



Phoenix

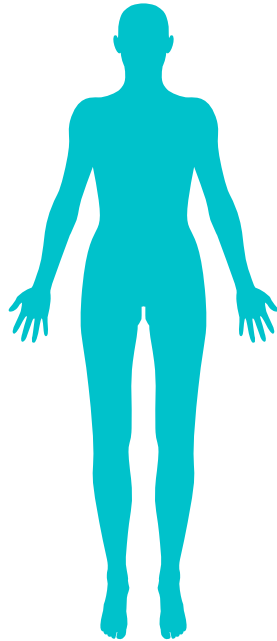
Rise Up From The Ashes

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Perfect Health



- Lean, not bulky
 - Vigorous, not out-of-shape
 - Muscular, not fat
 - Flexible, not tight
 - Energized, not fatigued
 - Lasting, not short-lived
-

Introduction

Lost It All



What if a health guru lost it all, including their knowledge and discipline? What would they do to gain their health back? This ebook will show you, and I, Light, will be your guide.

The Process

Reject the fad diets and workouts. There is a lot of conflicting information out there, and it ends up confusing people. The truth is that what separates you from your health is time. Think of your body like a house or car. You need to put in the time to maintain it. It is not difficult work, but it can be boring and it takes time to show. This causes people to quit too soon.

It would be best if you just did the habits, and didn't get too attached to the results. Focus too hard on the results, and you end up quitting. Put in the work over a long period of time, and the results will be bestowed upon you. So, here are the steps:

Steps

1. Pick Perfect Health Goal
 2. Break Up The Goal Into A Weekly Mini-Victory
 3. Pick Weekly Tactics
 4. Repeat Or Adjust
-

Step 1

Mindset

How To Win



There is a saying that half the battle is just showing up. This is more than true in health. What separates those who succeed from those who failure is pure perseverance. Those who achieve results just stick to it. Those who fail give up. So no matter what, don't give up.

Learning how to walk for the first time is tough. Health is the same way. You fall down a lot at first, but when it clicks, you are set.

So, never give up. Your dreams are instantly setback or even destroyed when you quit to do something else. Also, don't get too cocky over a good workout, as if you stop showing up, you will lose those results.

You're The Hero



You are the hero of your health journey. You are Batman or Batwoman and Seryph is Alfred. We wish I could do the everything for you. We really do. But just as Alfred can't really fight supervillains, we cannot possess you and implement things.

Don't let this scare you. It should be a sigh of relief. You are the hero, not some servant. You are in control. You have the power. We just have some intel that we think may be useful.

Take advantage of this information, but don't forget that you're the one who has to implement it. Batman, not Alfred, was the one who had to save the day, after all.

The Path Is Infinite



Perfecting your health is a lifetime battle. Nothing can ever be perfect. Just as you have to brush your teeth everyday, you have to think about your health everyday. So, commit to the long term.

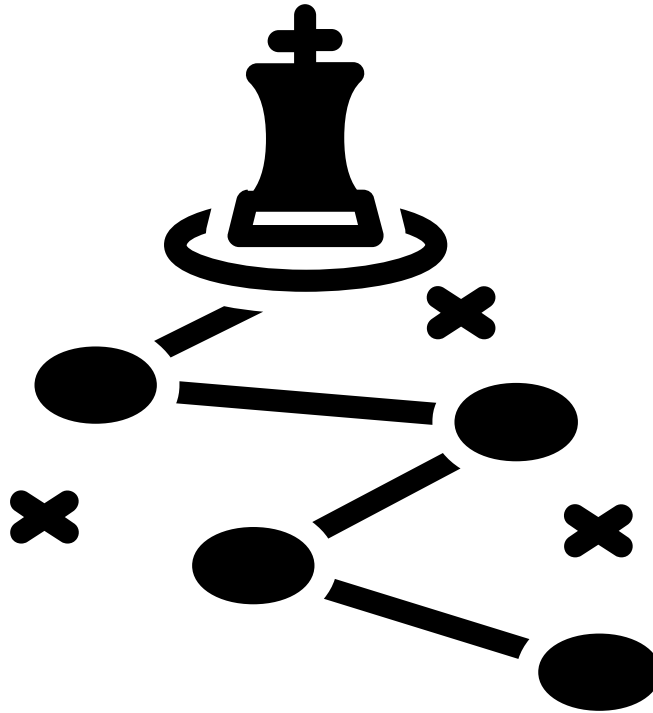
This may seem scary, but it is actually relieving and fun. You will always have a second chance. If you fail on one of your goals this week, you always got next week. If something gets boring, you can try something new as there is nothing to lose.

