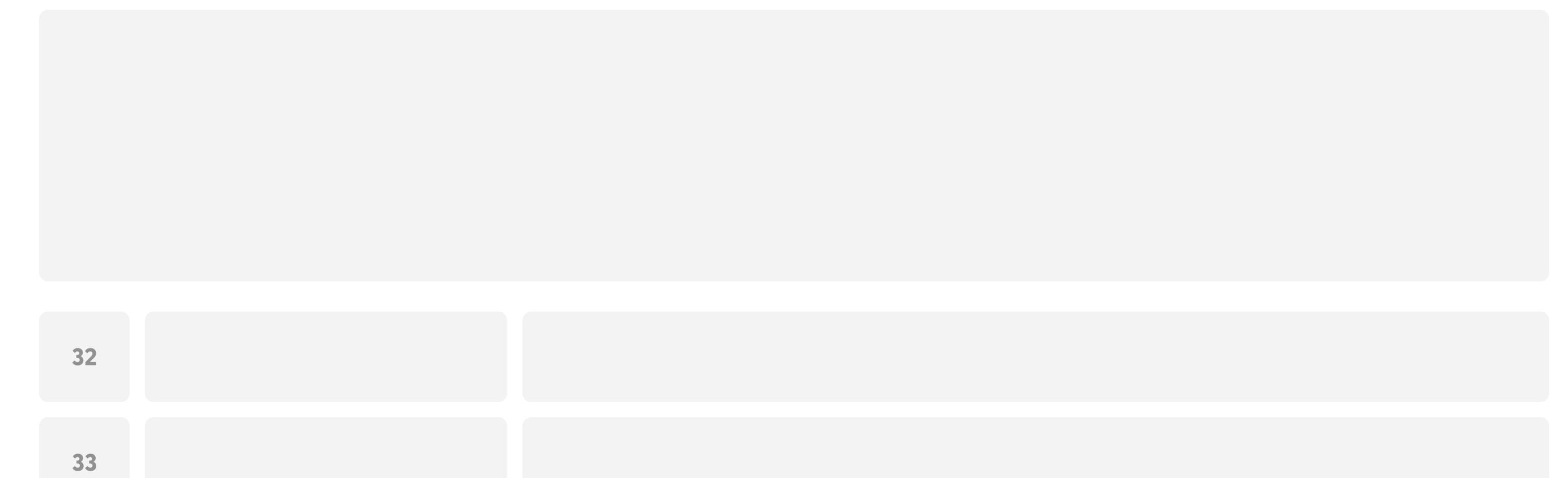
What could make your project funner?

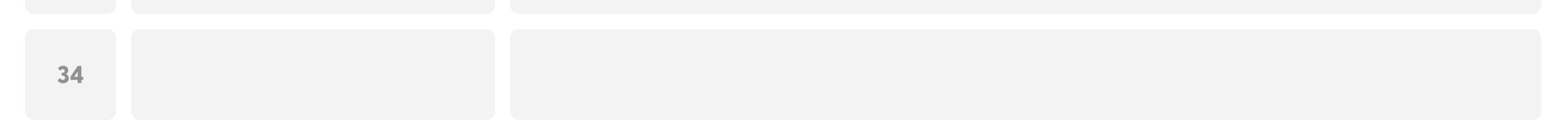


What have you learned in the last 2 weeks?

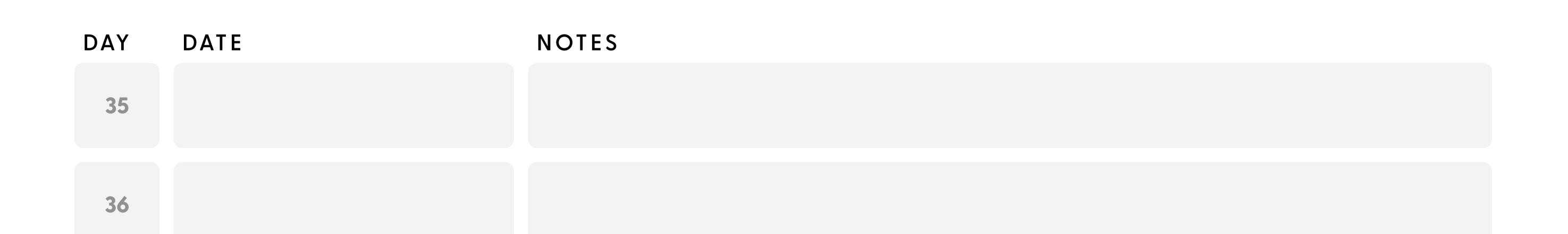


What parts of your project are boring you? Why?

