

THE PATH TO POWER

*DRASTICALLY CHANGE THE
DIRECTION OF YOUR LIFE
IN 30 DAYS OR LESS*



DANKOE

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FOUNDATIONS OF POWER

Power has many definitions, but I've decided to give it my own. For the next 30 days, you will be chasing 'power.'

*Power: Having enough **control** over your actions that it results in an **energetic** mind and body.*

Why would anyone want to become powerful?

Because everyone wants a great life, and truthfully, only powerful people can achieve this. A great life is a bi-product of power.

I can hear you yelling at me... "Dan, power is bad! It corrupts! Just look at our world leaders!"

Power is not synonymous with status or evil. In fact, you don't need to play the status game to become powerful.

Power is about mastering the self. Having the guts to chase after what you want in life. Not getting punched directly in the face and knocked down by a random right hook that life threw at you.

If you choose to go on this journey, it won't be all fun and games. It will be hard, but the outcome will be more than anything you could dream of.

The information laid out in this guide is not revolutionary. Not at all actually, you have probably heard of many of these strategies before. The good thing is, *you don't have to implement revolutionary ideas to revolutionize your life.*

In the next few pages we will set the scene for the things you can implement to live a fulfilling life.

Mastering Your Mindset

I'm sure you've heard this before, "Mindset is everything."

It is. You will not get anywhere without a growth mindset.

It seems like everyone *wants* to become successful, but few are willing to pursue success. Why? They have one of two things - a victim mindset, or a scarcity mindset.

Both of these base their view of life off of irrationalities.

"Alex" wants to start an ecommerce business, but he hesitates because there is so much competition out there... he doesn't think he can take a piece of the pie.

This is a classic example of a scarcity mindset. It is irrational.

When you bring yourself back to reality, you understand that people are creating (and succeeding with) ecommerce businesses every day.

Did they do anything special? Are they some kind of superhuman? Do they have any more capabilities than you? No... of course not. Thinking this doesn't make sense, it is a barrier of the mind.

What they *did do differently* was pursue what they wanted full force.

They understood that they can learn practically anything in the digital information age and succeed with it.

(Now, I understand there are exceptions to this rule. There are instances where one is born into an extremely unfortunate situation, my heart goes out to them. Chances are, they are not reading this guide.)

They are bound to make mistakes and hit pitfalls, but that isn't due to competition. It is just inevitable. All you can do is continue learning and do better the next time around.

Let me give a crazy example:

Alex can't speak english, he was born into a poor lifestyle, and lives in a place with little entrepreneurial opportunity.

What can Alex do?

1. Start washing cars for cash
2. Learn english on YouTube
3. Save up enough money to move
4. Start flipping items for even more cash
5. Use money to fuel his ecommerce store
6. Self educate and scale the ecommerce business

Is this hard? Yes. No f*cking doubt. Is it impossible? NO.

The point here is, you can do anything you set your mind to. I am not joking when I say this. Most people don't succeed because of self-limiting beliefs.

Chances are, you aren't in Alex's shoes. You already know english if you are reading this. That in itself is a blessing that you can leverage.

This concept applies on every size problem. *You can always do something to change your situation.*

If you are upset, there is always something you can do to be in a better mood.

If you are weak, there is always something you can do to build muscle and strength.

If you are overweight and low on money, there is always something you can do to lose weight and make money.

The list goes on. There is always something you can do to beat whatever competition there is, whether it be yourself or someone else.

The thing with mindset is that it is ALL mental (obviously). Self-doubt and anxiety can still creep in. In the next section, we will discuss the importance of presence and how you can use it to eliminate your negative emotions.

The Essence Of Presence

Everyone has heard of meditation and mindfulness, but most don't understand why they are doing it. In short, you are working towards eliminating negative emotions. Better yet, you are learning to control your reactions to negative emotions.

Why is this effective? Imagine not getting in a petty argument that ends up causing more destruction than you wanted.

Imagine seeing a Facebook post and NOT having to post your offended opinion.

Many people can't do this. The result? Emotional turmoil that is extremely difficult to overcome.

If you can be fully in the present moment, nothing in the past or future will matter.

Anxiety, depression, anger, sadness, stress, overwhelm etc. all stem from past or future problems. Think about it, are you ever truly angry at something right NOW?

For example, if a car cuts you off while you are driving home and you get extremely angry, you are still angry at what happened a few seconds ago. There is nothing to be angry about after that moment has passed.

Are you ever stressed about something right NOW? Or is it because you aren't prepared for something that has yet to come, in the future.

