

LIVE INTENTIONALLY

DISCIPLINE, MINDSET, DIRECTION



A 90 DAY SELF-PROJECT

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Introduction

Hello, thank you for purchasing this book. I assure you this will be one of the most important purchases you'll ever make.

The objectives of this book are simple:

- **Help you live intentionally**
- **Cultivate discipline, self-control and mental strength**
- **Strengthen your mindset, thought process, and help you find direction in your life**

We live in a world of mental weakness. People are slaves to their desires, emotions, and fleeting distractions.

Modern men lack willpower and judgment, and pursue short-term pleasure at great long-term cost.

They waste their time and potential on things that are scientifically designed to be highly addictive and eye-catching: junk food, porn on the Internet, TV shows, news, video games and social media – this time is taken from time that should have been spent building business, relationships, networks and other valuable assets.

As more people waste their lives, it will become easier for people who take their time seriously to stand out - the competition is eliminating itself, and now a part

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The essence of the game is not to fall into the traps that everyone else is falling into.

This includes not only the mental garbage, which has been scientifically engineered as mentioned above, but also the culture of apathy and lack of ambition – when people's lives have no purpose or meaning, and they simply live day after day without expecting anything.

nothing.

This book is dedicated to **you**:

- that you want more out of life than watching TV all day.
- that you want to regain control of your business mind,
merchants and addictive products.
- that you are willing to do the work necessary to make it a reality
your vision of the future instead of waiting and daydreaming.
- that you are willing to walk unconventional paths to
reach unconventional destinations.

How This Book Works

This book consists of several projects and exercises that you must do to achieve great physical and mental strength, stability, emotional control and self-understanding.

Some of them only need to be done once, while others need to be done every day.

Just reading won't change anything in you.

You'll only see the benefits if you take action, but I can guarantee you one thing
- IF you take action, YOU WILL SEE the results.

I can show you the way, but I can't walk in your place.

Finally, I need you to trust me. Some of the exercises in this book won't make sense to you at first. You might think something is "frivolous" or that it won't work.

I'm asking you to put that feeling aside for the next 90 days and do what this book says. I've personally done everything written in this book many, many times, and from my own experience, I know what works best.

Once you complete this 90-day project, you'll see the difference in yourself, your mindset, and your life. And then you'll understand why this book asked you to do what it says.

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That said, feel free to adjust the projects outlined in this book to suit your needs. adapt them to your specific needs and situations.

Along with this book, you'll receive a workbook that will help you keep track of everything you need to do.

I recommend that you print the workbook and leave it next to your computer (or wherever you spend most of your time).

This way, you'll always be aware of the things you need to do.

Also, I recommend that you revisit this book once a week while you are working on this personal project so that you don't forget. of the nuances of each exercise.

It will only take you 90 days to implement this book, and it has the potential to change the rest of your life!

Do yourself a favor and take the time; **I assure you, you'll thank yourself for it.**

What Is Your Mission?

Men are creators.

We work best when we are creating something or working towards a goal.
meta.

We waste our potential when we are idle and don't have a
purpose.

While you can follow this book and get a lot out of it, even if you don't have a
specific mission in mind, your results will be a lot better if
you have a goal that you seek to achieve.

Your mission for these 90 days depends on you and your vision.

If you are having trouble assigning a goal yourself, select
any of the examples listed below:

- Lose X kg of weight – This would involve doing extra exercise and recording your weight every morning.
- Establish a side business – The easiest side businesses are those that can be run online, the simplest of which is creating niche affiliate marketing websites that generate some passive income.
- Cover X% of the curriculum and aim for X average grade general (for students)

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- Learn to code – learning to code is an essential skill today, and it is an excellent mission for those who plan to become entrepreneurs at some point.

My mission for the next 90 days is (be detailed):

For the next 90 days you will do something to progress in your mission every day.

There won't be a single day that you won't be working on your mission already established. You will also record in your journal the progress you make you did during the day.

A man who has a 'why' can endure anything

'as'.

This book is difficult. The next 90 days will by no means be easy.

Some of them will be downright tortuous. You'll have much more determination and willpower on those difficult days if you have a mission and a purpose to look forward to.

Introspection: Who Are You?

Before we start doing anything else, we first need to know who we are. You may feel like you already know who you are, but chances are you're wrong. Much of your understanding of "you" is diluted to fit social norms and conventional thinking persuasive.

When you go about your life, you probably meet people who praise various aspects of your personality. You feel good when you receive that praise, and your brain is programmed to chase that feeling.

You try to be more than what people praise in you and you try to eliminate parts about you that other people don't like. You do this unconsciously, without Take into account whether people are praising/criticizing you because they want you to be better, or because they (consciously or unconsciously) want you to be like them.

While this makes you socially "adapted", it also alienates a large part of de "ti".

(Note how people tend to be more like the others they spend time).

The "best adjusted" people are either faking it or are the most generic of all people - current thoughts, current ideas, opinions currents- the most replaceable/automatable group of people around.

Exercise: Where Do My Desires Come From?

Many of the things we think we want are planted in our heads by third parties – usually marketers and society.

Take a piece of paper and write down the things you want for yourself in the next 10 years. This can be anything from having a wife and children to owning a sports car, running a business empire, having a well-paid job, living with the Shaolin monks, taking revenge on someone who has hurt you, all of them, and that list had better be long and well thought out for the next 10 years.