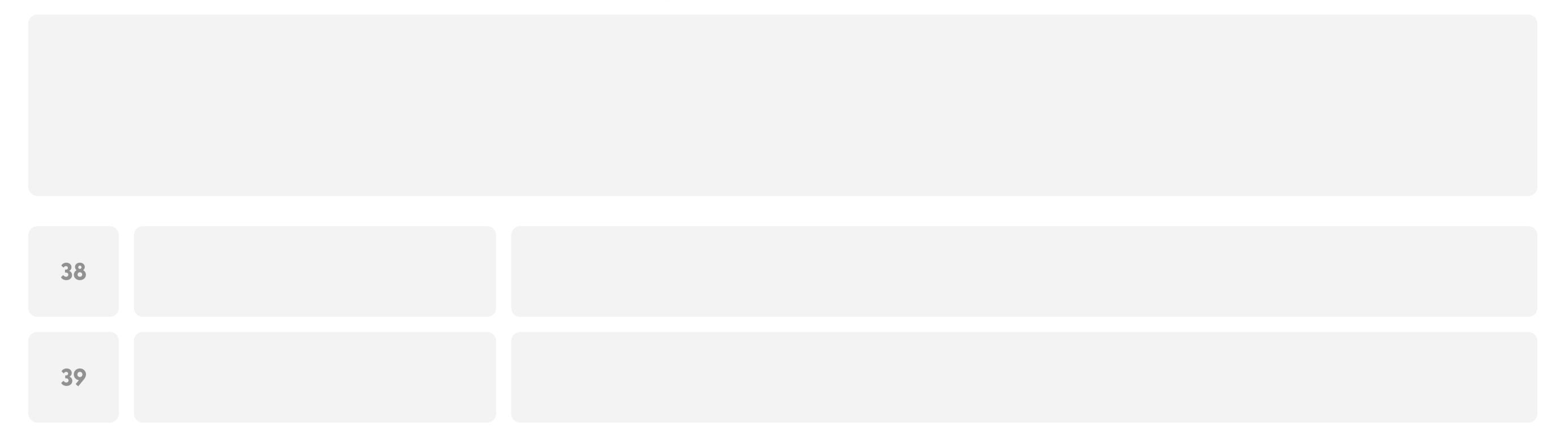




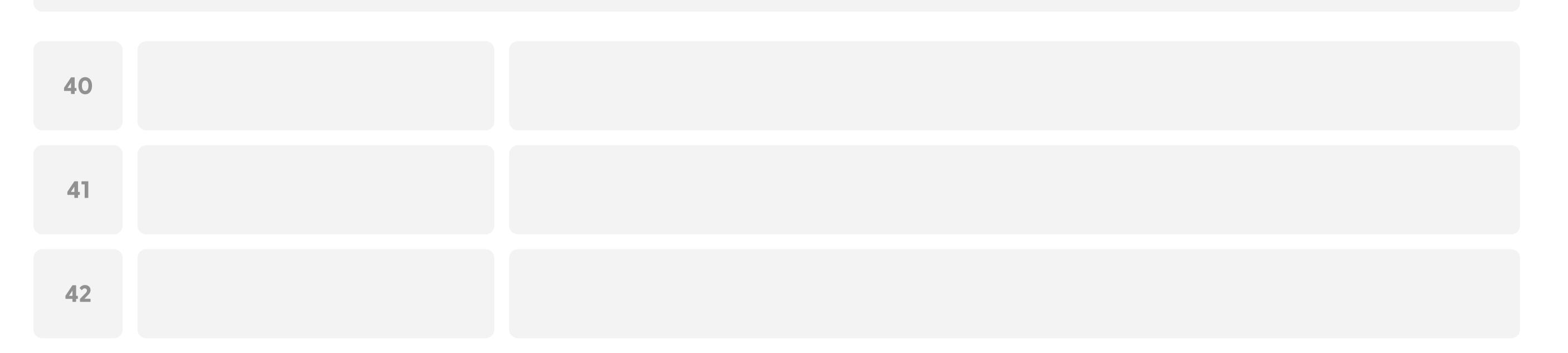
What are you going to change/improve/test out in the next few days?



