

LIVE INTENTIONALLY

DISCIPLINE, MINDSET, DIRECTION



A 90 DAY SELF-PROJECT

HARSH STRONGMAN

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Introduction

Hello, and thank you for purchasing this book. I assure you that this will be one of the most important purchases you will ever make.

The objectives of this book are simple:

- **To help you live intentionally**
- **To cultivate discipline, self-control, and mental toughness**
- **To improve your mindset, thought process, and to help you find direction in your life**

We live in a world of mental weakness. People are slaves to their desires, emotions, and fleeting distractions.

Modern men lack willpower and judgment, and they chase short-term pleasure at a great long-term cost.

They squander their time and potential on things that are scientifically engineered to be highly addictive and attention-grabbing: junk food, internet porn, TV shows, clickbait news, video games, and social media – this time comes from the time that should have been spent on building businesses, relationships, networks, and other valuable assets.

As more and more people chose to waste their life, it becomes easier for people who are serious about their time to stand out – the competition is taking itself out, and now an essential part of the game is to avoid falling

into the traps that everyone else is falling in.

This includes not only the scientifically engineered mental junk as mentioned above but also the overall culture of apathy and a lack of ambition - where people's lives have no purpose or meaning, and they just live from one day to the next with nothing to look forward to.

This book is dedicated to **you**:

- who wants more out of and their life than just watching TV all day
- who wants to take back control of their minds from companies, marketers, and addictive products
- who is willing to put in the work to make their vision of the future a reality instead of just hoping and daydreaming about it
- who is willing to walk unconventional paths to get to unconventional destinations.

How This Book Works

This book consists of several projects and exercises that you must do to achieve great physical and mental strength, stability, emotional control, and self-understanding.

Some of them need only to be done once, while others need to be done every day.

Merely reading will not help you.

You will only see the benefits if you take action, but I can guarantee you one thing – **IF you take action, you WILL see the results.**

I can show you the way, but I cannot walk in your place.

Finally, I need you to trust me. Some of the exercises in this book will not make sense to you at first. You might think that something is "fluff" or that it won't work.

I would request you to keep that feeling aside for the next 90 days and just do as this book says. I have personally done everything in this book many, many times, and I know from experience what works best.

Once this 90-day project is complete, you will see the difference in yourself, your mindset, and your life. And then you will understand why this book asked you to do what it asked you to do.

With that said, feel free to adjust the projects contained in this book to suit your specific needs and situations.

Along with this book, you will receive a workbook that will help you keep track of all the things you need to do.

I recommend printing out the workbook and leaving it next to your computer (or wherever else you spend most of your time). This way, you'll always be aware of the things you need to do.

Also, I recommend that you skim through this book once every week you're working on this self-project so that you don't forget the nuances of each exercise.

This book will only take 90 days to implement and has the potential to change the rest of your life!

Do yourself a favor and put in that time, **I assure you that you will thank yourself for it.**

What is Your Mission?

Men are builders.

We work best when we are creating something or working towards a goal.

We lay to waste when we are idle and purposeless.

While you can follow this book and get a lot out of it even if you don't have a specific mission in mind, your results will be *much* better if you have a mission you want to achieve.

What your mission is for these 90 days depends on you and your vision.

If you have trouble assigning a goal for yourself, please select any from the examples listed below:

- Lose X kg of weight – this would involve doing extra exercise and recording your weight every morning.
- Set up a side-business – The easiest side businesses are the ones you can run over the internet, of which, the easiest one is setting up niche affiliate marketing websites that generate you some passive income.
- Cover X% of syllabus and aim for X GPA (for students)
- Learn to code – learning to code is an essential skill in the modern day, and it makes an excellent mission for those who plan to become an entrepreneur at some point.

My mission for the next 90 days is (be detailed):

For the next 90 days, you will do something to progress your mission each day.

There will not be a single day where you did not work on your stated mission.

You will also record the daily progress you made in your diary.

A man who has a 'why' can bear any 'how'.

This book is hard. The next 90 days are by no means going to be easy. Some of them will be downright torturous. You will have much more determination and will in those difficult days if you have a mission and purpose to look forward to.

Introspection: Who Are You?

Before we start doing anything else, we first need to know who we are. You may feel that you already know who you are, but chances are, you're wrong. A lot of your understanding of "you" is diluted to conform to societal norms and persuasive mainstream thought.

When you go about your life, you meet people who praise various aspects of your personality. You feel good when you get that praise, and your brain is hardwired to chase that feeling.

You try to be more of what people praise in you and try to do away with parts of you that other people don't like. You do this subconsciously, with no filtering of whether people are praising/criticizing you because they want you to better, or because they (consciously or subconsciously) want you to be like them.

While this makes you socially "adjusted", it also chips away a large part of 'you'.

(Notice how people tend to become like whomever they spend time with).

The most "well adjusted" people are either faking it or are the most generic of all people – mainstream thoughts, mainstream ideas, mainstream opinions - the most replaceable/automatable bunch of people around.

Exercise: Where Do My Wants Come From?

A lot of the things that we think we want are planted into our heads by third parties – usually marketers and society.

Take a paper and write down the things you want out of yourself over the next 10 years. These could be anything, from having a wife and children to owning a sports car, to running a business empire, to have a high paid job, to living with the Shaolin monks, to getting revenge on someone who has wronged you – all of them, and it better be a long, well thought out list for the next 10 years.

