**PEP 65 Edited\_Transcription**

[Daniel Hill] (0:05 - 26:55)

Welcome to the Official Property Entrepreneur Podcast with myself, Daniel Hill. On this Strip Back podcast, we're going to be going behind the scenes with special guests to provide insight and inspiration on all things business, life, and the actual realities of high performance in practice. Success and failure are both very predictable.

We hope you enjoy. Hello, hello, hello, and welcome to the next Official Property Entrepreneur Podcast. It is Tuesday.

It is time for the next episode, and today is going to be an absolute game changer and life changer for you, your partner, your children, your friends, your family, and anyone you choose to take on this journey with you. On Property Entrepreneur, one of our core values is health. So wealth, we want to make sure you're financially independent.

Health, we want to make sure you're around and able to enjoy it. And life by design, building a life, whatever that means, an empire builder, take over the world, or a small lifestyle that gives you freedom and independence to enjoy time with your friends, family, or doing anything that you want. Coming out of the winter, we've had storms, we've had frost, we've had snow, we've had Christmas, we've had New Year, we've had the failed January gym club.

And before we get to spring, I want to give you one last opportunity to reset the bar to get the flywheel going and clean the palette to get you ready for your AAA game going into spring. Now you will see on social media over the coming weeks, property entrepreneurs all around the country going out there and performing on their AAA game to make sure they're looking their best, they're feeling their best, and they're performing their best before we hit the spring and summer seasons, which we call the championship season on Property Entrepreneur. If you are not currently on your AAA game, so you're not doing as much exercise as you should be, you're not getting up at the right time, you're not eating properly, you're carrying a bit of Christmas weight from December or even holiday weight from last year, and you know that you need to really reset the bar, pull the pin, drop the hammer, get this stuff sorted, this is the challenge for you.

In this podcast, I'm going to take you through the clean the palette blueprint. As you may well know, one of the companies that we partner with is RNT Fitness, and we've been working with RNT Fitness for a number of years. They are one of the world's leading transformation platforms for high performers.

And in recent years, I've actually taken a place on the board at RNT and actually support them with their business strategy, structure and growth as they go worldwide with their new platform RNT Pro. If you're interested in more of this stuff, go to rntfitness.com and check out some of the blogs, free education, loads of free podcasts to get you on top of this. However, in this podcast, I'm going to share with you their clean the palette blueprint, which will enable you to do the first 28 days of resetting the bar, picking up the basic habits, and I guarantee you, getting you into the best shape you've been in the last six weeks, six months, or even six years.

So this is your 28 day challenge. At the moment, I'm currently delivering this with the board and the property entrepreneurs. And over the coming weeks, you will see property entrepreneurs around the country, getting their steps in to raise money for get up and give back.

This blueprint has changed my life. It's changed the life of property entrepreneurs for the last decade. And in the next 15 minutes or so, I'm going to explain to you the five steps of cleaning the palette.

So you can set a 28 day challenge from whenever you want. Start on a Monday, finish on a Sunday, do four weeks of this. And I would recommend maybe start on the first of the month or start on the next coming Monday when you're ready.

And put this into practice. I guarantee it will get you into the shape of your life and get you to perform your best, feel your best, and look your best over the next four weeks. So the four parts of the 28 day challenge, which is clean the palette.

The first is steps. The second is sleep. The third is water.

The fourth is meal plan. And the fifth is workouts. You'll notice in this, what I'm not talking about is high intensity training.

What I'm not talking about is hill sprints. What I'm not talking about is thousand calorie deficits. I'm talking about the absolute basics, the absolute fundamentals, but the absolute minimum that's required to reset the bar, have a circuit breaker and get yourself back into your AAA game.

So I'm going to take you through them one at a time. And what I would encourage you to do is set a target for each of these and then create your 28 day challenge by either printing it out and putting on your fridge, 28 days, get a little calendar off the internet, or with a whiteboard marker, writing it on your mirror in your bathroom. If you go on Amazon, you can buy a whiteboard A4 sheet for about 99 P and you can draw it on there, stick it up in your office.

The most important thing is you keep it simple, but you make it visible. You set the targets and you execute relentlessly. This is not hard work.

It's not difficult. It's not challenging. It's basic habits locked in the diary and then executed relentlessly.

So the first is steps. Now, if you haven't been doing steps recently, I would recommend 10,000 steps a day as an absolute minimum. On Property Entrepreneur, we encourage people to move up to 12, 12 and a half on our advanced program.

