



# Live Intentionally: Discipline, Mindset, Direction – A 90 Day Self- Project – Life Math Money

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# **LIVE INTENTIONALLY**

**DISCIPLINE, MINDSET, DIRECTION**



**A 90 DAY SELF-PROJECT**

**HARSH STRONGMAN**

Original publication: 2019

Read: July 9, 2019

Where: Paris

Recommendation: 4/5

Pages : 55

## Summary

1. Introduction
2. How This Book Works
3. What is Your Mission?
4. Introspection: Who Are You?
5. Exercise: Where Do My Wants Come From?
6. Throwing The Junk Out (Porn and Masturbation, TV shows, Movies, Video Games, and News)
7. Things Will Get Harder Before They Get Easier
8. Log Your Urges
9. Meditation
10. Fixing Your Internal Monologue and Mental Narrative (Treat Yourself Like a Friend You Are Responsible For Helping, Re-frame Problems as Opportunities)
11. No Gossiping
12. Conquer Your Body
13. Eat Intentionally
14. A Guide To Fat Loss
15. Do Your Research
16. Develop A Morning Routine
17. Planning Your Day
18. Write a Journal and Reflect Upon Your Day
19. Any Other Habits That You Want To Incorporate

The book is short. And for the past few months, I have been enjoying this type of generalist approach to management both of the body but also on addictions, on planning, on the different or ultra pragmatic approach to *journaling* and *internal monologue* .

I really like the approach of writing his autobiography and I have started my 90 days well.

4/5 because it is a subject that I cannot share with those around me. For me, there at this particular moment in my life, it's 4/5 on the value it brings me. It is the best tool I know of for having a deep experience and learning something quickly.

The best way to understand the subject is to check the author's twitter account: @lifemathmoney .

## My notes

A mission for 90 days.

### Exercise : Where Do My Wants Come From ?

Write things you want out of yourself over the next 10 years.

Think about each with open mind and ask yourself:

- Do I want this or do other people want this of me?
- Did I want this or did some TV marketer tell me that I should want it?
- Do I want to own this, or do I just want to experience it? Will owning this make me happy or will I be just as satisfied by just experiencing it?

Should find that many things I don't really want, but just experience it long enough.

### Write Own Autobiography

Pick up a paper and pen and write down the story of your life. Divide your life into as many parts as you like: Toddler, Middle School, Adolescence, high School, College, Job, Love, etc.

Write as much as you can remember and write with your heart. Write about the events that took place in your life and write about how you felt and still feel about them. Try to imagine each story playing in your mind like a movie.

12-20 hours to complete, but depend how long you reflect.

## Junk habits/activities to abstain :

- Social media
- Porn & Masturbation
- Cigarettes, Alcohol, and Drugs
- Watching TV, Movies, and playing video games
- Reading Clickbait pop-culture articles and watching the news.

They give quick dopamine hit without you having to expend any effort to earn that pleasure. They destroy attention span and make brain weaker.

## Log Urges

- Type
- Date & place
- How I feel at the moment
- 1 minutes meditation
- Every 30 days open note and look for patterns (time, place, emotional)

## Internal Monologue & Mental Narrative

- Make internal voice **friendly, optimistic, and encouraging**. Show myself kindness I would show to a close friend
- Reframe: **Problems ==> Opportunity**

## Exercise-routine everyday

- 60 Jumping Jacks
- Stretch
- 60 Squats
- 60 Push-ups
- 60 Sit ups
- 60 Calf Raises
- 3\* 1' planks

Increase to 100.

## Food

- Meat, Fish & Eggs
- Dairy
- Vegetables
- Fruits
- Whole Grains

Not Consume:

- Anything made in a factory
- Processed Food
- Refined Sugar
- vegetable Oil
- High Fructose Corn Syrup
- Soft Drinks

## Fat Loss

- Skip Breakfast
- Focus Protein
- Eat same times each day
- Stop Snacking
- No Cheat Days

## Planning

Create a rough outline of how your day already looks like:

- 5:00 - 5:15 10 jumping jacks + Read mission + water
- 5:15 – 5:45 100s (muscles)
- 5:45 – 6:00 Douche
- 6:00 - 8:00 Meditation, Coffee, Reading
- 8:00 - 9:00 Commute (audiobook / walking, thoughts)
- 9:00 – 12:00 Work
- 12:00 - 12:30 Lunch
- 12:30 - 2:00 pm Walking / Resting / Running / Reading
- 14:00 – 18:00 Work
- 18:00 - 18:45 Return
- 18:45 - 19:15 Dinner
- 19:15 - 20:00 Read
- 20:00 – 22:00 Music

## Journal

Write on :



- What I Did
- What I Ate
- Who I met
- What I talked about

Reflect (mood, mistakes, productivity, improvements...)

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