Now, think about each of these goals with an 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?

You will find that many of your wants are not your own. You'll also find that there are many things you don't really want long term; you just want them long enough to experience them.

Congratulations! You're already ahead of the average person – you know what you want out of yourself over a decade. Most people either have no idea (living with no direction) or are busy chasing someone else's dreams.

You also absorb parts of other people that you think are 'cool'.

You pick up "personality pieces" from TV shows and try to emulate whichever ones feel 'cool' to you. This is especially true if you have watched a lot of Sitcoms as a teenager / young adult.

To rid yourself of this programming, it is crucial for you to know your own life's story. It's crucial for you to reflect upon and study your past – where did you come from, what events shaped your life, how did you get to where you are today?

What you must do is simple (but slightly lengthy): **write your 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.

Be honest with yourself and do not alter the details just because you don't want to accept reality.

I recommend doing this project a week or so. It should take you roughly 12-20 hours to complete, or maybe even more than that depending on how long you reflect upon each event.

Do not be in a rush and do not treat this like a goal-oriented activity that you're trying to complete as quickly as possible. Take your time, *be slow*, and pause often to reflect.

You do not have to show this book to anyone, nor do you have to publish it. All you need to do is write it.

While you write it, imagine your life playing like a movie in the background.

You will 'relive' a lot of emotionally charged moments of your life, and you will have new and old emotions come up from inside you.

When that happens, don't rush and don't be in a hurry to move on, no matter how bad or uncomfortable you feel.

Take your time to process these emotions.

It's okay to feel emotional or even to cry during this exercise.

As you progress with this exercise, you will find that you feel much lighter, that you've finally accepted the past and moved on.

Far too many people spend their entire lives hoping for a better past and as a result, cannot enjoy their present and future.

You will also find that this exercise will make you more emotionally stable because you now understand yourself and who you are as an individual.

Throwing The Junk Out

If we want to become the master of our lives and destiny, we must get rid of the things that seek to make us their slaves.

We must throw away the junk habits out of our lives: the things we do that give us no benefit, the things that take away value from our lives, the things that distract us from our mission and divert our attention to ultimately meaningless pursuits.

For the next 90 days, we will eliminate junk habits and activities from our lives. This means that for the next 90 days, we will abstain from:

1. Social media
2. Porn and masturbation
3. Cigarettes, Alcohol, and Drugs
4. Watching TV, movies, and playing video games
5. Reading clickbait pop-culture articles and watching the news.

The problem with all these activities is that they give you a quick dopamine hit without you having to expend any effort to earn that pleasure.

They take away much of your time and give you nothing of value in return.

They destroy your attention span and they make your brain weaker.

Porn and Masturbation

Porn is an addiction. It hacks our brain's wiring the same way drugs do.

We have been evolutionarily wired to want to reproduce, but our brain's dopamine-based reward system in its millions of years of evolving in caves never learned to tell the difference between a real human and a video of a naked girl on a screen.

Porn gives you an orgasm without all the other chemicals and intimacy that are involved in sex with a real person. Resultingly, it's "empty" and highly addictive.

Most people who watch porn are porn addicts who cannot go a week without having to take a peek. Further, because of the social stigma attached, most can never openly talk about it or seek help. (Many aren't even aware that they're addicts because they've never tried to quit it.)

Studies have shown that **watching porn damages¹ and shrinks your brain².**

Researchers at the Max Planck Institute for Human Development in Berlin found that men who watch a lot of porn tend to have a smaller

¹ <https://www.iflscience.com/brain/researchers-find-association-between-porn-viewing-and-less-grey-matter-brain/>

² <https://www.telegraph.co.uk/men/active/mens-health/10862816/Is-porn-literally-shrinking-mens-brains.html>

striatum, an area of the brain “linked to rewards and motivation”.

The study also found that the connection between the striatum and the prefrontal cortex – the part of the brain associated with behavior and decision making – degraded with increased porn watching.

Note that porn for our 90-day abstinence not only includes videos of naked people, it also includes anything you look at erotically, even if it is pictures of your friend on your phone.

Likewise, masturbation does you no good. It saps you of energy and it leaves you feeling tired and exhausted. It’s not that masturbation will harm you (outside of robbing you of energy), it’s that there are tons of benefits that come with retaining your semen in you.

When you avoid masturbating, your body will reward you for not wasting your life energy by making you feel rejuvenated and energetic. You will have more strength in the gym, and you will have much more clarity of mind throughout your day. This process of conversion of sexual energy into strength, alertness, and motivation is called Sexual Transmutation.

(If you are interested in learning more about Sexual Transmutation, I encourage you to pick up a copy of "Think and Grow Rich" by Napoleon Hill.)

For the next 90 days, you will not watch porn and you will not masturbate.

If you need someone to talk to...

Cutting down porn and masturbation (especially if you're a male) is going to be really hard. Harder than you think.

It's very easy to fall back to porn and masturbation, not just out of horniness, but also out of boredom.

They are both really tough to quit because your brain is hardwired to want them and because they are available easily, privately, and freely.

If you feel overwhelmed, I recommend that you check out something called "nofap" - it's an internet community centered around abstinence from porn and masturbation.