And if you really want to start making a dent, move up to about 15,000 steps a day. The first few days will break you. The next few days will make you.

And if you haven't listened to the Fire Up The Flywheel podcast, go back and listen to that to get your mindset into how this works. And a few tips and tricks of this for you. So in fact, what I'll do is I'll go through the targets first and then I'll give you the tips and tricks.

So steps anywhere between 10 and 15,000, and you're going to do these every single day. The second is sleep. Now, this could be a certain amount of hours sleep a day.

How many hours sleep? 7, 8, 9, 10, whatever you think you need or whatever you know you need. Sleep is the second one.

Either the amount of hours you need, and you can track that on an Apple Watch, a Fitbit, if you're any sort of wearable tech, or even you can just pencil it down if you want to go old school and record the time you go to bed and the time you go up. But with basic fitness tech, I use a Fitbit. You can track that now.

I want to track either how many hours you've got or go to bed at the same window. So the same window of time within an hour's window. So set your hour.

Mine is 8 till 9. I go to bed really early, but I also get up really early. 8 to 9 is in bed and I fall asleep pretty quickly in that period.

So choose either an amount of sleep or a window. Or if you're experiencing sleep already, then choose a sleep score. And if you're using a WhoopStrap or a Fitbit, it will give you a sleep score, fair, good, excellent, average, et cetera.

So the second is sleep. Set a target for that, either hours or window to go to sleep. The third is water.

Now, a 20% reduction in hydration can cause up to an 80% reduction in productivity. Now that is absolutely crazy when you think most people are not properly hydrated. You want to be drinking a minimum of two litres of water a day.

If you're familiar or you're comfortable to, think about potentially increasing that up to three litres, potentially even more. You don't want to go crazy with it. You don't want to overwork your organs.

You don't want to flood your body. But somewhere between two and three litres of water for an average exercise output person would be a great place to be. Set a goal for that.

If you've not been drinking water for the last decade, maybe start at two. If you drink water reasonably well already, maybe step it and you do a bit of exercise and walk in and go to the gym, go for three. So the third is water, between two and three litres a day.

The fourth is meal plan. Now, what this means is creating a set of rules for yourself around meals. So what we're not doing here is a body transformation.

What we're not doing is a weight cut. What we're doing here is the RNT methodology of cleaning the palate, which is basically habit stacking, getting rid of the bad habits, replacing them with good ones, locking them in as non-negotiables, and just resetting the bar for a 28-day period. And then from there, when you've got the basics nailed, then you can think about taking it to the next level.

So in this meal plan, you can create your own rules, but basically the most important thing is that you stick to them. So a meal plan could be for the next 28 days, no junk food and alcohol. So no alcohol, no sugar, no sweets, no chocolate, no crisps.

It might be that, and you're just going to have a detox, circuit breaker, and stop eating junk food. But then you're going to have three meals alongside that. It might be that you're going to do a combination of meat and vegetables.

Maybe you're going to say, right, for the next 28 days, I'm going to have primarily a plant-based diet, but I'm going to have one meat a day. And I'll give you some more tips on the meals and what they might look like, but that could be your meal plan. If you're more advanced and you've been into this for a while, you might choose your macros.

So you might know what your macros are and say, right, well, I'm going to create a meal plan in line with my macros, and I'm going to stick to that and eat that every day. Or you might say, I'm just going to have maintenance calories. So if you know your maintenance calorie burn is X, then you build out a meal plan and create some meals that match that.

So the fourth is your meal plan. And what we're looking for here is what is going to be the biggest game changer. If you already eat three meals a day, but they're absolute junk, setting a target of eating three meals a day is not going to be a game changer.

But setting a meal plan of three clean meals a day, which means from source, non-processed, if it's green, it's good. If it's beige, it's bad. Setting out those basics, we just want 28 days of really resetting the bar and cleaning the palate.

So the fourth is meal plan. And then the fifth is workouts. So if 28 days broken into four weeks, what workouts are you going to do in addition to your steps over the next four weeks?

Now, these workouts could be weightlifting. You say, right, I'm going to go lift weights two, three, four times a week. It could be swimming.

So I'm going to go swimming three times a week. It could be I'm going to go to a class at the gym, maybe two, three, four times a week. It could be three additional workouts of anything.

It could be one aerobics, one running, one swimming, one weightlifting. It's just deciding what will be an achievable but game-changing habit for you to set in workouts over the next four weeks to be delivered on a daily and weekly basis. So just to recap, the five things you want to set a target for, which you can do for the next 28 days, is steps.