You need to understand that dwelling on past experiences or projecting into the future is causing unnecessary emotional turmoil. You can not change the past and you can not predict the future.

The only thing you can do is take action in the present moment to remedy the past and prepare for the future.

Wasting mental space on things that are not directly in your control will keep you plagued by negative emotions.

Take a moment right here and right now to understand that you *cannot control things that are out of your control*. It is impossible, that phrase doesn't even make sense.

You cannot control the past or future. Stop worrying about it. You can only control your actions in the present.

Until we get to the section on meditation and other strategies to stay present, remind yourself of how crazy the phrase above sounds. If you can not control it, it does not matter.

Self Education > Formal Education

There's a saying that goes something along the lines of:

"Formal education (college) will make you a living, self education will make you rich"

This saying is a fact.

If you banked on the knowledge that college gave you, it will be nearly impossible to become rich.

Let's take coding as an example.

College can teach you to code, obviously. What happens when you graduate?

You have two options:

- 1) Build a business
- 2) Get a coding job

If you choose the second option, your income is CAPPED.

You will never be able to exceed your salary.

If you choose the first option, self education is necessary.

Think about it, if you want to start your own business with your coding skills, you are going to have to learn much more than what college taught you.

How are you going to market your business? What business model are you going to choose?

Either way, the only path towards being financially and physically free is through self education.

Where do I start with self education? I'm glad you asked.

The Power Of Projects

Why are projects important? Because you need to *create*.

You need a sense of progress in your life. You need to be able to celebrate wins and move forward.

If you don't have projects, you cannot tell me that you are working towards anything worthwhile in life. That is just the reality.

Creation is the only way to achieve anything worthwhile in life. It is the one main reason why the world has progressed so quickly. People are creating more than ever.

Those who consistently create will almost always succeed. It is necessary.

When was the last time you worked on a side hustle or hobby project? This could be for anything.

- Learning a skill to freelance with
- Actually freelancing with that skill

- Learning to shoot a bow and arrow
- Getting better at yoga
- Deadlifting 400 pounds
- Starting a podcast out of passion

In reality, it does not matter which project you choose. The only thing that matters is PROGRESS. At the end of the day, progress is what will keep you going. Progress is what gives you purpose.

Like I said earlier, my journey started with lifting weights. I got addicted to seeing the progress I was making. Lifting weights was the ONLY thing I needed to be extremely happy with my life.

There came a time when I stopped giving it as much attention. My progress slowed down, and my days became more and more depressing. I played video games to fill the void.

Guess what, I was making progress in those video games. It felt GOOD, I couldn't stop.

One day I read a book similar to this... a self-help book. It gave me a surging motivation to get strong and ripped. My life immediately began to flood with joy again. My worries were gone.

If you are not working on a project, chances are you are not seeing progress in your life. This needs to change. Pick a project that interests you and treat it like a video game. Level up.

All You Have Is Your Health

Take a moment to think about this. If you were rich and had every material thing you could ever want, but you constantly feel terrible (physically and mentally) would you truly be able to enjoy your life?

I'm going to let you in on a little secret. If you have a body that feels and looks amazing, you are winning.

At the end of the day when everything is stripped away from you, all you have is your mind and body. Pair this with the ability to stay present and you can have an amazing life.

On a side note: *this is Power*. Being at peace with any situation that is thrown at you and turning it into something great.

There are many paths to being healthy, we will go over some of them later. The main point of this section is to understand that your health should be a HIGH priority.

As I mentioned earlier, everything in this book crosses over. A healthy body is uncommon these days, yet it plays a huge role in regulating your thought patterns and overall energy.

Structure Is King

Humans thrive with structure.

People make excuses about this concept all the time:

"I am the most creative without structure"

"I can do things just fine without a routine"

News flash, making excuses about the lack of structure in your life just shows that you are lazy.

The entire purpose behind having structure in your life is to make your daily processes more efficient and effective. It **does not** mean that you lack spontaneity and creativity.

Structure is the foundation that you can build a great life off of.

Imagine a business where everyone could just “do what they want.” That business would lose money and sink into the ground. Yes, this means businesses based around creativity would be closed down as well.

Structure can exist in many forms... morning routines, nightly routines, time blocks for focused work, gym routines, having goals, and prioritizing specific tasks for the day.

Having set times and processes throughout your day will not only allow you to get more done efficiently, but it will also help hold you accountable.

In the following sections, we will discuss exactly how you can start structuring your life to become healthier and happier while working towards a life you love.

