



Your Ultiself Optimal Routine

Use this **Routine & Strategy** to Supercharge your confidence, energy & productivity & reach your true potential



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ultiself.com

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Congratulations on joining Ultiself! And welcome to the family!

Let's stop wasting time on random generic self improvement & start focusing your efforts on the healthy habits & biohacks that will work for you!

We analyzed your answers to our quiz and created your **Optimal High Performance Routine**

We used our proprietary neuroprofiling system and matched you up with the habits that work best for people who best match your profile.

IN THIS PDF YOU WILL FIND YOUR OPTIMAL ROUTINE.

We will tell you the habits & biohacks we recommend, why we recommended them for you, how to do them and why they should work.

Each habit has a suggested weekly minimum requirement and time of day.

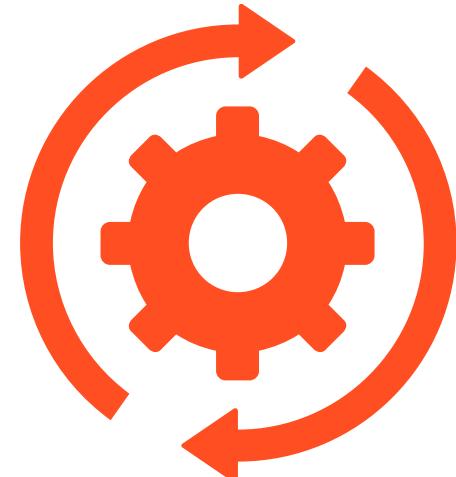
We believe that sticking with these habits based on our suggestions should improve your **confidence, focus & energy**.

WHAT TO EXPECT

We would love to tell you that this is the most perfect routine for you.

But that would simply be not true.

This optimal routine is just a very educated guess **based on our statistical modeling and wellness knowledge.**



It is a starting point and you should continuously refine and optimize your routine as you use Ultiself.

THERE ARE A FEW REASONS FOR IT.