Now, think about each of these goals with an open mind and ask yourself:

- Do I want this or do other people want this from me?
- Do I want this or did some salesman on TV tell me I should?
want it?
- Do I want to own this, or do I just want to experience it? Does owning this make me feel
will it make me happy or will I be just as satisfied just by experiencing it?

You'll realize that many of your desires aren't your own. You'll also realize that there are many things you don't really want long-term; you just want them long enough to experience them.

Congratulations! You are already one step ahead of the average person –

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You've known what you want from yourself for a decade. Most people either have no idea (live directionlessly) or are busy chasing someone else's dreams.

You pick up "personality bits" from TV shows and try to emulate whatever feels "cool" to you. This is especially true if you've seen many comedy series as a teenager/young adult.

To undo this programming, it's crucial to understand your own life story. It's very important to reflect on and study your past.

Where do you come from? What events shaped your life? How did you get to where you are today?

What you need to do is simple (but a bit long): **Write your own autobiography.**

Take a piece of paper and a pen and write your life story. Divide your life into as many parts/chapters as you like: Childhood, High School, Adolescence, High School, College, Work, Love, etc.

Write down everything you can remember and write it from your heart. Write about the events that took place in your life and write about how you felt and you still feel when you think of them. Try to imagine each story playing it back in your mind like a movie.

Be honest with yourself and don't alter the details just because you don't you want to accept reality.

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I recommend completing this project over a period of one or two weeks. It should take you approximately 12-20 hours to complete, or perhaps even longer depending on how long you reflect on each event.

Don't rush and don't treat this as a goal-oriented activity you're trying to complete as quickly as possible. Take your time.

downslow and take breaks to reflect.

You don't have to show this book to anyone, nor do you have to publish it. The only thing what you have to do is write it down.

As you write this, imagine your life playing out like a movie in the background.

You will 'relive' many emotionally charged moments in your life, and you will feel new and old emotions rising up within you .

When that happens, don't rush and don't be in a hurry to move on, no matter how bad or uncomfortable you feel.

Take your time to process these emotions.

It's okay to feel emotional or even cry during this exercise.

As you progress with this exercise, you will notice that you feel much more light, that you have finally accepted the past and have managed to move on.

Many people spend their entire lives waiting for a better past and, as a result, are unable to enjoy their present and future.

You will also notice that this exercise will make you more stable.

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emotionally because now you understand yourself and you understand who you are as an individual.

Throw Out The Trash

If we wish to become masters of our lives and our destinies,
We must get rid of the things that seek to make us their slaves.

We must discard the unhealthy habits from our lives: the things we do that give us no benefit, the things that take value away from our lives, the things that distract us from our mission and divert us.
our attention to meaningless activities.

For the next 90 days, we will eliminate unhealthy habits and activities from our lives.
This means that, for the next 90 days, we will abstain from:

1. Social networks
2. Porn and masturbation
3. Cigarettes, alcohol and drugs
4. Watch TV, movies and play video games
5. Read clickbait pop culture articles and watch the news.

The problem with all these activities is that they give you a quick hit of dopamine without you having to use any effort to earn that placer.

They take up a lot of your time and give you nothing of value in return.

They destroy your attention span and weaken your brain.

Porn and Masturbation

Porn is an addiction. It cuts our brain's connections from the same way drugs do.

We have been programmed by evolution to want to reproduce, but the brain's dopamine reward system, based on its millions of years of evolution in caves, never learned to tell the difference.

between a real human and a video of a naked woman on a screen.

Porn provides an orgasm without all the other chemicals and intimacy involved in sex with a real person. As a result, it's "empty" and highly addictive.

Most people who watch porn are porn addicts who can't go a week without having to look. Furthermore, because of the associated social stigma, most are never able to talk openly about it or seek help. (Many aren't even aware they're addicted.)

because they have never tried to quit.)

Studies have shown that **watching porn damages¹ and shrinks your brain.²**

Researchers at the Max Planck Institute for Human Development in

¹ <https://www.iflscience.com/brain/researchers-find-association-between-porn-viewing-and-less-grey-matter-brain/>

² <https://www.telegraph.co.uk/men/active/mens-health/10862816/Is-porn-literally-shrinking-mens-brains.html>

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Berlin found that men who watch a lot of porn tend to have a smaller striatum, an area of the brain "linked to rewards and motivation."

The study also found that the connection between the striatum and the prefrontal cortex – the part of the brain associated with behavior and decision-making – degraded with increased visualization of porn.

Keep in mind that porn, for our 90-day abstinence, doesn't just include videos of naked people, it also includes anything you look at erotically, even if it's pictures of your friend on your phone.

Likewise, masturbation doesn't do you any good. It saps your energy and leaves you feeling tired and drained. It's not that masturbation is harmful (besides draining your energy), it's that there are tons of benefits that come with it. by retaining your semen in you.

When you avoid masturbating, your body will reward you for not wasting your vital energy by making you feel rejuvenated and energetic. You'll have more strength in the gym, and you'll have much more mental clarity through your workouts. day. This process of converting sexual energy into strength, alertness, and motivation is called Sexual Transmutation.

(If you are interested in learning more about Sexual Transmutation, you I highly recommend reading Think and Get Rich by Napoleon Hill.)

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For the next 90 days, you will not watch porn and you will not masturbate.