Managing Your Money

Money is one of the most controversial topics of our age.

There tends to be two types of people:

- 1) Plays victim and blames their money problems on the rich

- 2) Growth mindset that understands that wealth is more attainable than ever with resources available online

We want to categorize ourselves as the second person, of course.

There is one caveat, you can make all of the money in the world but still be 'broke.'

If you make \$200,000 a year but spend \$210,000 a year... I don't even need to explain the problem with this sentence.

You need to see money as a tool to increase your income further. Not a currency for entertainment.

How do you increase your income with money?

- Invest in software
- Invest in courses
- Invest in your business

The keyword here is 'invest.' Your money should only be spent on things that give you a *return on investment*.

If you are starting from square one and don't have a side hustle or business - courses will provide you with a huge return on investment. You may not be getting money back immediately, but you will get knowledge that can make you more money.

If you have an ecommerce store but have zero sales, hiring a mentor/consultant for a few thousand dollars could skyrocket your sales.

You will try, fail, and learn. That is a huge return on investment.

In summary, stop wasting your money on a temporary feeling of joy. That joy will not last and you will continue to remain broke.

You do not have to be ultra-strict with your money. Treat yourself every once in a while... but don't let it become a habit like 99% of people do.

Spend your money on things that will make you more money, make you healthier, and improve your quality of life in general.

Attitude Of Gratitude

Gratitude and reflection have a strong relationship with being present. As we talked about earlier, presence eliminates negative thoughts and emotions from the past and future.

Gratitude is the act of being thankful for what you currently have in your life.

Think of it like this... Imagine you are angry because someone is richer/stronger/in a "better situation" than you.

Being angry will not change your situation.

However, being grateful for what you currently have will change your *perspective* about your situation.

Getting in the habit of swapping your negative reactions for gratitude will lead to consistent happy days.

Reflection is another powerful tool. Some of your bad behavior will fly under the radar in the moment. You will not realize what went wrong until you reflect on certain situations.

Once you understand what went wrong, you can practice gratitude to turn the negative aspects of life into positive aspects.

DEFINING YOUR PATH

Visualizing Your Future

Do you have huge goals and aspirations? If not, it's time to create some.

For the remainder of the book, we will be writing things down. I would recommend buying a planner or notebook. You will be using this every morning and night. If you want to get started immediately, consider using an app like [Todoist](#).

As some of you may know, I created the [Power Planner](#) as a way to implement the teachings of this book. This planner should be your guide through life, your companion in chaos.

Todoist can be used on your desktop, browser, or as a mobile app. I use this app alongside my Power Planner to keep track of recurring tasks or random things like a shopping list.

You do not need a fancy app to do this. If you want to write everything down in a notebook or use a spreadsheet, be my guest.

Do not skip this part. Remember, structure is a huge player in a powerful life.

Now, take 10-15 minutes to write out what you TRULY want out of your life. I don't care if these are things like a mansion, millions of dollars in the bank, or having a nice car.

What I would recommend is basing them around 3 things: Health, Wealth, and Mindset. Focus on the big picture - the things that you want right now, in 10 years from now, and 30 years from now.

To get your creative juices flowing, here are some of mine:

- A clear, open mind at all times
- Weigh 210 pounds with 10% body fat
- Open my own successful gym
- Have a successful podcast
- Help 10,000+ people live better lives
- Never have to deal with a boss again
- Truly enjoy my lifestyle every single day

These are just some of my many ambitions in life.

Think big, write down your life goals/aspirations, and remind yourself of them daily.

If you have to, write these down on their own piece of paper and hang it up in your room. Somewhere that you will be reminded of them every morning, or on the first page of your Power Planner ;).

Planning Out Your Success

We've discussed big goals, but how do we go about achieving them?

Small goals and daily, prioritized action. In other words, a weighted to-do list.

This will require you to think small. What can you do every single day to move the needle forward? This will ultimately depend on your big goals/aspirations, but should revolve around the big 3 once again: Health, Wealth, and Mindset.

Take a moment to write down tasks that will move you further towards these things. You can pull these from what we've talked about earlier.

Once you choose a side project to work on, write down tasks that will help you grow.

Here are some of my tasks and how they relate to my growth:

- Get straight out of bed at 6:30am - Discipline
- Write down what I am grateful for - Mind
- Wash up, get dressed, and drive to the gym - Health
- Come home, meditate for 20 minutes - Mind
- 2-4 hours of focused business work - Wealth
- Cook and eat nutritious foods - Health
- Optional second round of work - Wealth

These actions may sound simple, but you'd be surprised how effective these can be with proper structure and execution.