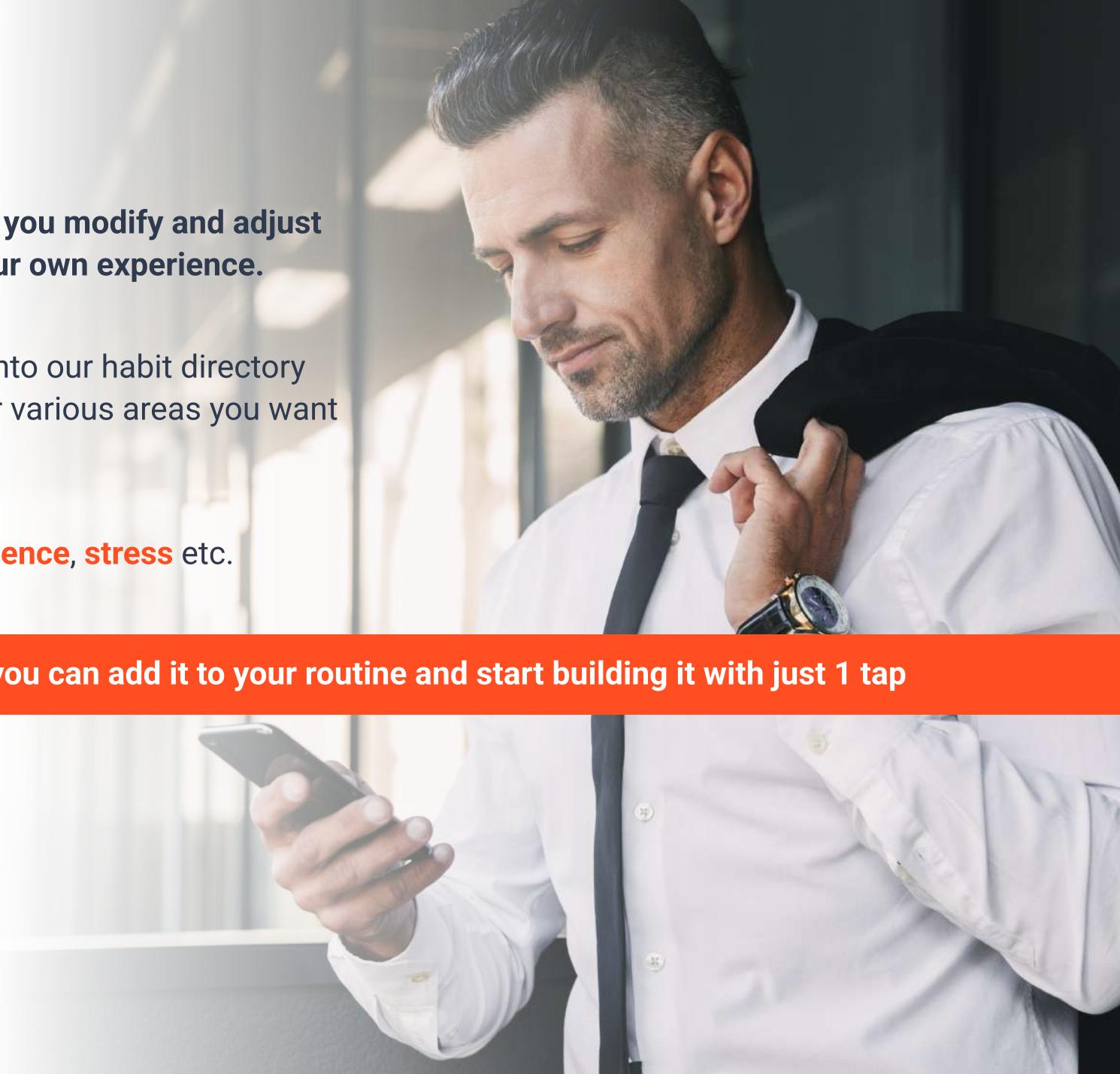
- 1** Some of the habits suggested may simply not be for you.
- 2** As you use Ultiself you will change. Habits that worked for you before may stop working and you may discover new habits that may work better than the ones you are using.
- 3** Ultiself is a tool that will help you very quickly identify if a habit is working for you or not.

We strongly suggest that you modify and adjust your routine based on your own experience.

For Example you can go into our habit directory and learn about habits for various areas you want to improve...

Like **focus, energy, confidence, stress** etc.

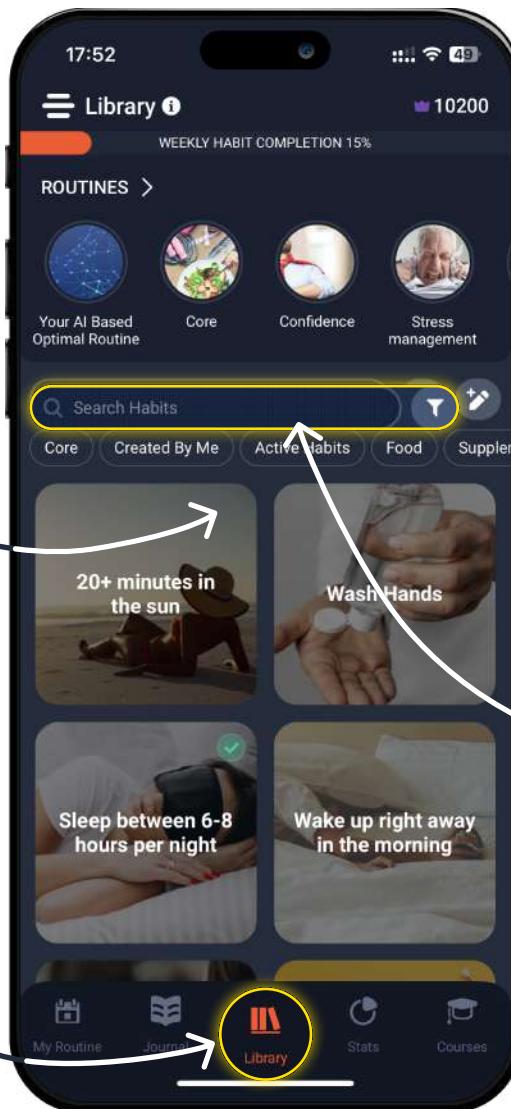
If a habit appeals to you you can add it to your routine and start building it with just 1 tap



