

# Joshua Chefec Launches the 7-Day Clear Thinking Challenge

Joshua Chefec of New York, NY, is encouraging professionals and students to build stronger decision-making habits through a simple seven-day personal challenge.

**New York City, New York May 21, 2026 ([IssueWire.com](https://www.IssueWire.com))** - Joshua Chefec, previously a Market Executive at J.P. Morgan, has launched the “7-Day Clear Thinking Challenge,” a simple public initiative designed to help people improve focus, decision-making, and personal discipline in everyday life.

The challenge was inspired by lessons Chefec has learned throughout his career in commercial banking and leadership roles, where complex decisions often require calm thinking and consistency under pressure.

“I try not to over-engineer my career or my life,” Chefec says. “A lot of success comes from staying grounded and focusing on small, consistent habits.”

The challenge is free to join and requires no special tools, apps, or financial commitments. Participants complete one short activity each day aimed at improving clarity, resilience, and long-term thinking.

## Why Simple Habits Matter More Than Ever

Research continues to show that small daily habits can have a major impact on mental performance, stress management, and long-term success.

- According to the American Psychological Association, nearly 77 percent of adults report physical symptoms caused by stress.
- A study from Harvard Business Review found that decision fatigue reduces focus and productivity throughout the day when people are overwhelmed by constant choices.
- Research from the University of Pennsylvania found that people who write down goals and reflections are significantly more likely to follow through on personal commitments.
- The National Science Foundation estimates that the average person has thousands of thoughts per day, many of them repetitive or negative, making intentional reflection increasingly important.

Chefec believes many people overcomplicate personal growth when consistency matters more.

“You don’t need some massive life overhaul,” he says. “You need habits that help you think clearly and stay disciplined over time.”

## The 7-Day Clear Thinking Challenge Day 1: Write Down Three Priorities

Spend five minutes writing down the three most important things you want to focus on this week.

“Clarity starts when you simplify things,” Chefec says.

## Day 2: Remove One Distraction

Identify one unnecessary distraction and reduce it for the day. This could be excessive scrolling, notifications, or multitasking.

“You have to protect your focus,” Chefec says.

### **Day 3: Have One Meaningful Conversation**

Reach out to someone and have a real conversation about work, life, or goals without distractions.

“Strong relationships matter in every part of life,” Chefec says.

### **Day 4: Reflect Before Reacting**

The next time something stressful happens, pause before responding. Take one minute to think clearly before reacting.

“You make better decisions when you stay grounded,” Chefec says.

### **Day 5: Learn Something New**

Spend at least 15 minutes reading or learning about something unfamiliar.

“The people who keep learning are usually the ones who keep growing,” Chefec says.

### **Day 6: Get Outside or Get Active**

Take a walk, play a sport, or spend time outside without checking your phone constantly.

Chefec, who enjoys skiing, tennis, and scuba diving, believes physical activity helps improve perspective and balance.

### **Day 7: Define Success for Yourself**

Write a short paragraph answering one question: What does success actually mean to you?

“Success can only be defined by yourself,” Chefec says. “It’s about being content with the sum of the parts of your life.”

### **Share Your Progress**

Participants are encouraged to share their experience online using the hashtag **#ClearThinkingChallenge**.

Suggested post prompts include:

- “Today I simplified my priorities by...”
- “One distraction I removed this week was...”
- “Something new I learned during the challenge was...”
- “My personal definition of success is...”

For those who prefer privacy, Chefec also encourages keeping a personal journal or notes document to track progress privately throughout the week.

“Not everything has to be public,” he says. “The important thing is being intentional.”

### **Call to Action**

Individuals interested in improving focus, resilience, and long-term thinking are encouraged to join the 7-Day Clear Thinking Challenge and begin with Day One today.

“Growth usually happens when you challenge yourself,” Chefec says. “The important thing is to keep moving forward.”

### **About Joshua Chefec**

Joshua Chefec is a New York, NY-based finance professional and CFA Charterholder with experience across commercial banking, business development, and leadership. Previously a Market Executive at J.P. Morgan, he has led large banking teams and managed complex client relationships. He is also involved in mentorship and financial literacy initiatives, including volunteer work with W!SE.

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