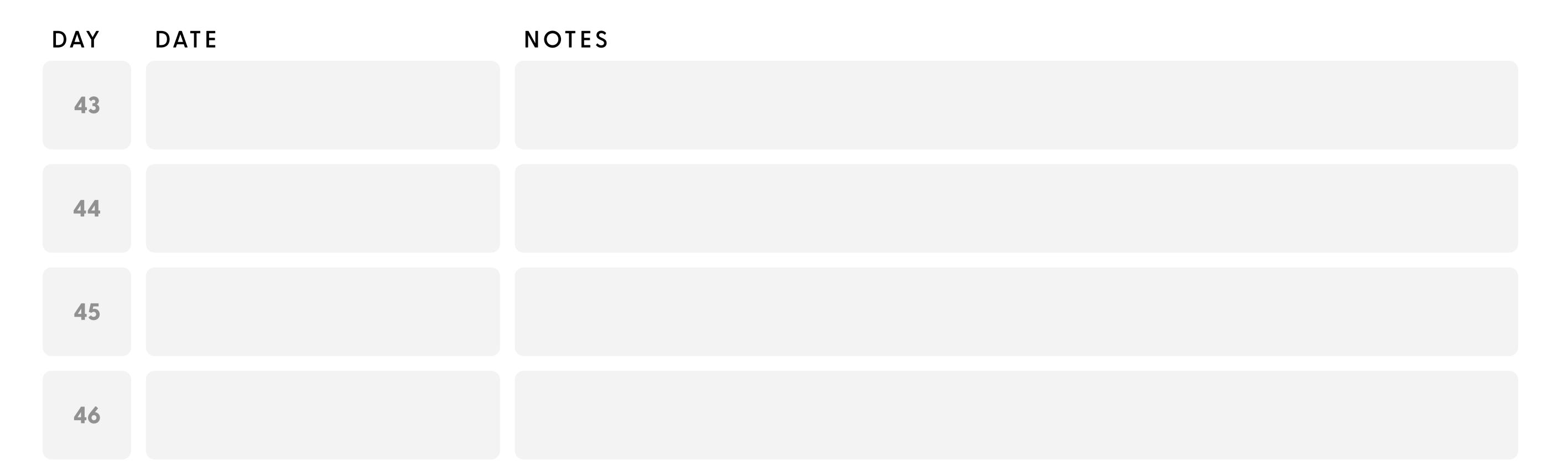
What's the hardest part of your project so far?



What defines "success" for you?



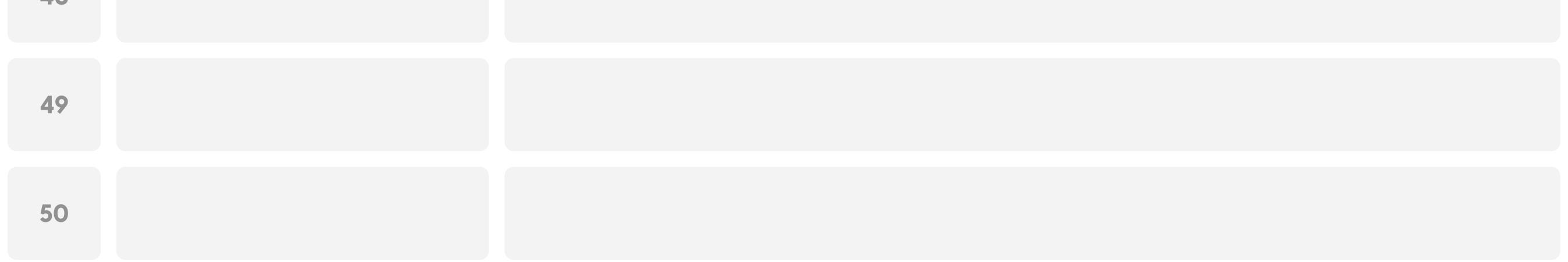
How are you feeling about your project? Write down some thoughts and feelings



Is there anything that's astronomically sucking so far? What can you change?