If you need someone to talk to.....

Cutting out porn and masturbation (especially if you're a man) is going to be very difficult. Harder than you think.

It's very easy to fall back into porn and masturbation, not only because you're horny, but also because you're bored.

Both are very hard to give up because your brain is programmed to want them and because they are easily, privately, and freely available.

If you're feeling overwhelmed, I recommend checking out something called "nofap" - it's an online community focused on abstinence from porn and masturbation.

It has a lot of men motivating and supporting each other in difficult times, especially when the impulses are in their peak and your mind is really trying to convince you to break up.

You have a limited exemption from our social media abstinence.
to interact with the nofap community.

Social networks

Social media provides amounts of dopamine (the chemical in your brain that makes you feel good) every 5 seconds. A new tweet, a new Instagram photo, a like here, a comment there.

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Your brain gets used to seeing something new and exciting every 5 seconds.

This is how **social media destroys your attention span.**

Social Media Hurts Your Momentum

Self-improvement requires a certain amount of isolation from social obligations. It's hard to improve when you're constantly going out and 'for relax'.

Let's say you spend a week working on yourself: you're exercising, reading, avoiding junk food, etc. And then you log on to Facebook and see that your friend Susan has been touring Europe, drinking and having a great time.

You feel jealous and wonder why you work so hard. You feel that you deserve to have fun too. You lose motivation and momentum.

Generally, every photo on social media is the highlight reel of someone else's life, and it's there to make you feel insecure and jealous, or It's just junk that doesn't bring any benefit to your time at all. modes.

Even though you know that Susan is wasting her time and has nothing to look forward to except her debt payments tomorrow, you still feel jealous and resentful that you have to work hard. today.

Take my word for it, avoiding social media doesn't make this book any more

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difficult; it actually makes it much easier.

Once you become addicted to social media (you probably already are), you'll notice that you're no longer able to read books, especially books with small text and long paragraphs. You feel distracted every few seconds, and you simply can't concentrate for more than 5-10 minutes.

This is definitely not good news for your brain, so you're going to completely cutting social media out of your life to help your mind to recover.

You will not use social media for the next 90 days, except whether it is for business reasons.

TV Shows, Movies, Video Games, and News

These only serve as distractions and consume your time. They make You put aside your personal goals and become a low-value person. If you want to be a high-value person, you have to invest in yourself. same, and to do that, you need time.

You'll always be "too busy" if you waste most of your day watching entertainment content. That's just the way it is, and no matter how much you enjoy that video game, it's not going to get you anywhere in life.

We will abstain from all such distractions for 90 days.

We will also abstain from the consumption of alcohol, drugs and cigarettes for obvious reasons.

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Things Will Get Harder Before They Get Easier

Many of the behaviors mentioned above are habits you've probably been building for years, if not decades.

They won't be easy to break.

You will find that your drive to enjoy them **will increase** during the first two weeks before they begin to slowly taper off.

You will have to really resist the urges during that time, while they try to eat you. You will hear your inner voice trying to convince you to go back to your old ways.

"It doesn't matter".

"You're going to fail at some point anyway."

"Just 5 minutes."

"This doesn't really count."

Hang in there. YOU CAN DO IT.

Remember, everything you do is in your hands, and you can choose to ignore the voice inside your head that is telling you to break. No one can force you to do anything.

When ex-addicts say "the first two weeks are the hardest," they're not kidding. You'll have to push hard during the first two weeks, but **it will get easier**. Keep that in mind.

Record Your Impulses

Breaking these bad habits isn't easy. It will be one of the hardest things you'll ever do.

Here's what you should do every time you feel the urge to indulge in any of the harmful activities mentioned in the previous chapter:

Take out your phone and in a note-taking app (like Evernote), notes:

1. Type of impulse (e.g., impulse to use social media, watch porn, etc.)
2. Write down the date, day, time and place where you are
3. Write down how you feel at the given moment (Am I bored? Sad? Hungry? Energetic?)

Once you write that, meditate for 1 minute to control your thoughts. thoughts and your mind.

At the end of every 30 days, I want you to open your notes and try to find patterns.

Here are some common patterns you may notice as you

You review your notes, and some proactive strategies you can implement to combat them:

- Strong urges to watch porn late at night. (Pattern of

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time)

Proactive measure: Go to bed early.

- Urge to play video games when you are alone at home. (Pattern of location)

Proactive measure: Don't stay home too much. Go out with friends, go to the gym, or simply work from a coffee shop.

- Urge to eat junk food when bored. (Pattern emotional)

Proactive Measure: Keep yourself busy with ongoing tasks. Don't allow yourself to be idle and bored.

Remember, if you want to overcome a pattern (that's what habits are - behavioral patterns attached to our brains), first you need to identify the pattern.

If you try to fight an addiction, you will likely fail because the habit is too strong, and your willpower is not strong enough.
strong enough.

If you try to understand the circumstances that trigger the worst of the impulses, you can alter your life to avoid them and make the challenge of breaking habitual behavior much easier for you.

Eventually, your willpower will be strong enough to so you can handle even the worst temptations.

Meditation

If you live in the modern, fast-paced world, you must meditate.

There are millions of marketers and companies competing wildly with each other for your attention, and believe it or not - they keep getting better. Ads get better targeted, junk food gets tastier, and posters become more eye-catching.

