

Free Framework • 11 Books • 82 Chapters

SOULBOOK

# 7 Pillars of a Complete Life

A practical framework for building every dimension of your life. Energy. Mind. Soul. Craft. Capital. Circle. Legacy.

Energy

Mind

Soul

Craft

Capital

Circle

Legacy

Read the full chapters free at [frankx.ai/soulbook](http://frankx.ai/soulbook)

# The 7 Pillars

Each pillar is a full chapter — practical, no filler, immediately useful

## Energy

01

The Foundation

05

## Capital

The Leverage

- › Income diversification: build multiple revenue streams
- › Savings rate > income level for wealth building
- › Invest in assets that compound: skills, relationships, equity
- › Financial literacy: understand tax, debt, and compound interest

### REFLECT

*How many income streams do you have? What could you add?*

06

## Circle

The Network

- › Audit your top 5: you become the average of your closest people
- › Give first: create value before asking for anything
- › Prune deliberately: distance from chronic negativity
- › Build across domains: diverse networks > deep silos

### REFLECT

*Who in your life elevates you? Who drains you?*

07

## Legacy

The Long Game

- › Think in decades, act in days
- › Build things that outlast you: systems, content, institutions
- › Teach what you know: legacy compounds through others
- › Design for your future self, not your current comfort

### REFLECT

*What would you want people to say about you in 30 years?*

# How to Use This Framework

Three steps to start building a complete life

# 01

## Assess

Rate each pillar 1-10.  
Which scores lowest?  
That's where you start.

# 02

## Read

Read the full chapter for your weakest pillar. Each is practical and immediately useful.

# 03

## Practice

Pick one key practice per pillar. Apply daily for 30 days. Small actions compound.

## Your Daily Practice Checklist

- |   |  |
|---|--|
| <input type="checkbox"/> Morning protocol: light, movement, hydration | <input type="checkbox"/> 2 hours of single-task deep work    |
| <input type="checkbox"/> 20 minutes of solitude — no input            | <input type="checkbox"/> 1 hour of deliberate skill practice |
| <input type="checkbox"/> Review finances: track one metric            | <input type="checkbox"/> Create value for one person today   |
| <input type="checkbox"/> Journal: one sentence about legacy           | <input type="checkbox"/> Energy check: rate 1-10, note why   |

FrankX

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11 books. 82 chapters. All free to read. Build what matters.