Most people wake up, eat a crappy breakfast, watch the news, go on their phone, and waste hours upon hours of their day.

Tasks that actually move the needle towards growth will compound day after day and become habit. After the challenge at the end of this book you will seamlessly be on your way to a better lifestyle.

As you can see, some of these can be segmented into a morning or nightly routine. Having these routines add more structure and make them easier to accomplish.

Routines are like outsourcing your thinking to habits. In other words, getting the monotonous stuff done on autopilot, without expending mental effort.

At this point, I urge you to write down a morning and nightly routine that you can follow with ease.

Your morning routine should be focused on actions that result in a clear mind, you want to set yourself up for a successful day.

Examples:

- Meditation
- General hygiene
- Going on a walk
- Exercising
- Gratitude

Your nightly routine should be focused on reflection and planning.

Examples:

- Reading fiction
- Stretching
- Writing down tomorrow's priority tasks
- Drinking herbal tea

Reflect on what went well that day and what you could do better at. Plan your day out tomorrow so you *actually have something to do when you wake up*. Rather than immediately picking up your phone.

Here is what I do:

I track and weigh myself every morning and plug my numbers into an app (Happy Scale). I do this so I know if my weight gain/loss/maintaining efforts are working.

I know that I have to do this right when I wake up. I can't let food or liquids mess with my weight. I want it to be consistent.

This gets me out of bed and onto the other side of the house. Once I've done this, it is nearly impossible for me not to get started on the tasks I have outlined.

Note that your morning routine, nightly routine, and other daily tasks WILL lead to you achieving your goals.

If you want better health, skipping breakfast - or having a healthier breakfast, will bring you better health in the years to come.

If you want more money, taking an hour out of your day to learn a skill will pay off in 3-6 months.

Prioritizing Your Actions

To make things easier on you, organize your list of tasks for the day and execute them after your morning routine.

Organize them from most difficult to most simple.

After you finish your morning routine, you should be in the right headspace to take on a difficult task. You should have already built momentum into the day.

Once the difficult tasks are knocked out, the simple tasks will be a breeze to complete.

All of this can be done with ease in the [Power Planner](#) task management grid.

The Elimination Game

Chances are, you have some habits that are holding you back.

Take a minute to write down things that are wasting your time, money, and mental space.

Some of these can include:

- Pornography
- Phone addiction
- Reckless shopping
- Sugar addiction (also known as “I have a sweet tooth”)
- Netflix binging
- Skipping the gym

The first step to eliminating these things is *awareness* that they are holding you back. That is the purpose of you writing them down.

The way that I got rid of these things is by following the contents of this book. I embraced the self-improvement lifestyle and it has brought me more happiness than anything else in this world.

Simply being committed to change (wanting a better life) can be powerful enough to reduce your time spent on destructive habits.

The next best way to eliminate bad habits is by **gradually replacing them**.

Wasted time can normally be replaced with researching or working on something related to self-improvement, like a side project.

If you have a video game problem, replace 30 minutes with learning a valuable skill. Then, increase that time and I guarantee you will get addicted to progress. (It really is that simple once you start seeing small wins.)

For habits that are more difficult to eliminate, I would recommend researching methods specifically for each habit (i.e. phone addiction and porn).

If you want to explore this more, I would recommend Atomic Habits by James Clear or High Performance Habits by Brendon Burchard.

How To Practice Mindfulness

As we talked about earlier, remaining present is extremely important for mental health.

How does one practice remaining present? Mindfulness meditation.

First off, if you think that meditation is weird or for hippies, just stop. You are literally just breathing and focusing your attention.

With meditation, you need to be consistent. Without consistency you will not reap the benefits of a clear head that can handle any strenuous situation.

Start with 5 minutes a day. Before you start, remind yourself how simple it should be to perform ONLY 5 minutes of meditation.

After the first week, increase it to 10 minutes a day. At the end of the month, increase it more as you please.

Simply doing this every day for the next month will transform your mind into an emotionally impenetrable fortress.

Step 1

Find somewhere comfortable.

This can be anywhere, you can lie down, sit cross-legged, or just sit normally in a chair. Have good posture, but don't let yourself get too stiff/rigid.

Take a few deep breaths, shake your body out, and start bringing your focus to certain sensations on your body:

- How your breath feels on your nose/throat
- How your stomach rises with each breath
- How tense your shoulders and jaw are
- How it feels to sit or lay down

Step 2

Close your eyes and keep your hands in one place, normally flat on your thighs.