It has a lot of guys motivating and supporting each other through the tough times, especially when the urges are at their peak and your mind is really trying hard to convince you to break.

You get a limited exemption from our abstinence from social media to interact with the nofap community.

Social Media

Social media gives you spurts of dopamine (the chemical in your brain that makes you feel good) every 5 seconds. A new tweet, a new Instagram picture, a like here, a comment there.

Your brain becomes accustomed to seeing something new and exciting

every 5 seconds. This is how **social media destroys your attention span**.

Social Media Hurts Your Momentum

Self-improvement requires a certain amount of isolation from social obligations. It's tough to get better when you are constantly going out and 'to chill'.

Let's say that you spend a week working on yourself – you're exercising, you're reading, you're avoiding junk food, etc. And then you log on to Facebook and see that your friend Susan has been touring Europe and drinking and having a very merry time.

You feel jealous and you wonder why you're working so hard. You feel that you also deserve to have fun. *You lose motivation and momentum.*

In general, every photo on social media is either the highlight reel of someone else's life there to make you feel insecure and jealous, or just garbage that doesn't give you any return on your time anyway.

Even though you know that Susan is wasting her time and has nothing to look forward to except her debt payments tomorrow, you still feel jealous and resentful that you have to work hard *today*.

Take my word for this, avoiding social media does not make this book harder, it actually makes it much easier.

Once you become addicted to social media (you probably are), you'll notice that you are no longer able to read books, especially books with small text and long paragraphs. You feel distracted every few seconds, and you just can't focus for more than 5-10 minutes at a time.

This is definitely not good news for your brain, so you will completely cut social media out of your life to help your mind recover.

Outside of business reasons, you will not use social media for the next 90 days.

TV Shows, Movies, Video Games, and News

These merely serve as distractions and eat up your time. They sideline your personal goals and make you a low-value person.

If you want to be a high-value person, you have to invest in yourself.

To do that, you need time.

You will always be "too busy" if you waste most of your day watching entertainment content. It's just how it is, and no matter how much you enjoy that video game, it's getting you nowhere in life.

We will be abstaining from all such distractions for 90 days. We will also refrain from the consumption of alcohol, drugs, and cigarettes for obvious reasons.

Things Will Get Harder Before They Get Easier

Many of the behaviors listed above are habits that you have probably been building for years, if not decades. They will not be easy to break.

You will find that your urge to indulge in them will **increase** for the first two weeks before they start to wane off slowly.

You will have to really resist the urges during that time, as they try to eat you up. You will find your inner voice trying to convince you to go back to your old ways.

"It doesn't matter."

"You'll fail at some point anyway."

"Just 5 minutes."

"This doesn't really count."

Resist. YOU CAN MAKE IT.

Remember, all of what you do is in your hands, and you can choose to ignore the voice inside your head that is telling you to break. No one can force you to do anything.

When former addicts say "the first two weeks are the hardest", they aren't kidding.

You will have to charge through the first two weeks, but **it does get easier**. Keep that in mind.

Log Your Urges

Doing away with these dirty habits is no easy task. It's one of the hardest things you'll ever do.

Here's what you need to do every time you feel the urge to indulge in any of the junk activities mentioned in the previous chapter:

Take out your phone and on a note taking application (such as Evernote), note down:

1. Type of urge (e.g., urge to use social media, watch porn, etc.)
2. Write down the date, day, time, and place you are at
3. Write down how you feel at the given moment (Am I bored? sad? hungry? energetic?)

Once you write that down, meditate for 1 minute to control your thoughts and mind.

At the end of every 30 days, I want you to open up your notes and try to look for patterns.

Here are some common patterns that you may observe as you review your notes and some proactive strategies you can implement to combat them:

- Strong urges to watch porn late at night. (Time Pattern)

Proactive Measure: Going to bed early.

- Urges to play video games when you're alone in your house.
(Location Pattern)

Proactive Measure: Not staying in the house as much. Going out with friends, or going to the gym, or just working in a coffee shop.

- Urge to eat junk food when you are bored. (Emotional Pattern)

Proactive Measure: Keep yourself occupied with ongoing tasks. Do not let yourself get idle and bored.

Remember, if you want to beat a pattern (that's all that habits are - behavior patterns burnt into our brains), you first need to identify the pattern.

If you try to tackle an addiction head-on, you will likely fail because the habit is too strong, and your willpower is not strong enough.

If you try to understand the circumstances that trigger the worst of the urges, you can alter your life to avoid them and make the challenge of breaking the habituated behavior much easier on yourself.

Eventually, your willpower will become strong enough that you will be able to handle even the worst of temptations.

Meditation

If you live in the modern, fast-paced world, you absolutely must meditate.

There are millions of marketers and companies out there wildly competing with each other for your attention, and believe it or not - they keep getting better. Ads become more targeted, junk food gets tastier, and posters become more attention-grabbing.

While this is great for their bottom line, it adds 'noise' to your life, and resultingly, people are becoming more and more distracted and mindless.

Meditation will help us take our brain back from a world of noise and will enable us to live intentionally.

