

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

The 7 Pillars

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

01

Energy

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

frankx.ai/soulbook

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