How many steps you're going to do every day. Sleep, how many hours sleep or what time you're going to go to sleep or sleep score. Third is water.

Fourth is meal plan. And the fifth is workouts in addition to your steps. Now, the hardest thing is to keep it simple.

If you want to sit there and create a 10-tab spreadsheet of all the meals you're going to have and you're going to order all your food for the next four weeks and have all these new cooked things out of cookbooks and order a load of spices and go on the bean and carrot smoothie diet and do blah, blah, blah, it's over before it started. What we want to do here is make this so straightforward. The hardest thing is to keep it simple.

Everybody just wants to make things complicated. So they're like, oh, right, well, I'm going to do... They just make it unnecessarily complicated.

I'm going to take you through this and try and make this easy for you. So a few tips and tricks to make sure we nail this. So steps.

First thing with steps is book it in the diary. If you don't... One of the things Akash Vergela says, who's the CEO and founder of RNT Fitness, is if you can't be CEO of your own body, how can you expect to be CEO of a business?

And what we're talking about here is cleaning the palate, is taking control of your day and taking control of your life. If you don't do this and you don't book these things in the diary and you don't make it simple and you don't make them non-negotiables, you don't book them into the calendar, you will be the one who's walking around your bedroom or your kitchen or your lounge at nine o'clock at night with two and a half thousand steps to go, wishing that you'd have been more organized and paying the price. That only has to happen once in my house for me to realize that I've not set this up properly.

So the first is steps. And what I'd recommend here is locking them in the calendar. So I, for example, do what we call on Property Entrepreneur, the Breakfast of Champions, which is 8,000 steps before 8 a.m. Simple, straightforward, get up, 6.30, quarter to seven, get up, do my steps, listen to a podcast, listen to the birds, have a little bit of a think, do a bit of walking meditation, whatever. But by the time I get in, I've done 8,000 steps and I'm sort of a reasonably active person anyway. The rest of the other... I do 12 and a half thousand steps a day as my minimum.

I'm actually tracking about 15,000 at the moment. I've done 16,032 today. And all of that was without even thinking.

So I went out this morning, 8,000 steps and the rest was walking to the shops, walking across the car park, walking around the offices, walking anywhere, just going out and about. So lock it in your diary. I do 8,000 steps before 8 a.m. because then it's just done. Maybe you've got kids and you want to get kids up and you do the school run. So rather than drive and then walk them the last hundred meters, perhaps you could walk them from the house or you could walk them from half a mile away, get up a bit earlier, get a bit more time available to do that and do that walk there. Perhaps you've got the whole of your mornings booked out, but actually at 10 a.m. till 11 a.m. you have a break or you have to go somewhere. Book those steps into your calendar and book them in the same time every day. Make it a non-negotiable. It's your lunch break, it's getting up an hour early, it's walking to work rather than getting the bus or a taxi or driving.

It's finding these spots in your diary potentially that are even already there. So if you know you take all of your phone calls between 1 and 3 p.m. Right, well if you're talking, you're walking. There's two hours there blocked in for talking.

Steps should happen without you having to think about it because you've prepped it, you've booked it in, it's in the calendar, it's job done. And then little tips and tricks. When you go to the car park, park the furthest away from you can, from the office or the shop.

Any opportunity when you're on the phone, walking and talking. I've got a meeting tomorrow morning. Rather than sitting in an office for 30 minutes, we're out walking for 30 minutes.

Walk and talk, freeze up conversation, get some fresh air, more relaxed, more enjoyable, less time sitting on our backsides. Steps, there you go. Book it in, make it happen.

Sleep. One for sleep is probably similar. Non-negotiables, book it in the diary, have it set on your alarm, on your phone.

These are the times I go to sleep. And then just build your day around that. A few tips and tricks, probably is like sleep hygiene.

So, you're going to be drinking more water. Stop doing that around 6pm, depending on what time you go to bed. Otherwise, you'll be up all night.

Running up to bed, turn the big lights off, have like lamps on, dull the lights down. You don't want to be having too much stimulation if you're going to go to sleep, going to sleep comfortably. Having your phone screen on black and white, not using any blue lights, not going on your laptop, trying to avoid screens and TV just before bed.

Eat at a reasonable time so you're not sitting there with a full belly trying to get to sleep. And we'll talk about meals in a minute. But just a good bit of prep, sleep hygiene and sort of set yourself up for it and then build your day around the time you're going to go to sleep.

