FREE · ONE TASK A DAY

The 7-Day Life & Brand Challenge

Find your lowest pillar. Raise it.

Seven days, one task a day, nothing longer than an hour.



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Six pillars. Seven days.

Every day you get one task on one pillar of your business and your life. You don't rise to your strongest pillar. Your lowest one is the ceiling.

Rule 1: One task a day. Not three.
Rule 2: Done beats perfect.
Rule 3: Be honest. Nobody's grading you but you.

Day 0 (90 seconds): take the free Hive Check at matthewc.live and write your score here: ____ / 60

≤ 60 MIN

The 15-minute version is for the days life wins.

1 PURPOSE

2 ENERGY

3 STRUCTURE

4 PARTNERSHIP

5 INCOME

6 GROWTH

7 RAISE IT

DAY 01

01

Your one-line why

“Know why you're building, or everything else works twice as hard.”

PURPOSE

DO THIS

Write one sentence: "I built this so that _____."

Put it where you'll see it every morning: your lock screen, your mirror, the first page of your planner.

15-MINUTE VERSION

Just the sentence. Say it out loud once.

Done □ **Before: _____** **After: _____**

DAY 02

02

Guard hour one

“What you take in is what you put out.”

ENERGY

DO THIS

Tomorrow, give the first hour of your day to you. No phone, no inbox, no clients.

Move, eat, read or sit outside. Then write down how the rest of the day felt.

15-MINUTE VERSION

The first fifteen minutes. Phone stays face down.

Done □ **Before: _____** **After: _____**

DAY 03

03

Run without you

“Structure is freedom. The hive makes honey because it isn't fighting the weather.”

STRUCTURE

DO THIS

List everything in your business that only works because you're there.

Pick one. Write the steps down so someone else, or a tool, could do it without you.

15-MINUTE VERSION

Just the list. Circle the one that costs you the most.

Done □ **Before: _____** **After: _____**

DAY 04

04

Ask for help

“No bee builds alone. Neither do you.”

PARTNERSHIP

DO THIS

Name the one thing you've been carrying alone.

Ask one person for help with it today: a text, a call, a coffee. Be specific about what you need.

15-MINUTE VERSION

Send one text: "Can I get your eyes on something?"

Done □ **Before: _____** **After: _____**

DAY 05

05

Follow the honey

“Honey is the byproduct of a healthy hive. So is revenue.”

INCOME

DO THIS

Open last month's numbers. Write down the three things that brought in the most money and the three that took the most time.

Circle anything on the time list that isn't on the money list.

15-MINUTE VERSION

Name your best-paying client or offer. Ask why it isn't more of your week.

Done □ **Before: _____** **After: _____**

DAY 06

06

Meet a stranger

“Healthy things grow on their own. It should feel like pollination, not force.”

GROWTH

DO THIS

Do one thing today that puts you in front of someone who doesn't know you yet.

Post a sixty-second video, introduce yourself in a room, or message one person you'd like to work with.

15-MINUTE VERSION

One message to one person. Send it before you overthink it.

Done ☐ **Before: _____** **After: _____**

DAY 07

07

Re-score. Choose.

“You don't rise to your strongest pillar. Your lowest one is the ceiling.”

RAISE IT

DO THIS

Take the Hive Check again and write both scores on the next page.

Find the pillar that's still lowest. That's your next thirty days.

Tell one person what you're going to do about it.

15-MINUTE VERSION

Re-take the Check. Write the two scores.

Done □ Before: _____ After: _____

Your six pillars. Before and after.

Score each pillar from 1 to 10 on Day 0, then again on Day 7.

PILLAR	DAY 0 Where you started Your scores before the challenge	DAY 7 Where you are now Your scores after seven days
PURPOSE	____ / 10	____ / 10
ENERGY	____ / 10	____ / 10
STRUCTURE	____ / 10	____ / 10
PARTNERSHIP	____ / 10	____ / 10
INCOME	____ / 10	____ / 10
GROWTH	____ / 10	____ / 10
TOTAL	____ / 60	____ / 60

Not ready for more yet?

Keep your score. Keep raising your lowest pillar, and take the Hive Check again in thirty days.

There's always room for you.
— MC

Keep going, with me in your corner.

Seven days gets you moving. The room keeps you moving: one chat, six pillars, and a live Hive Night with me every month.

AMPLIFY COMMUNITY

First month free, then $49.99 a month.
Or work with me 1:1. Same page.

amplify4more.whop.site