The benefits of meditation include:

- **Improved ability to manage your emotions**
- **Improved mood and happiness, lower stress levels**
- Improved alertness and focus (regain your attention span)
- Increased self-awareness, mindfulness, and consciousness
- Helps you beat addictions and makes urges easier to manage
- Strengthens your brain (improved mental stability, memory, and control over the senses)
- Many other benefits such as deeper sleep, improvements in blood

pressure, better organ health, reduced risk of heart disease, better hormone levels, etc.

There is literally no reason why someone would not meditate, aside from laziness and procrastination.

In order to inculcate meditation into our daily routine, we will meditate for 15 minutes per day for the next 90 days.

Meditation is easy (it's the art of doing nothing), and you don't need anything special to do it. You don't need to buy fancy yoga pants or a special mat or any product.

You just need a place to be where you won't be disturbed for the next 15 minutes and the will to do it. The process is simple, although you will initially a bit feel distracted (but you'll get better with practice, I promise!):

1. Sit down comfortably and keep your back straight.
2. Close your eyes and focus on your breath. Notice your body rise each time you inhale and fall each time you exhale.
3. Do not change the way you naturally breathe. Let your body breathe on its own (don't manually draw deep breaths).
4. Let your thoughts come and go. Do not try to stop your thoughts. Just focus on your breath and the sensation of your body rising and falling as you breathe in and out and leave your thoughts to come and go on their own.

5. If you get distracted (and believe me, you will in the beginning), simply bring your attention back to the breath and continue as usual. Do not beat yourself up over it.
6. When you are done, take a moment to notice how much better you feel.

Once again, you will not be fully focused from day one. But you will get better at it as you practice every day.

People don't fail meditation because meditation is difficult; people fail because they keep putting it off to later and never actually end up doing it. Then meditation becomes that one thing they did that one time.

Guided Meditation

If you think you need some help with meditation, check out this app on your smartphone called Headspace (or use any of the thousands of free guided meditation videos on YouTube).

Guided meditation is the easiest way to get into meditation.

You will eventually have to move away from guided meditation, but it's a great start if you're an absolute beginner.

Fixing Your Internal Monologue and Mental Narrative

"Imagine you were taking care of yourself like you were someone you actually cared for" - Jordan Peterson

This is one of the most important chapters in this book, and one of the hardest to master.

Internal Monologue or inner speech refers to the inner voice in your head. It refers to the conversations the mind has with itself. You use it to think, to memorize things, to analyze and replay events of the past, etc.

The problem is that people never attempt to take control of this inner dialogue. For them, the voice in their head is automatic (involuntary), and as a result, the vast majority of people have a negative, self-sabotaging inner dialogue.

Have you ever said any of the following to yourself?

"I'm an idiot"

"I'm a failure."

"What is wrong with me?"

"I'm not good enough!"

Your inner dialogue cuts you down instead of building you up.

Think of it like this: if your close friend messes up something big time, and you're trying to help him, how would you talk to him?

Would you talk to him constructively and encourage him to think of solutions instead of sulking or would you tell him that he's a worthless moron for making a mistake and that his life is over?

If you're a good friend, you will do the former.

But do you do the same for yourself?

When you make a mistake, do you think constructively and encourage yourself to learn from it? Or do you call yourself a worthless moron for making that mistake?

Why would you not extend to yourself the same courtesy that you would extend to a friend?

A lot of it comes down to society because that's where we first pick up the tone of our inner monologue from, both as children and as adults.

Society, in general, is often negative, dramatic, and overly critical. We get our "mental programming" by observing other people, who themselves are not in control of their lives. (Refer back to my earlier dialogue on sitcoms and personality templates)

Gaining control over your inner dialogue can literally change your life because everything you can and cannot do is limited by how and what you think.

However, getting control over that inner dialogue takes A LOT of conscious effort and practice. (So, if you find yourself failing, don't be disheartened. This is a **really** difficult task, and you are not expected to master it in 90 days - it takes years.)

Here is how we will improve the quality of our inner dialogue (and make it more intentional):

Treat Yourself Like a Friend You Are Responsible For Helping:

Every time you catch yourself having a negative internal monologue, take a moment to pause.

Then, manually be encouraging towards yourself. Gently guide your inner voice to say things that help you make the situation better.

Consciously bend it to your will (i.e., reprogram it) to be positive - to build you up instead of cutting you down.

You'll have to be vigilant because often you're not even aware that you're having an internal conversation. Even becoming aware of that inner conversation takes some amount of deliberation for many people.

For example, "I'm an idiot" becomes "Everyone makes mistakes. I have now learned from it and I will try not to repeat it. In this way, my mistake has helped me grow, learn, and improve and I'm glad to have had this as a learning opportunity."

Re-frame Problems as Opportunities:

As you consciously try to be aware of your internal monologue, you'll notice that you have your worst internal conversations when you face a problem, especially ones that you cannot solve easily.

Here, we will re-frame the problem as some kind of an opportunity – be it an opportunity to learn, or an opportunity to test your capabilities, or even an opportunity to become stronger through hardship.

Here are some examples of how you can go about doing that:

<u>Problem</u>	<u>Re-framed as an opportunity</u>
I got injured in the gym! I won't be able to lift for a month!	I have the opportunity to learn how to get some exercise outside the gym, such as swimming. I will also learn how to manage and take care of injuries.
I can't seem to lose weight. Losing weight is incredibly hard.	I have the opportunity to learn more about metabolism and figure out what works best for my body via trial and error.
Man, implementing this book is hard.	I have the opportunity to become tougher by powering through these exercises, no matter how difficult it gets.