Water. Again, you're going to see a habit with these is non-negotiables, book them in, make them happen and get it out of the way early. So, the first thing I'll do, I'll literally get up, I'll have my pot of green tea, a litre of cold water.

I'll go up to my zen den, which is like a meditation room. I'll meditate, I'll journal, I'll read. By the time I leave there, about an hour, hour and a half later, I have already drunk a litre of water.

Go out, do my steps for an hour, hour and a half. By the time I get back, I'm ready for another drink. Between then and breakfast while I'm fasting, I'll have another litre of water and then another litre of water just sitting on the desk.

So, have it nice and early. Have them either soda stream, so I have water. It doesn't matter if it's still or fizzy.

I actually just drink still now because I overcooked it on the fizzy, but I have three bottles in the fridge. Once I've drunk one, I fill it up and put it back in the fridge. It's only tap water, but they're already in there.

So, I just get them out, drink them and I'm counting that each one of those, you fill it right to the top, is a litre bottle. Three of those is three litres. I know by two, three, four o'clock, I've already drunk my water for the day.

In fact, by breakfast, I've drunk two and I'll have the other one through the morning. Leave the water bottle on your desk. So, have one of those water bottles put on your desk with a glass and you just start sipping it.

Once you get used to it, you'll know what hydration feels like and you'll just start to drink it because you know when you're feeling dehydrated. You go into robot mode. I had a two-hour Zoom call today with the board members and I didn't even have to look down.

I looked down and all of my water had gone. I just drunk a litre of water between 10 and 12 or between 12 and 2, I think it was, and it was job done. Don't overthink it.

Don't overcomplicate it. Have it poured out. Have it ready.

Have it in a water carrier and just make it part of your life. Just make it a habit. Number four, meal plan.

So, two main tips with this. The first would be have set meals times. If you listen to anything RNT-based, podcasts, read the articles, talk about decision fatigue, what we want to do is just remove the decision fatigue, remove the mental energy that's required to make decisions, remove the tiredness that comes from constantly thinking, removing the mistakes that are made by constantly not having things prepared.

Set meals at set times is the easiest way to do this. I've been doing RNT for about four years, maybe longer, and whenever I fall off track or want to reset the bar or do a body transformation, do a weight cut, I just set my meal plan, set my meal times, and then have exactly the same set meals. It's not sustainable.

It's not a lifetime solution, but it will reset the bar. It will clean the palate, and it will give you one less thing to think about to making this happen. So, the first is set meal times.

I personally fast till 10, and then I eat. At the moment, I'm eating at 10, 2, and 7. They're my set meal times.

I've also pushed it before and eaten at 11. I've also eaten breakfast at 12. The main thing is that it's the same time every day, so you know when it's coming.

Your body's on a routine, and you just start to get used to it. You don't have to think about it. Then the second thing is have as many of those meals as possible exactly the same.

So, my first meal of the day is one slice of sourdough. It depends where I am in my weight gain, weight cut, but the minute, one slice of sourdough, three eggs with two yolks, 100 gram of salmon, and a salad. That's my maintenance breakfast, and I have that at 10 a.m. 2 p.m., I have a protein shake, or I have a Huel ready-to-drink meal, or I have a Huel savory lunch, just because they're easy. They're there. I'm busy. I work up till 2, and then I go to the gym at 2.30. So, at the moment, I'm just having those. Not ideal. Wouldn't want to eat them for a year, but for 28 days or 12 weeks, they're absolutely suitable, perfectly balanced, really tasty, and quick to use. Then my dinner is a protein, a carbohydrate, and as many veg as I can fit on the plate.

So, chicken breast or turkey breast, or a protein alternative like tofu, and then a carb, either sweet potatoes or white rice, and then as much green veg as I can get on the plate, maybe a bit of salad, but normally like broccoli, edamame, sweet peas, monster, anything that's sort of, if it's green, it's good, really, and I just bulk the plate out with that, and then maybe some shredded white or purple cabbage, depending on how strict I'm being on carbs, but just bulking them out with that, really.

If you think about what's going to make you hungry, proteins and fats will fill you up, will really sort of balance your diet and remove that hunger, whereas sugars and carbs and things will spike your levels and make you feel hungry and give you loads of cravings. You want to get those sort of, ideally, the main sort of message on RNT is a good protein source every meal, and again, those of you that are on RNT Pro will know this, and within there, we teach you how to set your programme, how to set your diet, how to make sure that you're actually hitting all your macros and balancing your meals out. The headline feedback for you here is set times and then set meals.