Once you accomplish one goal, you move the goalpost. Imagine a series of mini-bosses in video games. Sometimes people go from trying to losing 30 pounds of fat, to trying to gain the weight back in muscle.

Strategy

The image features a solid dark blue background. At the bottom, there is a large white chevron shape pointing upwards. The word "Strategy" is centered in the upper half of the image, rendered in a white, elegant serif typeface.

Strategy

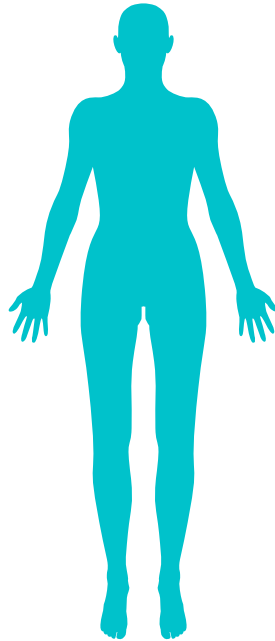


Steps

1. Pick Goal
2. Break Up The Goal Up Into Smaller, Weekly Goals
3. Pick Weekly Habits
4. Repeat Or Adjust Habits

Perfect Health Goals

Perfect Health



Perfect Health Goals

1. Lean, not bulky
2. Vigorous, not out-of-shape
3. Muscular, not fat
4. Flexible, not tight
5. Energized, not fatigued
6. Lasting, not short-lived



Results

1. Losing weight
2. Not running out of steam at the end of the day
3. Building muscle
4. Not feeling tight all the time
5. Not feeling drained all day
6. Getting results that lasted

First, I need a big goal. I would want to work on the 5th perfect health goal first. I need my energy. Going through the day drained is awful.

Break Down The Goal

Perfect Health Goals

1. Lean, not bulky
2. Vigorous, not out-of-shape
3. Muscular, not fat
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Mini-Victories

1. Lose 1-2 pounds of fat per week
2. Make it to lunch time without running out of steam.
3. Gain 1-2 pounds of muscle per week
4. Stretch a little farther than before.
5. Wake up without feeling groggy.
6. Keep racking up mini-victories over time

Great, my goal is not feeling tired all day. That's a pretty broad goal, so I need to make it more specific. First, I would not to feel tired when I wake up. Then once I accomplish that, I would move to not feeling tired at breakfast. Then once I accomplish that, I would move to not feeling tired at lunch, and so on. The endgame would be making through an entire day without feeling tired.

Tactics

Picking Tactics

The perfect health goals were made especially to line up with the tactics.

- | | |
|---|--------------------------------|
| 1. Losing weight | 1. Nutrition Dyad |
| 2. Not running out of steam at the end of the day | 2. Fitness Triad (Endurance) |
| 3. Building muscle | 3. Fitness Triad (Resistance) |
| 4. Not feeling tight all the time | 4. Fitness Triad (Flexibility) |
| 5. Not feeling drained all day | 5. Vitality Tetrad |
| 6. Getting results that lasted | 6. Mini-Victory |

Since, I picked number 5 as my goal. I will be following the vitality tetrad. That means I am will make sure that I am getting at least 8 hours of sleep a night. Next, I make sure that I am taking small breaks throughout the day to decrease stress and to rest a little. Then, I will make sure that I am eating enough food throughout the day. For me, that means I don't feel hungry at any point during the day, and that I am drinking lots of water. Finally, I will make sure that I am not doing anything that would mess up my body or hormones, like drugs or alcohol.