WORKING WITH HABITS LIBRARY

3 To learn about the habit, you can click on the habit.

1 You can find our habit library in the "Library" menu below.



2 In the upper left corner there is a search bar to quickly find a habit. In the top right corner you can find the "What do you want to improve?" filter to select the areas you want to improve. Select 2-3 areas you want to work on and Ultiself will suggest habits for you.

If you want to really focus in on a specific area...

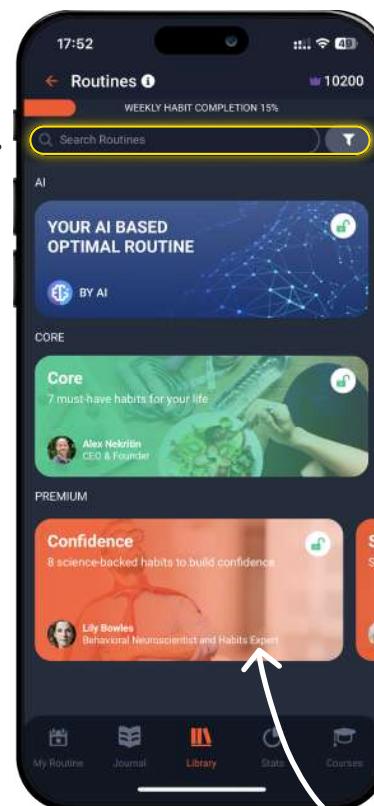
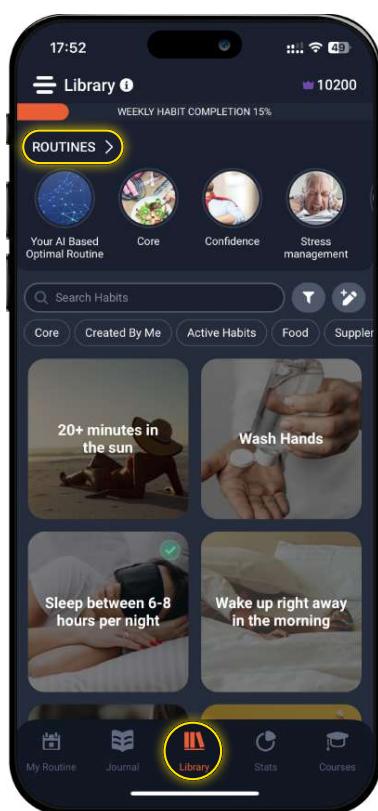
You can access our routine directory and add entire routines to zero in on that area and then move on a more balanced routine.

WORKING WITH ROUTINE DIRECTORY

2 In the top right corner you can find our "what do you want to improve" filter to find routines by the areas you want to improve.

1

Go to the "Library" tab in the bottom menu. Click on the "Routines".



3

To see what habits are included in the routine and to start forming them, click on the routine.



4 You can activate habits 1 by 1 or activate the entire routine.

MOST IMPORTANT BENEFITS OF ULTISELF

The biggest benefit that you will discover from Ultiself is a **SENSE OF CONTROL**.

Now your daily routine will be organized, and you will build confidence as you complete your habits.

Each time you track a habit you are honoring a promise that you made to yourself.



And this boosts your self-efficacy...your belief in yourself.

This is the main point of Ultiself. It improves your most important relationship.

THE ONE WITH YOURSELF.

The more habits you track... the more you will feel like a winner.

And this will snowball into your future actions, relationships and change your life.

This is why it is key to make using Ultiself and tracking your habits a part of your daily life.