Try and set at least two or three of those meals, and then have a protein in each meal and have them at the same time. It'll make a huge difference to your wellbeing, the way you feel, the way you look, the way you perform, and also, whilst we're not talking about huge calorie deficits and all that here, if you have slipped into bad habits and you are eating service station snacks and you're eating sandwiches and wraps from Total Garage, even if they're made by Jamie Oliver, they're still not fantastically nutritious, just having three meals a day with set carbs, proteins, and fats, whether they're meat or veg alternatives, just having those meals, you'll probably find you end up eating more and feeling better and probably even losing weight in some circumstances just through good practice, nutrition, and cleaning your body out a bit. The fourth is meal plan. Set a time, meal, and let it run.

Then finally is workouts. Again, book it in the diary. I work at the moment this year, I'm working Tuesdays, Wednesdays, Thursdays, 10 till 2, so I go to the gym Tuesdays, Wednesdays, Thursdays at 2.30. It means I'm out of the office at 2, I've closed the laptop at 2, and I'm in the gym for 2.30. Same time, every Tuesday, every Wednesday, every Thursday. Don't have to think about it, it's part of my routine, I'm already out the door, and it just gets it done, and it gets me away from the desk to make sure I don't end up slipping into my personal time. Workouts can be whatever you want, but again, remove the decision fatigue, choose them well, set them in the diary, and don't have to think about them. If you need to do precursors, like you're going to go running first thing in the morning, take your kit out, put it in the bathroom, put it by the back door, put your trainers at the back of your bed, pack your gym bag the night before, whatever you've got to do to make these things happen.

Remember, your brain is programmed to stop you from doing anything that's remotely uncomfortable, and if at the minute you're sitting there with love handles, your body's nice and fat and comfortable, you're enjoying the winter months, you're snuggling up and stuffing your face, you haven't been out for steps or gym in six months, you're feeling probably, you might be actually quite uncomfortable and perhaps not hugely satisfied, but your body is feeling very comfortable, very relaxed, it's not been under any unnecessary resistance or stress or pressure. And whilst that's not something we're looking to introduce now, we are looking to break some habits, and go back to the Fire Up The Flywheel podcast, the first five will break you, and the next five will make you. And going into the spring and coming out of the winter, if you do really want to live life in full colour, and if you do really want to look, feel and perform your best, and you really do want to make 2022 your best year on record and go out there and make it happen, I'm not talking about running the London Marathon and eating 500 calories and burning 3000, I'm talking about here about a 28 day challenge with you, your mates, your family, your kids, your husband, your missus, and just setting these basic rules, putting them in place, and then every day for 28 days, ticking them off, having a great time, starting to feel good, I guarantee you, in just a few days of doing this, you will fundamentally feel like a different person. This is your chance, the spring's going to be here before we know it, on the board, we're doing this every single day, and I'm in the board doing this 28 day CTP challenge with them, to get them to reset the bar, to get them to Fire Up The Flywheel, and get ready for a record spring and summer on record.

On Property Entrepreneur, we have Get Up and Give Back, we're raising £150,000 for mental health matters this year, with two amazing charities, we have 160 of our property entrepreneurs around the country, out there getting steps, and it's your time now to join us. Don't let another year slip by, use this as an opportunity to test it, try it, it's easy, it's relaxing, oh sorry, it's easy, it's a relaxed pace. Look at these five things, step, sleep, water, meal plan, and workouts, put them into practice, and then one by one, tick them off, reset the bar, clean the palette, and I guarantee you, this will be the Fire Up The Flywheel for your 2022, for you to make it the best year on record.

So wish you the best of luck, enjoy it, go back to the Fire Up The Flywheel podcast, and all the best for looking your best, performing your best, and feeling your best going into 2022, and the championship seasons of spring and summer. Success and failure are both very, very predictable. I wish you the best of luck.

Thank you for listening to the official Property Entrepreneur podcast. Trust, found value and insight in the topics discussed, and as always, very much welcome your comments, feedback, and any suggested guests or topics you would like us to consider. Please give us a review, and let us know what you think.

Follow me on social media, Daniel here on Facebook, Property Entrepreneur on Instagram and YouTube, and if you'd like to hear more, please share, subscribe, and look forward to seeing you on the next one. Transcribed by https://otter.ai