While this is ideal for your results, it adds "noise" to your life, and as a result, people are becoming increasingly distracted and unaware.

Meditation will help us recover our brain from a noisy world and allow us to live intentionally.

The benefits of meditation include:

- **Greater ability to manage your emotions.**
- **Improved mood and happiness, stress levels lower.**
- Improved alertness and focus (regain your ability to attention).
- Greater state of consciousness and attention.
- Helps you overcome addictions and makes urges easier to handle.

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- Strengthens your brain (improves your mental stability, memory and control over the senses).
- Many other benefits such as deeper sleep, improved blood pressure, improved organ health, lower risk of heart disease, improved hormone levels, etc.

There is literally no reason for anyone not to meditate, other than laziness and procrastination.

In order to incorporate meditation into our daily routine, we will meditate for 15 minutes a day for the next 90 days.

Meditation is easy (it's the art of doing nothing), and you don't need anything special to do it. You don't need to buy fancy yoga pants, a special mat or any product.

You just need a place where you won't be disturbed for the next 15 minutes and the will to do it. The process is simple, although initially you will feel a little distracted (but you will get better with practice, I'll tell you) I promise!):

1. Sit comfortably and keep your back straight.
2. Close your eyes and focus on your breathing. Watch it rise.
your body every time you inhale and falls every time you exhale.
3. Don't change the way you breathe naturally. Let your body
breathe on its own (do not take deep breaths in a

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manual).

4. Let your thoughts come and go. Don't try to stop them. Simply focus on your breathing and the sensation of your body rising and falling as you breathe in and out, and let your thoughts come and go on their own.
5. If you get distracted (and believe me, you will at first), simply return your attention to your breathing and continue normally. Don't blame yourself for that.
6. When you're done, take a moment to notice how well you're doing.
you feel.

I remind you again that you won't be completely focused from day one. But you'll get better as you practice every day.

People don't fail at meditating because it's difficult; they fail because they keep putting it off and never finish doing it. Then meditation becomes something they only did once.

Guided Meditation

If you think you need help with meditation, check out this app on your smartphone called Headspace (or use any of the thousands of free guided meditation videos on YouTube).

Guided meditation is the easiest way to get into meditation.

Eventually you'll have to move away from guided meditation, but it's a great start if you are an absolute beginner.

Correct Your Internal Monologue and Your Mental Narrative

"Imagine caring as if you were someone who really matters" -

Jordan Peterson

This is one of the most important chapters in this book, and one of the most difficult to master.

Internal monologue, or internal speech, refers to the internal voice

In your head. It refers to the conversations your mind has with itself. You use it to think, memorize things, analyze, and reproduce events of the past, etc.

The problem is that people never try to take control of this internal dialogue. For them, the voice in their head is automatic (involuntary), and as a result, the vast majority of people have negative internal dialogue and self-sabotage.

Have you ever said any of the following to yourself?

"I'm an idiot"

"I am a failure."

"What's wrong with me?"

"I'm not good enough!"

Your internal dialogue drags you down instead of lifting you up.

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Think about it this way: If your close friend gets into serious trouble, and you're trying to help him, how would you talk to him?

Would you talk to him constructively and encourage him to think of solutions instead of nagging him, or would you tell him he's an idiot for making a mistake and that his life is over?

If you are a good friend you will do the first thing.

But do you do the same for yourself?

When you make a mistake, do you think constructively and encourage yourself to learn from it? Or do you call yourself an idiot for making that mistake?

Why don't you extend to yourself the same courtesy that you would extend to a friend?

A lot of it comes down to society, because that's where we first take the tone of our internal monologue, both as children and as adults.
adults.

Society, in general, tends to be negative, dramatic, and overly critical.

We develop our "mental programming" by observing other people, even though they themselves are not in control of their lives. (Refer to my previous discussion about TV comedies and personality patterns.)

Gaining control of your internal dialogue can literally change your life because everything you can and can't do is limited by how and what you think.

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However, taking control of that internal dialogue requires a LOT of conscious effort and practice. (So, if you start to fail, don't get discouraged. This is a **very** difficult task, and you're not expected to master it in 90 days—it takes years.)

Here's how we'll improve the quality of our inner dialogue (and make it more intentional):

Treat Yourself Like a Friend You Are Responsible for Helping:

Every time you find yourself having a negative internal monologue, take a moment to time to pause.

Then, manually encourage yourself. Gently guide your voice. interior to say things that help you improve the situation.

Consciously modify it to your will (i.e., reprogram it) so that be positive - to propel you forward instead of dragging you down.

You will have to be careful because, often, you are not even aware that you are having an internal conversation. Even becoming aware of that internal conversation requires some deliberation for many people.

For example, "I'm an idiot" becomes "Everyone makes mistakes. Now I have learned from it and I will try not to repeat it. In this way, my mistake has helped me grow, learn and improve and I'm glad I did taken this as a learning opportunity."

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Reframe Problems as Opportunities:

As you try to become aware of your internal monologue, you'll notice that you have your worst internal conversations when you're faced with a problem, especially one you can't easily solve.

Here we are going to reframe the problem as a kind of opportunity - whether it be a chance to learn, a opportunity to test your abilities, or even a opportunity to make you stronger through difficulties.