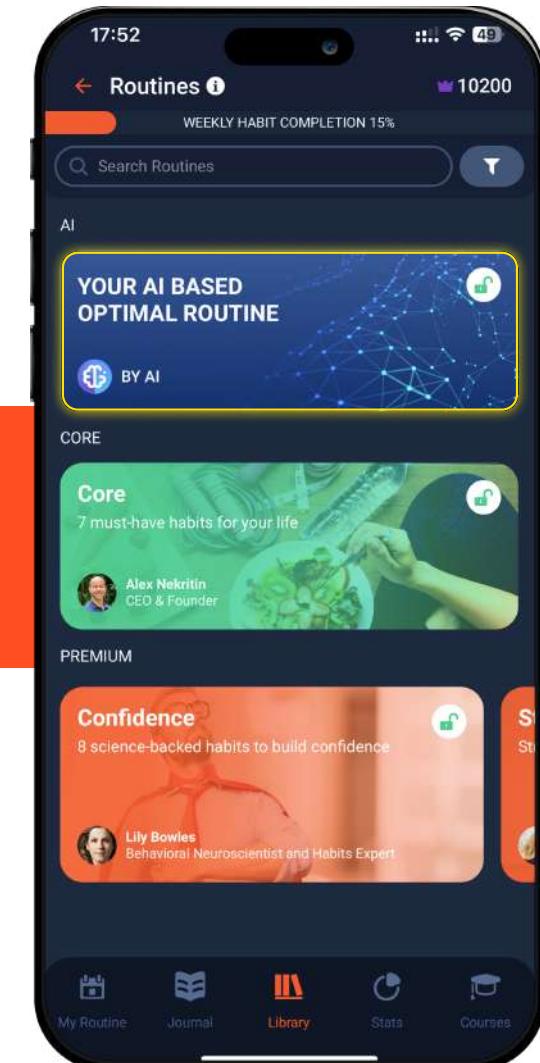
ACCESSING YOUR OPTIMAL ROUTINE

We will give each habit in your Optimal Routine right in this PDF.

But we also make your routine available inside our app.

You should have received a separate email with access to the app. If you did not please email info@ultiself.com and we will send you access instructions right away.

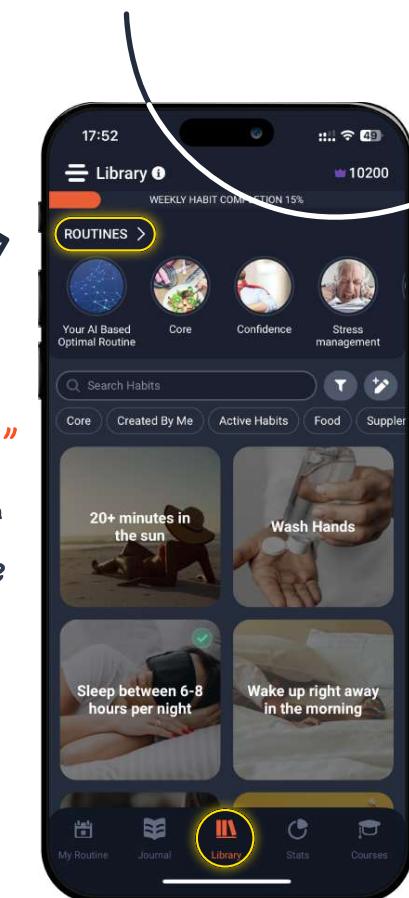
HERE IS HOW YOU CAN ACCESS YOUR OPTIMAL ROUTINE INSIDE YOUR APP.



OPTIMAL ROUTINE

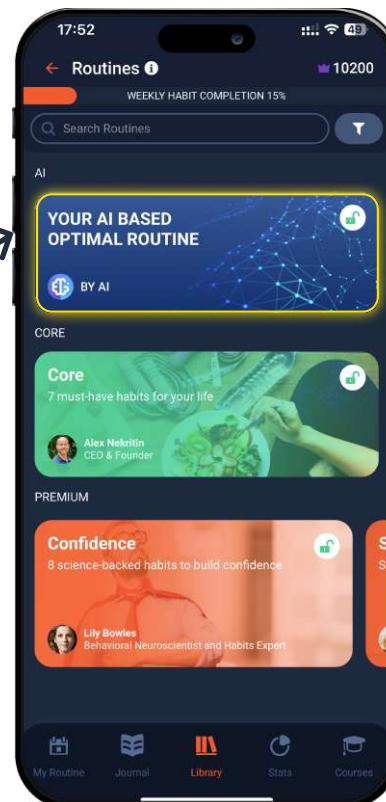
1

Go to the "Library" tab in the bottom menu. Click on the "Routines".



