

# PERSONAL *TRANSFORMATION*

# MASTERY



- Master your brain
- Overcome fear
- Build confidence
- Get motivated
- Know your life purpose
- Develop a healthier you
- Build good habits
- Get focused

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RESOURCE CHEAT SHEET

If you're embarking on a journey of self-transformation, then you'll want to rely on a number of resources to help make that change simpler and easier. While this is going to be an intensely personal journey that is different for each of us, there are nevertheless a number of tools that many of us can use to make the process a little smoother. Here are some of the best tools, books, websites and more to help you do just that!

## **Your Stack**

A stack is a selection of supplements, whether those be brain-boosting 'nootropics' or supplements for the gym. These will do both and if you can add them to your diet, you'll notice some big improvements in performance:

### **Cordyceps Sinensis**

This powerful mushroom can increase your energy levels by increasing production of ATP. It also combats adrenal fatigue and reduces cortisol (the stress hormone).

### **Creatine**

Meanwhile, creatine is a supplement that can help to recycle ATP and that is used by many athletes. It can thereby increase physical performance and has recently been shown to increase IQ as well. Stacked with cordyceps, it packs the perfect 1-2 punch.

### **Lutein**

Lutein can enhance your body's ability to utilize ATP by making the cells more energy efficient. When we combine this with its ability to increase brain plasticity, it becomes incredibly potent indeed.

### **Vitamin D**

Vitamin D acts like a 'key' for your other hormones and can help to regulate sleep, testosterone and more. It also boosts the immune system and may be as or more effective than some cold and flu vaccinations.

# **Physical Products**

Numerous physical products can further help to enhance your mental and physical performance to further your transformation.

## **Fitness Trackers**

### **Garmin Vivosmart 3**

This also includes a stress monitor and 'relax timer' to help you remember to stay calm and to reset your equilibrium and things get hectic.

### **Garmin Vivoactive HR**

### **Fitbit Alta HR**

### **Galaxy Gear Fit**

## **Daylight Lamp**

### **Lumie**

[www.lumie.com](http://www.lumie.com)

They produce light more similar to the wavelength created by the sun and thereby can help to combat SAD and encourage more wakefulness and productivity.

# **Software Tools**

## **Headspace**

[www.headspace.com](http://www.headspace.com)

Headspace is an app that can be found online or in the app stores. The idea behind this, is that it helps to guide users through a number of meditation sessions, teaching basic mindfulness meditation and more. While this tool is not free, the first several sessions are and these include an excellent '10 in 10' program consisting of ten, ten minute guided meditations in order to introduce you to the world of meditation and to demonstrate some of the benefits.

## **Dual N-Back**

<http://dual-n-back.com>

This is a specialist test that can help to build working memory and thereby improve focus, multitasking and much more. Find it at.

## **My Fitness Pal**

[www.myfitnesspal.com](http://www.myfitnesspal.com)

Get this one at [www.myfitnesspal.com](http://www.myfitnesspal.com) or from the app stores. MyFitnessPal is an app that you can use in order to track all of your calories consumed. With this information, you can then focus on making sure you burn more than you take in, thereby maintaining a deficit and continuously losing weight.

## **The Pomodoro Technique**

<https://tomato-timer.com/>

This is a powerful tool for overcoming procrastination. Find it here: <https://tomato-timer.com/>.

# **Useful Articles**

## **How to Breathe Correctly**

By: Mark's Daily Apple

<http://www.marksdailyapple.com/how-to-breathe-correctly/>

This will teach you the correct way to breathe in order to reduce the stress response and increase your overall wellbeing. You might think you already know how to breathe, but you will be surprised!

## **The Philosophy of Bruce Lee**

By: The Bioneer

<http://www.thebioneer.com/philosophy-bruce-lee-flow-self-actualization-creativity-willpower/>

You can learn the philosophies underpinning Bruce Lee's beliefs and actions. These include much about calm and about acting purely on instinct and true to yourself – ideas we encourage in the guides to self-transformation.

## **A Brief Introduction to CBT**

By: Resilient Mindset

<http://www.resilient-mindset.com/2012/09/24/abc-of-cbt/>

Here you learn how to adopt CBT into your lifestyle. This is powerful tool for learning to know yourself better and for taking control over your thoughts and actions. This can help you conquer fear and more.

# **Books**

Some of the best books to help you on your journey of self-transformation include:

## **The Four Hour Workweek**

By: Tim Ferriss

This book started the entire 'lifestyle design' craze. This is a book about getting your work to fit around the lifestyle you want, rather than the other way around. It is filled with practical tips and inspiring everyday philosophy. It also introduced many to the notion of 'Pareto's Principle'.

## **The Life-Changing Magic of Tidying Up**

By: Marie Kondo

This book started a craze for tidying by demonstrating just how much of a positive impact it could have on our lives. The book not only explains how this can make a huge difference to your sense of wellbeing and your amount of free time but also provides a powerful process that anyone can employ to make their home less chaotic.

## **The Dark Fields**

By: Alan Glyn

This is a fiction book that describes a man who takes a pill and becomes incredibly smart, instantly transforming his life. It may be fiction, but the way it is written is highly inspiring and contains a lot of useable ideas.

## **How to Save an Hour Every Day**

This book is filled with time-saving tips to help you gain back a lot more of your time. These tips also happen to save you energy, giving you the ability to *do* more with the extra time you now have!

## **59 Seconds**

This book takes a look at some of the most common tips and ideas from self-help and assesses whether they are indeed accurate based on the science. Some of the results might shock you and the tips contained herein are powerful and backed by research.

## **Tools of Titans**

By: Tim Ferriss

Our last one is another book from Tim Ferriss, this time looking at the habits and tools used by some of the most influential figures in modern times.