47

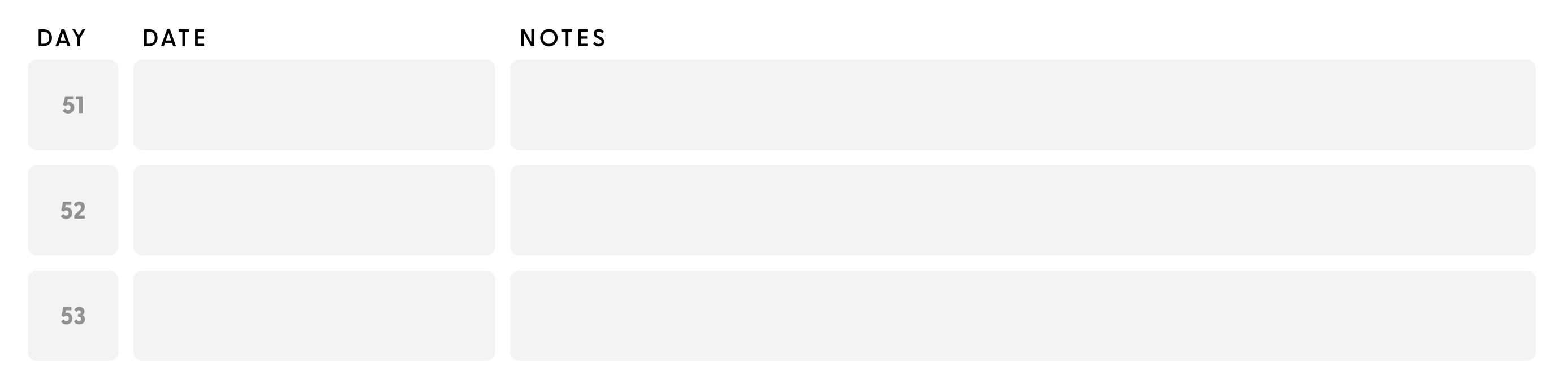
Who inspired you this week?



You're a day 50-er! You rock. Big time! You're half-way there. Kaboom! That's massive. You've got 50 things under your belt now. I bet that feels good. MAJBE MAKE UP YOUR OWN CELEBRATORY DANCE ?? AND DANCE THE HECK OUT OF IT !! And it should!

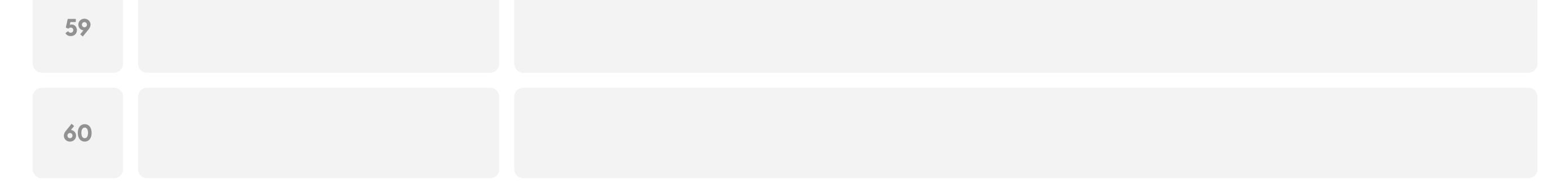
Take a good look at what you've done and achieved and gone through. Maybe you're beginning to realize just how powerful consistency and intentionality are-like, super duper powerful right!? But it's not the time to think you know it all. To think you're a big shot. To think your journey's done. Because the more you learn the more you realize you don't know right!? There's always more to learn. Always. And more to do. Even when you're on day 100, you often feel like you're still on day 1. And it's true in some ways.

You're always right here. Never over there. There's always more of your journey to walk. Keep on going. Keep on pitching up. Keep on choosing to do what you're doing. It's worth it.