2

Click on the block "Optimal Routine".



3

You can pick the habits that appeal to you and add them to the tracker.



YOUR ROUTINE

Core Habits - We Recommend that everyone does the following 6 Core Habits. There is overwhelming scientific evidence that they are good for everyone. You likely already do most of these habits but if you don't, get up to speed on them.

This is your base.

WE WILL ADD YOUR SPECIFIC HABITS ON TOP OF THESE.



Habit 1: Sleep at least 6 hours per night

Sleep is critical for your immunity, brain function, memory, focus, productivity, social interactions, just about everything. 6 hours per night with proper sleep hygiene is the absolute minimum.



Habit 2: Hydration

Drinking enough water keeps your body in tune and decreases your risk of heart disease. It improves your ability to think clearly and act quickly, and maintain gut health,. Make sure to drink 2-3 liters of water every day.



Habit 3: Exercise

Exercise is the key to improving your life. By working out you will improve your body, mind, mood, overall health and self-image. Going to the gym 3-4 times per week is an essential self care habit.



Habit 4: Socialize

There are a ton of studies that socializing is a key habit to healthy aging, mental sharpness, good mindset and overall health. Do not ignore this key habit ad socialize with various groups of people at least on a weekly basis.



Habit 5: Get Outside

Spending a short time outside every day can improve your mood, health, and mental sharpness. It also has benefits for your immune system to keep you healthier. Spend at least 15 minutes outside every day to maximize your benefits.





Habit 6: Breathwork & Mindfulness Techniques

Breathing exercises, meditation and other heart rate variability training can mitigate stress, improve your mood and attention, increase creative capabilities and your mental output. Meditate for 10 minutes per day to increase your mental and physical performance.

YOUR SPECIFIC NEURO-PROFILING HABITS



Habit 7: Reading

Reading enhances cognitive function, improves memory, and increases knowledge. It can reduce stress and promote sleep. Regular time spent reading books in a variety of genres can promote lifelong learning and mental well-being.



Habit 8: Take Probiotic

Probiotics, the "good bacteria" found in fermented foods or supplements, help maintain a healthy balance in your gut. They improve digestion, boost immunity, and can even improve mental health.





Habit 9: Stretching

Stretching increases flexibility, improves circulation, improves posture, and can help reduce stress. Just 15 minutes a day of basic stretching can significantly improve your overall physical health and well-being.



Habit 10: Gratitude

Practicing gratitude can improve your mental health, cultivate positivity, increase empathy, and boost self-esteem. Daily practices like keeping a gratitude journal or simply reflecting on what you're grateful for can enrich your life in unexpected ways.



Habit 11: Declutter

Decluttering helps reduce stress, improve focus, and improve sleep. It's not just about cleaning physical spaces, it's also about clearing the mind. Regularly practicing this habit contributes to your overall well-being.





Habit 12: Morning Sun Exposure

Exposure to morning sunlight can have several health benefits, including boosting your mood, improving sleep, and helping your body produce essential vitamin D. Try to spend at least 15 minutes outside in the morning to start your day off right.



 **TIPS**

Here are some tips to get the most from your optimal routine.

The biggest key to Ultiself is not what to do. **It is taking consistent action.**

Here are some tips that you keep taking actions towards your goals with Ultiself.

1 Set your intention. Determine the main things you want to improve with Ultiself and have that goal clearly written out. Knowing WHY you are doing something will make it much more likely to stick.

2 Force yourself to track your habits on Ultiself the first few weeks.

Once you do it for a bit, actually using Ultiself will become a habit. And this is a habit that will build your self confidence and sense of control because you will consistently be honoring promises you make to yourself.