You will find that as you reframe problems as opportunities, they won't seem that big and challenging anymore.

You will also be more motivated to solve them rather than just sulking and becoming frustrated.

You need to consciously wire your brain to think in opportunities and abundance. The difference in thought process is what sets winners apart from the whiners and the naysayers.

If you're one of those goal-oriented people who plan on skipping the implementation of this chapter because it doesn't feel like doing anything tangible - don't. This is one of the most important chapters in this book and has the farthest reaching impact.

To summarize, for the next 90 days, you will:

- 1) Be aware of your internal monologue. You will actively take control of your inner voice and make it friendly, optimistic, and encouraging. You will show yourself the kindness you would show to a close friend.
- 2) Every time you face a problem, you will actively reframe it as an opportunity to grow in some or the other way.

No Gossiping

For the next 90 days, there is going to be absolutely no gossiping.

The reason behind this is simple: the purpose of this book is to help you be intentional about your life. When you gossip about other people, you lose the narrative that your life is about you and what you do with it.

When you gossip, your life becomes about them.

Think back to all the people who keep talking about other people, be it their "friends", coworkers, bosses, politicians, sportsmen, or celebrities. All of these people are not living their own life.

They're trying to live through other people.

- They signal their "principles" by making negative comments about people they know. They live their principles via other people. (*If I was in their place, I would have ...*)
- They celebrate other people's achievements like they were their own. If their favorite cricket team or tennis player wins, they live as if it was their own victory, even though their contribution to that achievement was nothing.
- They satisfy their need for adventure and popularity by idolizing a famous person. They act like a living advertisement for someone else. But unlike ambitious people who take inspiration from other

winners and try to learn from them, these people are happy just being a cheerleader. *(Elon Musk is the best. I am smarter and cooler than other people because I am obsessed with Elon Musk.)*

In other words - their lives are not about them.

If I was to write a book on their life, they would not be the main character of that book. That book would be about the story and achievements of other people and they themselves would just be a side character.

Don't let this happen to yourself. Fight that urge to gossip. It only makes you weaker.

For the next 90 days, you will not gossip. You will not say anything negative about anyone behind their backs.

How about a compliment instead?

As an extended challenge, for the next 90 days, you will compliment someone each day.

It can be anyone, you could tell someone in the gym that they're looking toned, a friend that you like their outfit, - a compliment a day to *anyone*.

It costs you nothing, it makes people feel better, and people will start liking you for your positive attitude. Your relationships will improve, and your network will get larger.

Conquer Your Body

It's impossible to conquer your mind without conquering your body. You cannot have a strong mind in a weak body.

Even the Buddha had to learn to conquer hunger and control his bodily desires before he could sit under a tree and meditate for seven weeks straight and attain enlightenment.

While we won't be learning to conquer hunger or meditate for weeks at a time, we will try to make our body stronger and more flexible by giving it 1 to 1.5 hours of exercise, every single day.

I won't be going into the "benefits of exercise" bit, because you're already aware of how vital exercise is to both your body and mind and I don't want to lengthen this book with redundant information.

With that said, we're going to be following an exercise routine for the next 90 days, primarily for two reasons that you're probably not aware of:

1. When you exercise, your body releases a lot of dopamine, serotonin, and endorphins (the release of these chemicals is what makes you "feel good").

When you cut out a lot of pleasure-giving activities from your life (such as porn and TV), your body will start to crave the release of these chemicals.

Exercise will help you manage those cravings by acting as a proxy activity for the release of these "fun" chemicals in your brain.

2. Exercise improves your ability to control your emotions by enhancing the connection your mind has with your physicality.

You will be able to control your blood flow at will and you will learn to manage your heart rate – both of which are essential to emotional control.

Further, as your hormones start getting in balance, you will find it much easier to control random outbursts of emotions – you will become much a much calmer person as a result.

As a bonus, exercise will give you an outlet to release any frustration and extra, unused energy that you will have because you're holding off on masturbation.

You'll know the real power of sexual transmutation when you start to feel overwhelming amounts of energy.

If you already have an established strength training routine, you don't need to do this separate exercise routine. Just make sure your training is rigorous enough and that you get some cardio too.

If you don't already have a strength training routine, we're going to incorporate 60 to 90 minutes of bodyweight exercises into our daily routine.

(Note that strength training means lifting weights. If most of your workout involves aerobic exercise such as jogging, you will want to incorporate these bodyweight exercises too, because exercise is not just about burning

calories, it's also about gaining lean muscle mass. Lean muscle is the holy grail of health and physicality.)

Here is your exercise routine for the next 90 days:

1. 60 Jumping Jacks to warm up
2. Stretch your body
3. 60 Squats
4. 60 Push Ups
5. 60 Sit Ups
6. 60 Calf Raises
7. 3 1-Minute Planks

If you do not know how these exercises are done, Google them.

Note that this is by no means an easy workout.

If you find it too challenging (and if you aren't already exercising - you probably will) - take as much time as you need to rest in between the workout. You don't have to it all at once. Break it up into as many sets as you like.