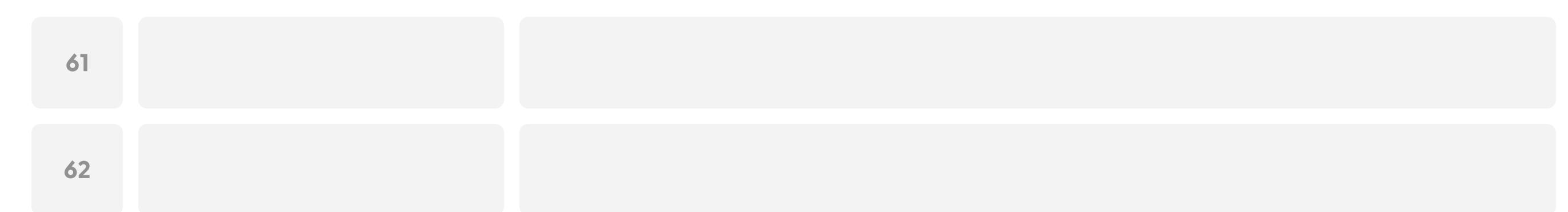


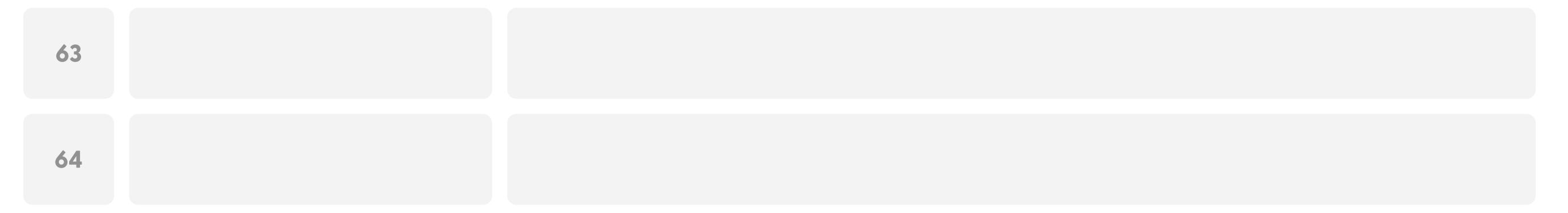
What happened today? And why?

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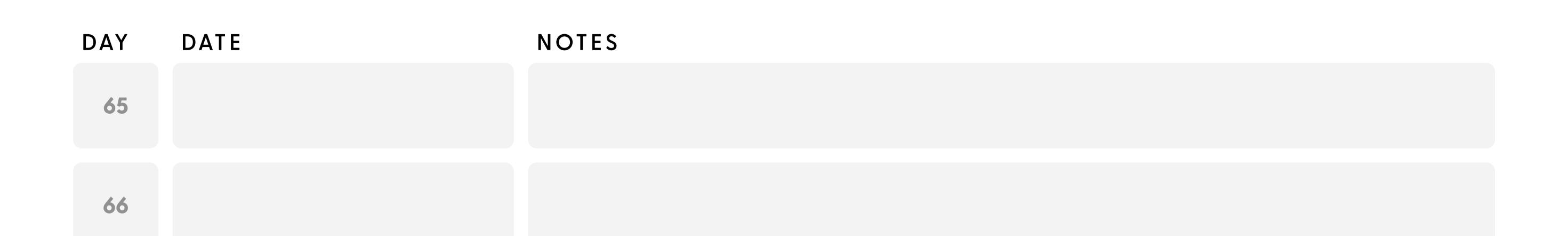


What's annoying or frustrating you about your project?





How would you explain your 100 Day Project to a friend?



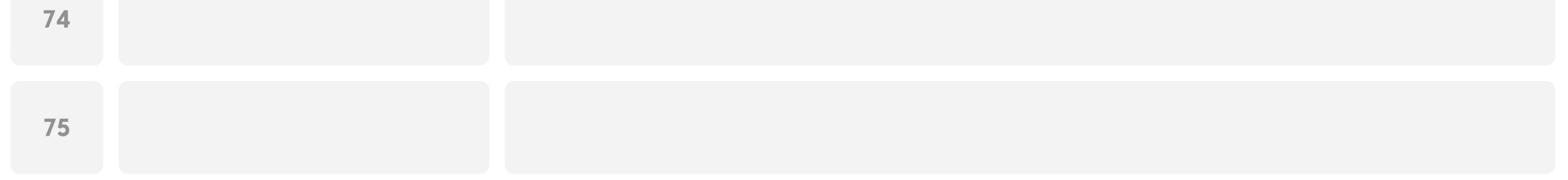
71

What did you learn today?