Here are some examples of how you can do it:

<u>Problem</u>	<u>Reframed as an opportunity</u>
I got injured in the gym! I won't be able to lift weights for a month!	I'll have the opportunity to learn how to do some exercise outside of the gym, such as swimming. I'll also learn how to manage and care for injuries.
I can't lose weight. Losing weight is incredibly difficult.	I have the opportunity to learn more about the metabolism and find out what works best for my body through trial and error.
Man, implement This book is difficult.	I have the opportunity to get tougher by doing these exercises, no matter how difficult they are.

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You'll find that as you reframe problems as opportunities, they won't seem so big and challenging anymore.

You will also be more motivated to solve them instead of just get angry and frustrated.

You need to consciously program your brain to think about opportunities and abundance. The difference in the thought process is what separates the winners from the complainers and naysayers.

If you're one of those goal-oriented people planning to skip this chapter because it doesn't seem like you're doing anything tangible—don't. This is one of the most important chapters in this book and has the most far-reaching impact.

In summary, over the next 90 days, you will:

- 1) You will be aware of your internal monologue. You will actively take control of your inner voice and make it friendly, optimistic, and encouraging. You will show yourself the kindness you would show a close friend.
- 2) Every time you face a problem, you will actively reframe it. as an opportunity to grow in some way or another.

No Gossip

For the next 90 days, there will be absolutely no gossip.

The reason behind this is simple: the purpose of this book is to help you

Be intentional about your life. When you gossip about other people, you lose the narrative that your life is about you and what you do with it. __

When you gossip, your life becomes about them.__

Think about all the people who spend their time talking about other people, whether they are their "friends", coworkers, bosses, politicians, athletes or celebrities. All of these people are not living their own lives.

They are trying to live through other people.

- They signal their "principles" by making negative comments about the people they know. They live their principles through other people.

(If I were in your _____ place, would have made ...)

- They celebrate other people's achievements as if they were their own. If their favorite football team or tennis player wins, they live as if it were their own victory, even though their contribution to that achievement was not their own. nothing.

- They satisfy their need for adventure and popularity by idolizing a famous person. They act as living advertisements for someone else.
But unlike ambitious people who are inspired by others

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winners and try to learn from them, these people are happy
to be encouraging. (Elon Musk smarter I am, the better it is.
than other people because I'm obsessed with Elon Musk.)

In other words - their lives are not about them.

If I were to write a book about my life, I wouldn't be the main character. That book would be about other people's stories and achievements, and they themselves would be a supporting character.

Don't let this happen to you. Fight that urge to gossip.

It will only make you weaker.

For the next 90 days, you will not gossip. You will not say anything negative about anyone behind their back.

How about a compliment instead?

As an extended challenge, for the next 90 days, you will praise one person each day.

It can be anyone, you can tell someone at the gym that they look toned, a friend that you like their outfit - one compliment a day

a anyone.

It doesn't cost you anything, it will make people feel better, and people will start liking you more because of your positive attitude. Your relationships will improve, and your network will expand.

Conquer Your Body

It is impossible to conquer your mind without conquering your body. You cannot have a strong mind in a weak body.

Even Buddha had to learn to conquer hunger and control his bodily desires before he could sit under a tree and meditate for seven weeks straight to achieve enlightenment.

Although we won't learn to conquer hunger or meditate for weeks at a time, we will try to make our bodies stronger and more flexible by giving them 1 to 1.5 hours of exercise every day.

I'm not going to get into the "benefits of exercise" stuff, because you already know that. You are aware of how vital exercise is for both your body and your mind and I don't want to make this book too long with redundant information.

That being said, we're going to follow an exercise routine for the next 90 days, mainly for two reasons you probably don't know:

1. When you exercise, your body releases a lot of dopamine, serotonin, and endorphins (the release of these chemicals is what makes you "feel good"). When you eliminate a lot of pleasurable activities (like porn and TV) from your life, your body will start to crave the release of these chemicals.

Exercise will help you manage those cravings by acting as a substitute activity for the release of these "fun" chemicals.

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in your brain.

2. Exercise improves your ability to control your emotions by enhancing the connection between your mind and your body. You'll be able to control your blood flow at will and learn to manage your heart rate—both essential for emotional control.

Plus, as your hormones begin to balance out, you'll find it much easier to control random emotional outbursts – and as

As a result, you will become a much calmer person.

As a bonus, exercise will give you an outlet to release any frustration and extra unused energy you'll have because you'll be holding back on masturbation.

You will know the true power of sexual transmutation when you begin to feel immense amounts of energy.

If you already have an established strength training routine, you don't need to do this workout routine separately. Just make sure your training is rigorous enough and that you also do some exercise.
of cardio.

If you don't have a strength training routine yet, let's incorporate 60 to 90 minutes of bodyweight exercises into our daily routine.

(Keep in mind that strength training means lifting weights. If
Most of your training involves aerobic exercise, such as jogging,

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You'll also want to incorporate these bodyweight exercises, because exercise isn't just about burning calories; it's also about gaining lean muscle mass. Lean muscle is the holy grail of health and fitness.

Here's your workout routine for the next 90 days:

1. 60 Jumping Jacks to warm up
2. Stretch your body
3. 60 Squats
4. 60 Push Ups
5. 60 Sit Ups
6. 60 Calf Raises
7. 3 Planks of 1 minute

If you don't know how to do these exercises, Google them.

Take in account that this no will be a training easy, no manner.