The Nutrition Dyad



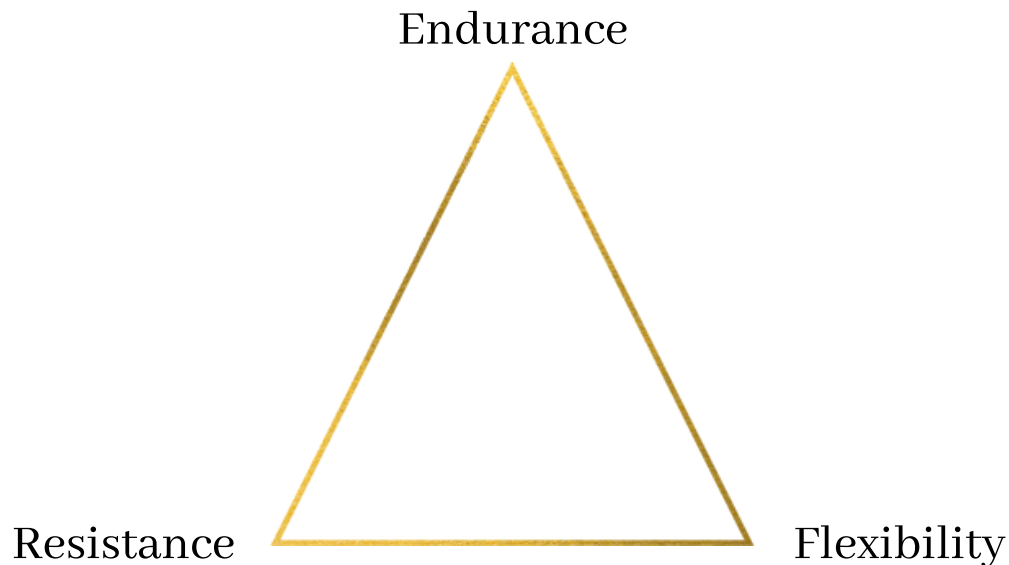
1. Balanced Diet
2. Portion Control

Make sure you are eating a variety of foods: not just carbs, or proteins, or fats. This insures you get all the vitamins and minerals that your body needs.

Next, stop eating when you get full. It's ok to have leftovers. Better that, then you not accomplishing your goals.

This is the key to weight loss

The Fitness Triad



In terms of fitness habits, you need to exercise everyday. However, you need to mix up your exercises. Use the fitness triangle. One day, do an endurance workout, like, running. This is the key to building up your stamina, so you have energy throughout the day. The next, do a resistance workout, like lifting. This is for building muscle. Then do a flexibility workout, like yoga. This insures you get rid of tightness, and avoid injury

The Vitality Tetrad



1. Enough sleep
2. Enough breaks
3. Eating Enough
4. Hormonally Balanced

Sleep at least 8 hours a night. Take breaks throughout the day, so you do not burn yourself out. Make sure you are eating enough, so you have energy. Lastly, if you are still tired and are doing all this stuff, your hormones may be out of balance and you might need to see a doctor.

This is the key for not feeling drained and sleepy throughout the day.

Next

What Next?

It's on me now. I would execute the habits that I came up with for a week. Then, at the end of the week, I would see if I still felt groggy when I woke up. If not, great. I'll move the goalpost to breakfast, lunch dinner, and finally to the end of the day. Then, once I am able to make it to the end of the day without feeling tired, I keep up my habits and move onto a new perfect health goal.

If I did wake up groggy at the end of the week, I would go back to the tactics. Did I sleep at least 8 hours a night? Did I take long-enough breaks during the day to recoup my mind or did I push myself too hard? Am I eating enough during the day, or am I starving my body of the energy it needs? Am I doing anything that would mess with my hormones? It always comes down to the tactics. Find your mistakes, and correct them. Then try again next week.

Health takes time and work. It is not hard work, but you need to do it. Think of doing the tactics like showering, or brushing your teeth. You need to do it daily. I would recommend starting as soon as possible. You make lots of mistakes at first, before you start getting to your goals. So, start now so you finish sooner.

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Get A Free Minicourse

The Phoenix Program



- The perfect diet
- Great exercises
- How to get better sleep
- Decreasing stress levels
- Starting from zero
- And more

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