On the other hand, if you find it easy, increase the repetition count to 100 instead of 60.

Side-note: If you're morbidly obese, don't do these exercises. Not only will you not be able to them correctly, but you'll also hurt your joints because of the weight. I recommend taking up activities such as swimming and jogging until you are regular obese (as opposed to morbidly obese).

Eat Intentionally

When it comes to living intentionally, the first thing you need to take control over is what you put inside your body. Your food is what gives you the energy to function, so you want your food to be healthy and nutritious, not just delicious.

The standard diet people eat is a terrible diet. At some point, the research behind nutrition got infiltrated by people interested in making a buck at the cost of the health of millions of people: namely cereal manufacturers, fast food sellers, and soft drink peddlers.

Artificial foods are created to give us ridiculous amounts of taste per bite (and triggering the release of dopamine - fast food is intentionally made to be addictive) – and unless you're in *excellent* shape, there is no "moderation" when it comes to these terrible processed foods and oils.

What about everything in moderation?

Notice how everyone who preaches fast food in moderation is fat. Moderation is an excuse people use to eat whatever they want, whenever they want it.

Don't get me wrong, if you are fit and muscular, you can eat these foods occasionally (read: rarely). However, if you are not very fit, moderation is a terrible idea. You need to cut out junk food *completely*.

A life of processed food, vegetable oils, and refined sugar is the reason why we have people in their late 40s and 50s dying of heart attacks, while their parents who grew up in a time without processed garbage are still alive in their 80s and 90s.

We're going to clean up our diets so that we have enough clean energy to stay alert and focused throughout the day.

<u>For the next 90 days:</u>	
We will consume:	We will not consume:
<ul style="list-style-type: none">• Meat and Fish• Eggs• Dairy (and dairy products)• Vegetables• Fruits• Whole Grains	<ul style="list-style-type: none">• Anything made in a factory• Processed food• Refined Sugar• Vegetable Oil• High Fructose Corn Syrup (stay miles away from this)• Soft Drinks

The foods listed on the right do not give you efficient energy, they fatten you up, and they clog up your arteries.

It's almost like consuming a slow poison for years until one day it kills you.

Recommended Reading

I recommend reading "Deep Nutrition" by Catherine Shanahan, M.D. to help you gain an excellent insight into nutrition and overall wellness.

This is one of the best books that I've come across on the topic of nutrition. It's comprehensive and dispels a lot of myths people have about nutrition and their bodies.

It also contains some great information about epigenetics, beauty, and evolution – which I found to be very interesting.

Also, if you are fat, you're in luck, because I also decided to include a free fat loss program in this book. I couldn't write this book without including this fat loss guide because obesity has become such an epidemic nowadays and most people reading this book have at least a few kilograms of fat to lose.

If you are overweight, you're going to be incorporating the next chapter into your 90-day program.

A Guide To Fat Loss

Note that everything in this chapter is in addition to everything in the previous chapter.

1. Skip Breakfast

If you want to lose weight, you have to create a caloric deficit.

$$\text{Caloric deficit} = \text{Calories consumed} - \text{calories burnt}$$

You get fat when the calories you consume are higher than the calories you burn. (Of course, there's more to it, but this equation is a very good generalization.)

By skipping breakfast, you end up eating fewer calories per day, and that will help you lose a lot of fat over time.

Isn't breakfast the most important meal of the day?

No, it's not. The slogan "Breakfast is the most important meal of the day" was invented in the 19th century by James Caleb Jackson and John Harvey Kellogg to sell their newly invented breakfast cereal.

Besides, this is not a permanent lifestyle change – you can go back to eating breakfast if that's what you want to do *after* you've lost all the extra kilograms of fat around your body. You don't need to stay in a state of caloric deficit forever.

2. Focus on Protein:

Not only will we cut down on sugars and vegetable oil, but we will also focus on eating high protein foods. Not an exhaustive list:

- Eggs
- Meat
- Legumes and pulses
- Cottage cheese and other dairy products

Ideally, you want to eat ~ 2 grams of protein per kilogram of bodyweight.

Not only will this improve your health, but you will also not feel as hungry because protein is incredibly satiating.

You can eat an absurdly large amount of carbohydrates before you feel full (and feel hungry again in a short amount of time) but eating protein will make you feel full much faster (and for much longer).

3. Eat at the same times each day:

Your body has its own biological clock. If you eat at a particular time, it will learn to feel hungry at that time.

When you start implementing this guide, you'll feel hungry at the time you usually eat breakfast. But in two weeks, you won't. Your body will adjust to its new meal schedule.

Do not vary the times you eat, and you'll stop feeling hungry outside of

those times. This will make it much easier to lose weight as you won't be battling constant hunger pangs.

4. Stop Snacking:

Snacking is a great way to get extra calories, but it's terrible if you want to lose weight.

You know those things you eat between two meals: biscuits, chips, etc. Those are some of the highest calorie foods on the planet.

If you absolutely must snack (because of uncontrollable hunger pangs or stomach growling at work), be smart about it.

Instead of eating high-calorie items, snack on:

- Cucumbers
- Tomatoes
- Beetroots
- Fruits Salads etc.

These foods have low calories in ratio to their volume, so you're not setting yourself back much by snacking on them.