If this seems too difficult (and if you don't already exercise - it probably will be for you) - take all the time you need to rest during the routine. You don't have to do it all at once. Break it down into as many sets as you like.
you want.

On the other hand, if you find it easy, increase the number of repetitions to 100 instead of 60.

Side note: If you are morbidly obese, do not do these exercises.

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not only will you not be able to do them correctly, but you will also
you will hurt the joints due to weight. I recommend performing
Activities such as swimming and jogging until you reach obesity weight
regular (as opposed to morbid obesity).

Eat Intentionally

When it comes to living intentionally, the first thing you need to
Taking control is what you put into your body. Your food is what gives you the
energy to function, so you'll want it to be healthy and nutritious, not just
delicious.

The standard diet people eat is a terrible diet. At some point, the research
behind nutrition was infiltrated by self-interested people.
in making money at the expense of the health of millions of people: namely,
cereal manufacturers, fast food vendors and sellers of
soft drinks.

Artificial foods are created to give us ridiculous amounts of flavor per bite (and
trigger the release of dopamine – fast food is intentionally made to be
addictive) – and unless you're in shape, there is no “moderation” when it
in excellent comes to these terrible things.
processed foods and oils.

What about everything in moderation?

Notice how everyone who preaches eating fast food in moderation is fat.
Moderation is an excuse people use.
to eat whatever they want, whenever they want.
Don't get me wrong, if you are fit and muscular, you can eat these.

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foods occasionally (read: rarely). However, if you're not very fit, moderation is a terrible idea. You need to cut out food scrap metal for full.

A lifetime of processed foods, vegetable oils, and refined sugar is why we have people in their late 40s and 50s dying of heart attacks, while their parents who grew up in a time

without processed waste they are still alive in their 80s and 90s.

Let's clean up our diets so we have enough clean energy to stay alert and focused throughout the day.

<u>Over the next 90 days:</u>	
<p>We will consume:</p> <ul style="list-style-type: none"> • Meat and fish • Eggs • Dairy (and dairy products) • Vegetables • Fruits • Whole grains 	<p>We will not consume:</p> <ul style="list-style-type: none"> • Anything made in a factory • Processed foods • Refined sugar • Vegetable Oil • High Corn Syrup in Fructose (stay miles away from this) • Soft drinks

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The foods listed on the right do not give you energy efficiently,
They make you fat and clog your arteries.

It's almost like consuming a slow poison for years until, one day, you
eye.

Recommended reading

I recommend reading "Deep Nutrition" by Catherine Shanahan, MD to help you gain
excellent insight into nutrition and well-being.
general well-being.

This is one of the best books I've found on the topic of nutrition. It's comprehensive and
dispels many myths people have about nutrition and their bodies.

It also contains great information about epigenetics, beauty, and evolution - which I found
very interesting.

Also, if you're overweight, you're in luck, because I also decided to include a fat loss
program in this book. I couldn't write this book without including this fat loss guide because
obesity has become an epidemic today and most of the people reading this book have at
least
minus a few kilograms of fat to lose.

If you are overweight, you are going to incorporate the following chapter into your program
90 days.

Guide to Losing Fat

Keep in mind that everything in this chapter adds to everything in the chapter anterior.

1. Skip Breakfast

If you want to lose weight, you have to create a caloric deficit.

$$\text{Calorie deficit} = \text{Calories consumed} - \text{calories burned}$$

You gain weight when the calories you consume are higher than the calories you burn. (Of course, there are more, but this equation is a very good generalization.)

By skipping breakfast, you end up eating fewer calories per day, and that will help you lose a lot of fat over time.

Isn't breakfast the most important meal of the day?

No, it isn't. The slogan "Breakfast is the most important meal of the day" was coined in the 19th century by James Caleb Jackson and John Harvey Kellogg to sell their newly invented breakfast cereal.

Also, this is not a permanent lifestyle change - you can come back for breakfast if that's what you want to do after of having lost all the extra pounds of fat around your body. No you need to stay in a state of caloric deficit forever.

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2. Focus on protein:

Not only will we reduce sugars and vegetable oil, but we'll also focus on eating protein-rich foods. It's not a list .
exhaustive:

- Eggs
- Meat
- Legumes
- Cottage cheese and other dairy products

Ideally, you should eat ~2 grams of protein per kilogram of body weight.

Not only will this improve your health, but you won't feel as hungry because the protein will be highly satiating.

You can eat an absurdly large amount of carbs before you feel full (and feel hungry again in a short period of time), but eating protein will make you feel full much faster (and for much longer).

3. Eat at the same time every day:

Your body has its own biological clock. If you eat at a certain time, it will learn to feel hungry at that time.

When you start implementing this guide, you'll feel hungry at the time you normally eat breakfast. But in two weeks, that won't happen.

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body will adjust to your new eating schedule.

Don't vary the times you eat, and you'll stop feeling hungry outside of those times. This will make it much easier to lose weight, since you won't you will be fighting constant hunger pangs.

4. Stop eating snacks:

Snacks are a great way to get extra calories, but they are terrible if you want to lose weight.

You know those things you eat between meals: cookies, chips, etc. Those are some of the highest calorie foods in the world. planet.

If you really must eat snacks (due to hunger pangs) uncontrollable or stomach growling at work), be smart about regard.

Instead of eating high-calorie foods, eat:

- Cucumbers
- Tomatoes
- Beets
- Fruit salad, etc.