Consciously put in the effort in the beginning. After a few weeks using Ultiself will simply become part of who you are.

3 **Don't build too many habits.** Don't overwhelm yourself. Keep your habits small and simple and don't do more than 12. The idea here is to get into the process of doing the habit and rewarding yourself by tracking it. Once the habit becomes part of who you are you can scale it.

4 **It's ok to mix things up.** Otherwise things will get boring. The key is to be in control of your daily routine. As long as the routine is good for you you can totally mix things up.

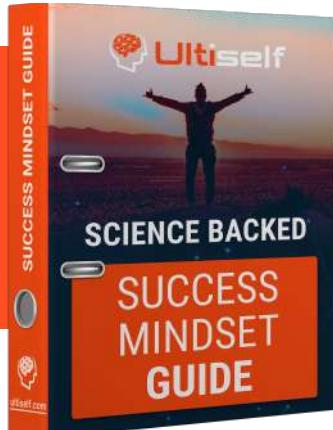
5 **Plan for travel, buy weeks etc.** You don't have to do all your habits when you travel. Have a lighter routine in place.

6 **Have a weekly view.** Don't worry about doing each habit each day. Each habit has a weekly frequency, simply try to hit that weekly minimum.

7 **You will mess up.** You will have weeks where you forget to track your habits. That's perfectly fine. Don't beat yourself up. Just calmly get back on the horse.



Here are a few bonuses for you to check out to learn more about the mindset you need to have and how to approach your habits.



ULTISELF MINDSET GUIDE

Use this guide to develop the resilient mindset to stick to your optimal routine and your goals.

<https://ultiself.com/storage/blog/pdf/article-id-19.pdf>

ULTISELF HABIT BUILDING BLUEPRINT

Use this to find the best mental sharpness enhancing supplements for you.



https://ultiself.com/storage/habit_blueprint/ultiself-habit-build-blueprint.pdf

If you want to truly build your best self this information will be a great help.

TO A BETTER, BRIGHTER & MORE SUCCESSFUL YOU!

You have the app...you have your routine...you have our bonuses & access to our facebook group.



You have everything you need to design a routine to get you to your goals.

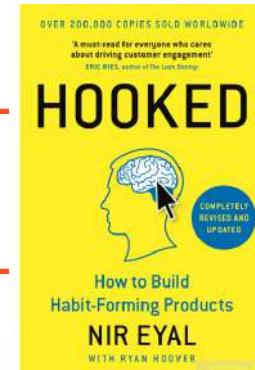
STICK WITH IT & GET YOUR DESIRED RESULTS.

This is not a quick fix...hype, nootropic etc...rather this its a practical systematic approach.

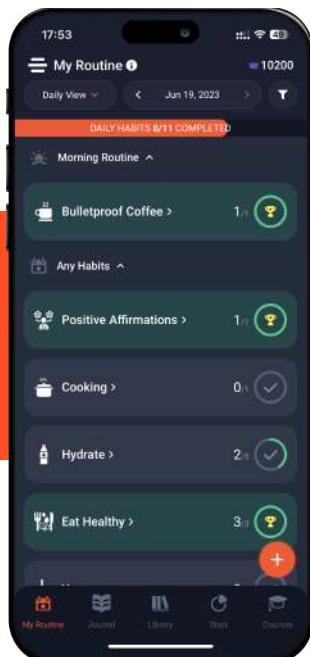
If you follow this approach you will very likely benefit.

NOW IT'S ON YOU!

Based on the bestselling book *Hooked By Nier Eyal*



The faster you start using the app the more likely you are to stick to it!



Your mission now is to add at least 1 habit to the tracker and start tracking right away even if you don't do the rest of your routine.

Based on this book your next 30 days are the most important...