5. No Cheat Days:

The dumbest mistake you can make when you are fat and trying to lose weight is having cheat days.

When you are fat, and you've been dieting for a week, and you have a

"cheat day", you won't be making any progress ... at all.

Let's say that you create a deficit of 500 calories a day (great), so over 6 days, you saved 3000 calories.

Now you go and have a cheat day and eat a large pizza and drink some coke and eat some dessert, and you've now eaten 3000 extra calories that day.

The overall progress you made that week: almost nothing.

You can only have cheat days when you are fit.

Only fit people "deserve" cheat days.

If you are fat, it's because your entire life has been one giant cheat day.

If you truly want to lose that weight once and for all, no more cheating.

And that's it. That's all you need to do to lose fat.

If you follow everything in this guide, you can expect to lose 0.5-1 kg of fat per week for the first 3-6 months and half that for the next 3-6 months and then declining ever after, of course, depending on how fat you already are.

In general, the fatter you are, the more weight you will lose per week. As you get fitter, the fat loss numbers will become smaller.

Following this guide to diet and doing the exercise routine is how you will lose weight. There are no "secrets" and no "special tricks" to do it.

Just diet and exercise.

(You keep hearing about special secrets because secrets sell and people want shortcuts, but when it comes to biology, the long cut is the short cut. Don't waste your money on any special weight loss product; just follow this chapter consistently and you'll be fine.)

P.S. Be sure to measure your weight every week to keep track of the overall trajectory of your progress.

I want to lose fat faster. What do I do?

Great. In this case, you also need to skip lunch.

Just eat one meal per day: Dinner.

Make sure you get enough electrolytes (or you'll feel lightheaded and lazy) and make sure that your dinner is calorically dense and has enough protein (or you'll lose muscle).

Consider having a protein shake in the morning and evening.

This is called intermittent fasting, where you only eat during a 4-hour window and fast for the remaining 20 hours. It's a very healthy way to live and a great way to get back in shape.

Do Your Research

This doesn't have much to do with the stated objectives of this book, but as you cut out junk habits from your life, you'll find that you have a lot of free time left in your day that you can use for other, more productive pursuits.

One habit that I highly recommend building is reading and researching.

Reading can help you grow exponentially, as it lets you tap into other people's knowledge and experience. Reading gives you access to someone else's life and mind and helps you learn from their mistakes and experiences.

"In my whole life, I have known no wise people (over a broad subject matter area) who didn't read all the time - none, zero. You'd be amazed at how much Warren reads - and at how much I read."

- Charlie Munger (Warren Buffett's business partner)

The very fact that you are reading this book shows that you read at least a little bit. Most people read less than 3 books a year.

You should aim to read at least 1 book per month at a *minimum*. No one is too busy to read one book a month. While "number of books read" is a vanity metric, and you don't get much out of books you don't 'study' (reading combined with reflection and understanding), one book a month

is a very good standard.

So, we're going to add reading to our 90-day game plan.

For the next 90 days, you will spend 30-60 minutes of each day reading *something useful* - it could be a book or educational articles on the internet.

You can pick any particular topic you want to learn more about and read about that for a week, and then choose another topic for another week, and so on.

For example, let's say you want to find out more about Bitcoin. For a week, spend 30-60 minutes a day reading about Bitcoin.

You can learn a LOT about any topic in 3 - 7 hours of solid research.

Alternatively, pick a good non-fiction book and spend 30-60 minutes a day reading it.

I recommend starting with the one I mentioned earlier: "Deep Nutrition".

If you want some more recommendations, you can find them back on lifemathmoney.com under the "book recommendations" section³.

³ <https://lifemathmoney.com/book-recommendations/>

Develop A Morning Routine

Your mornings define the momentum for the rest of your day.

For most people, the first act of their day is pressing the snooze button and getting some extra sleep.

We are going to do the opposite: we will create a killer morning routine that we will execute immediately upon waking up.

This is:

- 1) Wake up and do 10 jumping jacks. This will get you out of bed and avoid the snooze button trap.
- 2) Recite the mission that you have set for yourself out loud. This will ensure that your mission is the first thing on your mind as you wake up.
- 3) Drink a glass of water to offset 8 hours of dehydration.
- 4) Get done with your exercise routine.
- 5) Take a shower and drink your coffee (alternatively: beetroot juice).
- 6) Meditate for 15 minutes.

Another advantage of having a morning routine is that it helps you get a lot of work done as soon as you wake up. Within the first two hours of waking up, you're already done with your meditation and exercise!

Most people, on the other hand, spent the time lazing around and checking

their social media accounts.

Meanwhile, you're up and running and making moves already!

Remember that objects in motion stay in motion, and people in motion stay in motion.

When you start your day right, the rest of your day will have the same tone and will be highly productive as well.

Planning Your Day

Has this ever happened to you?

You are extremely motivated to do something.

For the first two days, you do it very well.

Then for the next two days, you do it, but you compromise on quality.

Then you do it half-heartedly. And then decide that you'll take a break for one day and do it tomorrow.

And then it becomes something you did that one time.

Then a few weeks or months later that motivation to do that returns.

And the cycle begins again.

Likely, this has happened to you. It happens to everyone, we feel motivated to go to the gym in January for our new year's resolution, and half of us stop showing up after two weeks. Half of the rest are gone by the time January is done and very few still show up after 3 months in April.