These foods have low calories relative to their volume, so It's not a step backwards to eat them as snacks.

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5. There are no days off:

The dumbest mistake you can make when you're overweight and trying to lose weight is taking days off.

When you're overweight, and you've been on a diet for a week, and you have an "off day," you won't be making any progress... at all.

Let's say you create a 500 calorie deficit per day (great), so over 6 days, you saved 3,000 calories.

But then you decide to have a day off and you eat a large pizza, drink some coke, and have some dessert; you've already eaten 3,000 calories extra on that day.

The overall progress you made that week: almost nothing.

You can only have days off when you are in shape.

Only fit people "deserve" days off.

If you're fat, it's because your whole life has been one giant day off.

If you really want to lose that weight once and for all, no more cheating.

And that's it. That's all you need to do to lose fat.

If you follow everything in this guide, you can expect to lose 0.5-1 kg of fat per week for the first 3-6 months, half of that for the next 3-6 months, and then taper off. Of course, depending on how fat you are.

that you are already.

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In general, the heavier you are, the more weight you'll lose per week. As you get fitter, the fat loss numbers will get smaller.

By following this diet guide and exercising, you'll lose weight. There are no "secrets" or "special tricks" to doing it.

Just diet and exercise.

(You keep hearing about special secrets because secrets sell and people want shortcuts, but when it comes to biology, the shortcut ends up being the long way around. Don't waste your money on any special weight-loss products; just follow this chapter consistently and you'll be fine.)

PS Make sure to measure your weight every week to keep track of the overall trajectory of your progress.

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I want to lose fat faster. What should I do?

Excellent. In this case, it's also necessary to skip lunch.

He only eats one meal a day: Dinner.

Make sure you get enough electrolytes (or you'll feel dizzy and sluggish) and make sure your dinner is calorically dense and has enough protein (or you'll lose muscle).

Consider having a protein shake in the morning and at night.

This is called intermittent fasting, where you only eat during a 4-hour period and fast for the remaining 20 hours. It's a very healthy way to live and a great way to get back into form.

Do Your Research

This has little to do with the objectives set out in this book,
But as you cut unhealthy habits out of your life, you'll find you have plenty of free
time left in your day that you can use for other, more productive activities.

One habit I highly recommend building is reading and
investigate.

Reading can help you grow exponentially, as it allows you to
Take advantage of other people's knowledge and experience. Reading gives you
access to another person's life and mind and helps you learn from them.
mistakes and experiences.

"In all my life, I have not met wise people (in such fields)
broad) who didn't read all the time - none, zero. You'd be surprised at how much
Warren reads - and how much I read.

- Charlie Munger (Warren Buffet's Business Partner)

The very fact that you're reading this book shows that you read at least a little. Most
people read fewer than three books a year.

You should try to read at least 1 book a month, such as minimum. Nobody is
Too busy not to read a book a month. While "number of books read" is a vanity
metric, and doesn't yield much.

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Of the books you don't 'study' (reading combined with reflection and comprehension), one book a month is a very good standard.

So, let's add reading to our 90-day strategy plan.

For the next 90 days, you will spend 30-60 minutes of each day reading

something^{useful} . It can be a book or educational articles on the Internet.

You can choose a particular topic you want to learn more about and read it for one week, and then choose another topic for another week, and so on. successively.

For example, let's say you want to learn more about Bitcoin. For one week, spend 30-60 minutes a day reading about it.

Bitcoin.

You can learn a lot about any topic in 3-7 hours of research. solid.

Alternatively, choose a good non-fiction book and spend 30-60 minutes a day reading it.

I recommend starting with the one I mentioned above:

Nutrition

Deep

If you want more recommendations, you can find them at [lifemathmoney.com](https://lifemathmoney.com/book-recommendations/) in the “book recommendations” section. ³

³ <https://lifemathmoney.com/book-recommendations/>

Develop a Morning Routine

Your mornings define the momentum for the rest of your day.

For most people, the first act of their day is to hit the snooze button and get some more sleep.

Let's do the opposite: let's create a powerful morning routine that we will execute immediately after waking up.

This is:

- 1) Wake up and do 10 Jumping Jacks. This will get you out of bed and avoid the snooze button trap.
- 2) Recite the mission you have set for yourself out loud. This will ensure that your mission is at the forefront of your mind as you wake up.
- 3) Drink a glass of water to compensate for 8 hours of dehydration.
- 4) Do your exercise routine.
- 5) Take a shower and drink your coffee (alternatively: beet juice).
- 6) Meditate for 15 minutes.

Another advantage of having a morning routine is that it helps you accomplish a lot of work as soon as you wake up. Within the first two hours of waking up, you are now done with your meditation and exercise!

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Most people, on the other hand, spent their time idling.
and checking their social media profiles.

In the meantime, you'll already be up and running!

Remember that objects in motion stay in motion and
people on the move stay on the move.

When you start your day well, the rest of your day will have the same tone
and be just as productive.

Plan Your Day

Has this ever happened to you?

You are extremely motivated to do something.

For the first two days, you do very well.

Then, for the next two days, you do it, but not very well.

Then you do it halfway. And then you decide you'll take a day off and do it again tomorrow.

And then it becomes something you once did.

Then, a few weeks or months later, the motivation to do it returns.

And the cycle begins again.