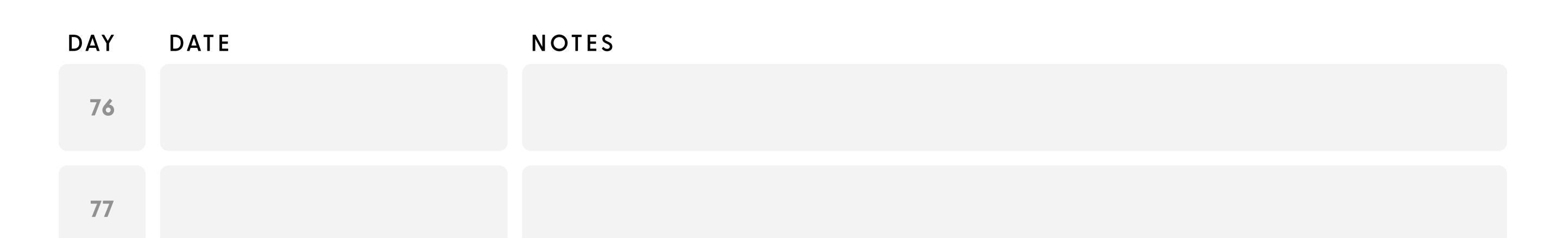


How have you learned to become more efficient?





How can you make more space for what you're forking loving about your project?



11 weeks in! What are some things you've learned?



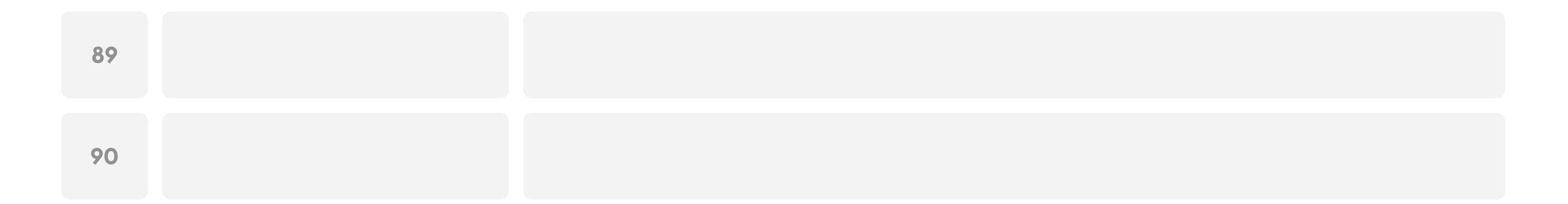
3 weeks left! What can you do differently going forward?



What have some of your highlights been?

DAY	DATE	NOTES
85		
86		
87		
88		

What's the reason you started this project? Has that reason been fulfilled?



Oooooooooo. You're sooooooo close now. You'd be surprised how many people stop round about now though. Don't be one of those people. Even if you think there's

nothing more you can take out of this project, I challenge you to do the last 10 days. You don't know what's still waiting for you to find. There may be something epic just around the corner.

91

How can you make the last 2 weeks of your project epic and memorable and fun and challenging and just the best ever?

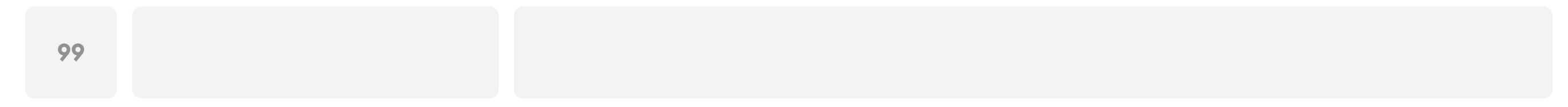
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93			

DAY	DATE	NOTES
94		
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97		

Are you going to share your *whole* project with the world when you're done? If you are, how are you going to do it?



What would you tell someone who's wondering if they should or shouldn't do a 100 Day Project? Send what you write to a friend. Or someone in your family. Or just to someone who you think would appreciate it.



How are you going to celebrate finishing your 100 Day Project?

W00000000000000000000000000000! YOU'RE DONE! IT'S TIME TO CELEBRATE!!

DAY DATE NOTES

Now that you're done, what treasure have you uncovered?