It's just how we are. We get things done when we feel motivated to get them done and we let them go once that motivation is gone.

This is why we need structure. Structure and organization help you get things done even when you don't feel like doing them.

Humans did not evolve to be long term thinkers

We are biologically wired to be worried about our next meal and the problems in front of us. Our ancestors did not have the luxury of planning their life five years down the line when they were hungry today.

We are biologically hardwired to be motivated by instant results. You eat food, and you immediately feel full. You drink water, and your thirst is immediately quenched.

It takes discipline to do things that don't give us immediate returns but need constant, long term effort (such as exercise).

When presented with a choice (and everything you do is a choice), **your brain is hardwired to pick the path of least resistance**, and that is why most people never amount to anything.

They make easy choice after easy choice and always opt for small, immediate returns over large, delayed returns.

Militaries around the world rely on routine and structure to keep their soldiers in top shape – ready and prepared for action.

Let's take a page from them and structure our own day as well.

Here's what you are going to do:

You're going to start with creating a rough outline of how your day already looks like.

It can be something like:

7 am: Wake up

7 am - 8 am: Freshen up and get ready for work

8 am - 8:30 am: Have some breakfast

8:30 am - 9:30 am: Commute to work

9:30 am - 6:00 pm: Work

6:00 pm - 7:00 pm: Commute back home

7:00 pm - 9:30 pm: Relax, eat dinner and watch TV

...

11 pm: Go to Bed

Once you've penned down a rough outline of your average day, modify it to what you want your day to look like, i.e., incorporate everything in this book to your daily routine.

If you find that you do not have the time to fit in all the activities you want to include, try to combine them with into other "blank" items, such as commutes.

For example, you can get your 30 minutes of research done on your commute.

You can also get your 15 minutes of meditation done on your commute.

If your workplace has a gym, try to complete your exercise routine at work.

Time is your most valuable resource; you can never get it back – so try to get the most out of your time each day.

As a side note, if you're an office worker, you're probably not busy for 8 hours each day.

Most office workers spend 4 hours a day on work, and they spend the rest of their work time gossiping around with their coworkers, browsing the internet, and on other meaningless activities.

Don't. Don't waste that 4 hours or so of work time.

Instead, what you want to do is to get a lot of your personal work done in that extra time.

I've found that you can launch a decent, internet-based side business right at work, and use your spare time at the office to develop it until you get it to the point that you can quit your job.

Don't get caught doing this though.

Be smart and "play the game" (in other words, don't tell people what you're doing – *your coworkers are not your friends*, and many will be happy to stab you in the back if they can get something out of it), because the last thing you need is getting your bonus stubbed for being "unfocused" or worse, getting fired.

Don't be "above" using your work time for personal projects if you can get

away with it - your employers aren't your friends, and they will not hesitate to fire you if they can find someone across the world to do your job for 15% cheaper.

Also, once you create your new routine, adhere to it.

Don't try to cop out and don't give yourself leeway.

"It's okay; I'll do this later" – no.

You planned that you will do it now, so you'll do it now.

"Later" is where your plans and dreams go to die.

Ensure that you schedule at least 8 hours to sleep. You may have some trouble sleeping for the first few days, but as your body adjusts to your new schedule, you will start feeling sleepy around the time that you have set for sleep.

Write a Journal and Reflect Upon Your Day

The things we never reflect upon are the things we never learn from.

We will start a journal to help us collect the events of our day and reflect on them. Here's what you need to do:

For the next 90 days, at the end of each day, write in your journal about how your day has been.

Write about the things you did, what you ate, who you met, and what you talked about.

Reflect on the incidents that happened through your day.

- Did I make any social mistakes?
- How was my overall mood?
- Was today a productive day?
- How could I have improved today?
- What things did I do wrong that I could have done better?
- What things did I do right?

Overall, both the writing and the self-introspection should not take more than 20-30 minutes, although, if you have the time, feel free to extend

yourself beyond that.

You will discover that as you reflect on your day on a consistent basis, you become calmer and more self-aware.

This is because the act of writing gives you the opportunity and time to process your emotions and it makes you aware of how you behave on a day to day basis, so you can consciously alter your behavior when you need to, instead of going with the flow like everyone else.

Your social skills will also improve as you spend some time reflecting on the mistakes you made.

Give It Time

This is one of those habits that you need to implement for at least 30 days before you start seeing results.

Don't expect to see a significant change right from day 1.

Unreasonable expectations are the reason why people quit too soon.

Any Other Habits That You Want To Incorporate

Through this 90-day project, you are going to be making a lot of changes in your life. If there are any items that you want to work on that are not covered by this book, this is where they come in.

You will implement any habit you want to develop for a period of 90 days. These are not compulsory to our project, only ancillary.

Here are some ideas that you might want to consider:

- Dressing better
- Waking up early
- Swimming / Jogging / Other Cardiovascular Exercise
- Talking to at least 3 people of the opposite sex per day
- Learning a foreign language (practice for 15 minutes each day)

Now that you've read the book - start taking action today, because tomorrow never comes and today is all you have. Your life is in your hands, and now you have the tools to make what you want out of it.

Wish you the best,

Harsh Strongman