This has probably happened to you. It happens to everyone; we feel motivated to go to the gym in January by our New Year's resolution, and half of us stop going after two weeks.

Half of the rest have left by the end of January and very few are still going after 3 months, in April.

That's just how we are. We do things when we feel motivated to do them and let them go once the motivation is gone.

That's why we need structure. Structure and organization help you

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get things done, even when you don't feel like doing them.

Humans did not evolve to think long term.

We are biologically programmed to be preoccupied with our next meal and the problems ahead. Our ancestors didn't have the luxury of planning their lives five years ahead because we were hungry every day.

We're biologically programmed to be motivated by instant results. You eat something and immediately feel full.

You drink water and your thirst is immediately quenched.

It takes discipline to do things that don't bring us rewards. immediate, but which require constant and long-term effort (like exercise).

When presented with a choice (and everything you do is a choice), **your brain is programmed to choose the path of least resistance**, and that's why most people never succeed. nothing.

They make one easy choice after another, always opting for small immediate rewards over large long-term rewards.

Militaries around the world depend on routine and structure to keep your soldiers in top shape - ready and prepared for the action.

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Let's take their example and structure our own day too.

Here's what you're going to do:

You will start by creating a general outline of what your day looks like.
at the moment.

It could be something like:

7 am: Wake up

7 am - 8 am: Freshen up and get ready for work

8 am - 8:30 am: Breakfast

8:30 am - 9:30 am: Commute to work

9:30 am - 6:00 pm: Work

6:00 pm - 7:00 pm: Transfer home

7:00 pm - 9:30 pm: Relax, have dinner, and watch TV

...

11 pm: Go to bed

Once you've written a general outline of your average day, modify it to what you want your day to look like now, i.e. incorporate everything what is in this book to your daily routine.

If you realize that you don't have time to put all the activities that you want to include, try combining them with other "blank" elements,

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such as transfers.

For example, you can do your 30 minutes of research on your commute. diary.

You can also do your 15-minute meditation on your daily commute.

If your workplace has a gym, try to complete your workout routine. exercises at work.

Time is your most valuable resource; you can never get it back - so try to make the most of your time every day.

As a side note, if you are an office worker, you probably don't you are busy for 8 hours every day.

Most office workers spend 4 hours a day working, and spend the rest of their work time gossiping with their coworkers, surfing the Internet, and other meaningless activities.

Don't do it. Don't waste those four hours of work time.

Instead, what you want to do is do a lot of your personal work. in that extra time.

I have found that you can start a decent side business, through from the Internet, right at work, and use your free time at the office to develop it to the point where you can quit your job.

But don't get caught doing this.

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Be smart and "play the game" (in other words, don't tell people what you what you're doing - your coworkers your friends are not and many will be happy to stab you in the back if they can profit from it), because the last thing you need is to lose your bonuses for being "unfocused," or worse, being fired.

Don't hesitate to use your work time for personal projects if you can. get your way - your bosses are not your friends, and they won't hesitate to fire you If you can find someone around the world to do your work for you 15% cheaper.

Also, once you've created your new routine, stick to it.

Don't try to get out of it and don't give yourself any room to maneuver.

"Okay, I'll do it later" – no.

You planned that you will do it now, so you will do it now.

"After" is where your plans and dreams die.

Make sure you schedule at least 8 hours of sleep. You may have some trouble sleeping for the first few days, but as your body adjusts to its new schedule, you'll start to feel sleepy around your set bedtime.

Write In A Diary And Reflect On Your Day

The things we never reflect on are the things we never we learned.

We will start a journal to help us compile the events of our day and reflect on them. Here's what you need to do:

For the next 90 days, at the end of each day, write in your journal about how your day has been.

Write about the things you did, what you ate, who you met and what you that you spoke.

Reflect on the incidents that occurred throughout your day.

- Did I make any social mistakes?
- How was my mood in general?
- Today a was it a productive day?
- How could I have improved today?
- What things did I do just that I could have done better?
- What things did I do well?

In general, both writing and introspection should not take more than

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20-30 minutes, although if you have the time, feel free to extend beyond that about that.

You'll find that as you consistently reflect on your day, you become calmer and more self-aware.

This is because the act of writing gives you the opportunity and time to process your emotions, and makes you aware of how you behave on a day-to-day basis, so that you can consciously alter your behavior. when you need it, instead of just going along with everyone else.

Your social skills will also improve as you spend some time time reflecting on the mistakes you made.

Give yourself time

This is one of those habits you need to implement for at least 30 days before you start seeing results.

Don't expect to see a significant change after day 1.

Unattainable expectations are the reason why people give up too soon.

Any Other Habit That You want to incorporate

During this 90-day project, you're going to make many changes in your life. If there are any elements you want to work on that aren't listed here, contemplated in this book, this is where they come in.

You will implement any habit you want to develop for a period of 90 days. These are not mandatory for our project, just auxiliary.

Here are some ideas you might want to consider:

- Dress better
- Wake up early
- Swimming / Jogging / Other Cardiovascular Exercise
- Talk to at least 3 people of the opposite sex during the course of the day
- Learn a new language (practice for 15 minutes each day)

Now that you've read the book, start taking action today, because tomorrow never comes; today is all you have. Your life is in your hands, and now you have the tools to do whatever you want with it.

Wish you all the best,

Harsh Strongman