Almost everything in Ultiself requires no will power

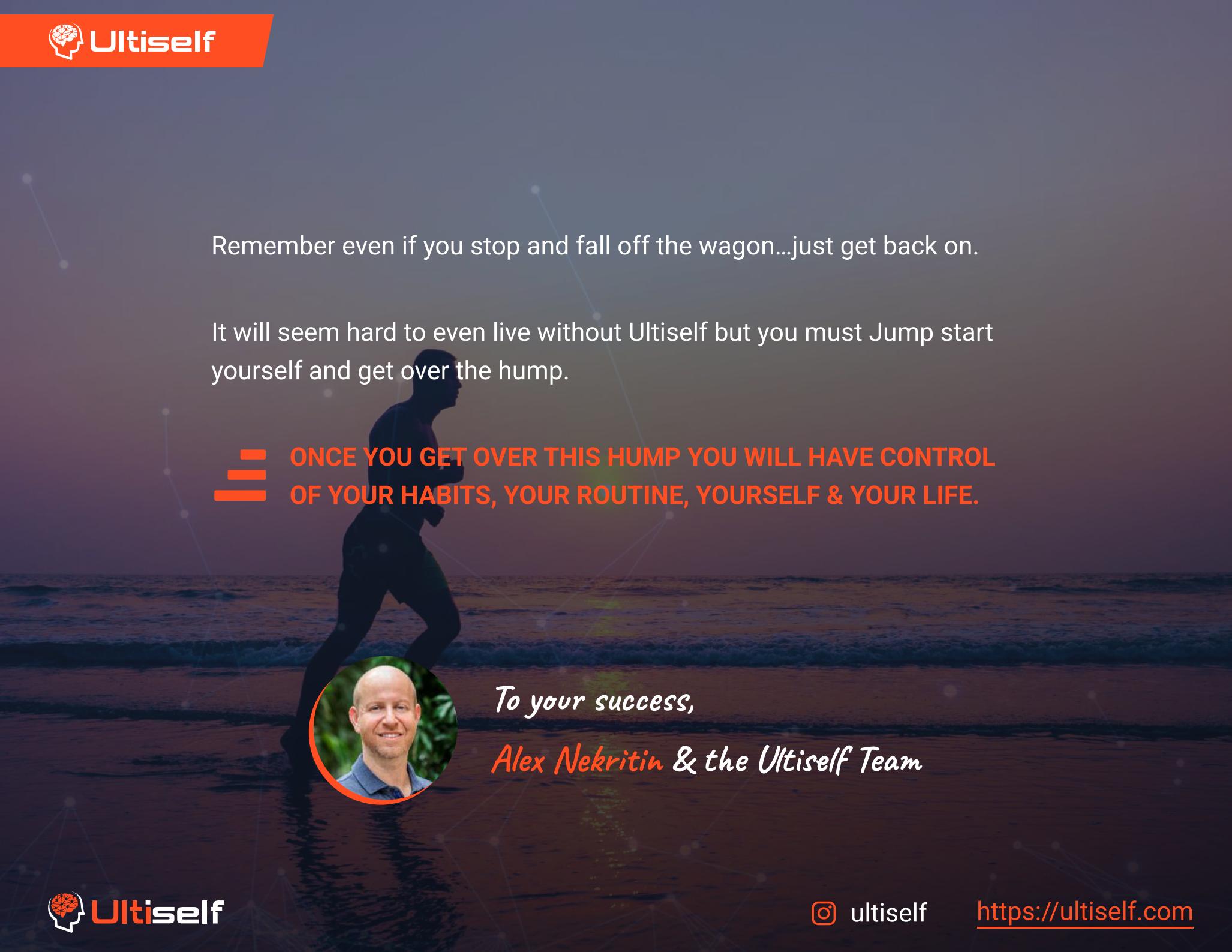
But the key is you have to get yourself into the mode of using the app

Just like people did with cell phones, vape pens, exercise etc.

If you push yourself for the next 30 days.

Remember even if you stop and fall off the wagon...just get back on.

It will seem hard to even live without Ultiself but you must Jump start yourself and get over the hump.



ONCE YOU GET OVER THIS HUMP YOU WILL HAVE CONTROL
OF YOUR HABITS, YOUR ROUTINE, YOURSELF & YOUR LIFE.



*To your success,
Alex Nekritin & the Ultiself Team*