

I'm human





You are stronger than you believe and have untapped potential waiting to be unlocked. The key to unlocking it lies in developing the skills necessary to take control of your life through consistent effort and discipline. The 75 HARD program is designed specifically to help you develop these skills, with a focus on building mental toughness. The 75 HARD program is a challenging yet transformative journey that can permanently change your life by influencing every aspect of your being, from your mindset to your physical health. Through this program, you'll learn how to cultivate the following essential traits: • Confidence • Self-esteem • Discipline • Fortitude • Grittiness By committing to this program with unwavering dedication and zero compromises, you'll undergo a profound transformation that will enable you to achieve success in all areas of your life. You can expect to see improvements in your career, relationships, physical health, and overall well-being. Many people have already completed the 75 HARD program and achieved remarkable results, including improved mental toughness, increased confidence, and enhanced physical transformations. The program's rules are simple yet demanding: 1. Follow a structured diet aligned with your goals for 75 days without deviation or excuses. 2. Drink one gallon of water per day. 3. Perform two and a half hours of exercise per day. 4. Read one book per day. 5. Take a daily digital detox. By following these five critical tasks, you'll develop the skills necessary to take control of your life and unlock your full potential. You make yourself by your choices in any situation. Following a structured diet for 75 days will get you in top physical shape, but this program's true purpose goes beyond that. You must complete two 45-minute workouts daily, with one being outside, and failing to do so means restarting the program. The type of exercise doesn't matter; it's about discipline and getting things done. Drinking a gallon of water each day teaches you discipline and the importance of completing simple tasks. Reading at least 10 pages of non-fiction material every day helps you develop a habit that can benefit your life significantly. Lastly, taking a progress picture daily teaches you to push through uncomfortable moments and pay attention to every detail, no matter how small, as it all contributes to your growth and success. You can't overlook the small things because that's what sets successful people apart from others. To understand the details of the 75 HARD program, including its critical tasks and how it helped me develop mental toughness, check out my book, THE BOOK ON MENTAL TOUGHNESS. Doing 75 HARD is worth all the effort because you'll learn to believe in yourself and your abilities, and that's something no one can take away from you. It's about learning to push past your limits and own every situation you face. If you complete the program as laid out, I guarantee it will give you the tools to improve your life significantly. 75 HARD is designed for anyone looking to take control of their life, regardless of where they start. It's a transformative mental toughness program that can be adapted to suit any individual. Winning at life isn't about constantly pushing yourself to the limit but rather about pulling yourself up and repeating the effort over and over. When you gain confidence and develop the traits necessary for success through this program, you become nearly unstoppable. Yes, it might take some time and perseverance, but I assure you that if you commit fully to the 75 HARD program as designed, you'll have the tools to change your life forever. So, are you ready to make a change? Andy Frisella, host of the #1 business and success podcast, REAL AF, engages in lively discussions with guests on trending topics and hot-button issues. He also created the popular 75 HARD program, which focuses on mental toughness and self-improvement. In a recent episode, he shares his 25-year journey to mastering these skills and explains how his 75 HARD program can help listeners transform their lives by increasing confidence, self-belief, discipline, and grittiness.

Andy frisella 75 hard podcast. Andy frisella 75 hard rules. Andy frisella 75 day hard challenge. Andy frisella 75 day challenge.