Start breathing through your nose only.

Breathe air into your stomach, not your chest. Your stomach should be rising and falling more than your chest is.

Do a "body scan," bring your attention to:

- The top of your head
- Your ears, eyes, and nose

- How tense your jaw and neck are
- Shoulders, chest, and back
- Stomach rising, back against your chair or bed
- Your hips and thighs
- Down to your feet

Work up and down your body noticing how everything feels. If it feels tense, focus on “breathing” into that area, giving it all of your focus to loosen the tense sensation.

Step 3

Once you have scanned down your body, it’s time to switch your attention to your breath.

You can create an ‘anchor’ out of 2 things:

- How your breath feels as it passes your nose
- How your stomach feels as it rises and falls

As you are meditating, this will be where you bring your attention back to when thoughts start popping up.

Thoughts will pop up, that is okay (and the purpose of meditation).

Over time, work towards not placing any judgement on your thoughts. Let them flow in and out of your brain.

When you realize that you are thinking too much and not focusing on your ‘anchor,’ bring your attention back to your nose or stomach.

This is meditation in a nutshell. Let thoughts flow in and out of your head and continuously bring your focus back to your ‘anchor.’

Simply doing this for 5-10 minutes will have a profound effect on your life, I'm not joking here.

I understand why most are skeptical. How can sitting and breathing help you feel better?

My only explanation is that our mind is extremely complex.

Having the ability to calm it down and shut down overthinking on demand is a superpower in a world filled with poisonous information and misconceptions.

If you are having trouble with this, I would highly recommend downloading an app and following a guided meditation session for your first month.

Apps that I recommend are Calm, Headspace, or Waking Up.

Remaining Present Without Meditation

Mindfulness can be practiced at all times. It is very similar to mindfulness meditation, but you are not staying still.

As you go about your day, start noticing physical sensations and things you normally wouldn't notice.

When you are washing your hands, notice how the water feels. Focus on it.

When you are walking outside, notice the details in the sky, trees, and ground.

When your mind wanders, bring your attention back to the physical world.

When you are going through a rough time emotionally, bring yourself back to the present through physical awareness.

Don't Workout, Train

I don't care who you are. You need to lift heavy weights.

Resistance training is underlooked and undervalued.

Aside from looking better than 99% of the population, resistance training has the following benefits:

- Being able to maintain bodily functions as you get older
- Prevention of chronic diseases
- Improve your self-confidence, body image, and mood
- Increase your TDEE (you can eat MORE)
- Improves cognitive function
- Enhanced performance of everyday tasks

Before we go any further, you do not need a gym to do these things. We will discuss the main factors of resistance training soon.

When I say heavy weights above, I do not mean go out and try to deadlift 500 pounds right away.

"Heavy" is relative to the individual. 10 pounds might be light for you, but heavy for another person.

Here's the thing... people overcomplicate this part too much. That's why I'm here, to give you a simple way to get started.

What Really Matters?

There are 2 things that matter when it comes to creating the body you want.

- 1) Nutrition
- 2) Progressive overload

We will touch on nutrition in the next section, but for now understand this:

You need to eat according to your goals.

If you are trying to build muscle, you need an excess of calories (a caloric surplus). In other words, eating more than your body burns.

You want an extremely small excess (100-300 cals), not one that will have you put on weight extremely quick and lose all motivation.

Let's talk about this real quick. If you think that calories don't play any sort of role in gaining or losing weight - you are listening to "experts" that just want your money. This is not opinion, this is fact.

Any one that doesn't believe in the law of thermodynamics is not in touch with reality. I am not a health coach - but this can not be denied unless you are being sold snake oil.

The opposite goes for losing body fat, eat less than you burn and you will inevitably lose fat.

There are obviously more details to this, but if you are just getting started there is no need to focus on the tiny optimization details. Those will come as you research more on your own time.

Back to resistance training... progressive overload is the one and only concept you should focus on.

What is progressive overload? Gradually increasing volume over time.

What is volume? Weight X sets X reps X time.

As long as you are increasing your weight, amount of sets, amount of reps, **OR** the amount of time you take to perform the reps... over time you will gain muscle and strength.

In order to do this, you need to be training hard. Giving every set your all. Not calling it a day after you start feeling a tiny bit of fatigue.

This works across the board, whether you workout in a gym or do bodyweight exercises at home.

For example, if you do not have the ability to increase the amount of weight (or tension), you increase the amount of sets or reps you do with a specific exercise. If you aren't strong enough to increase the weights or reps, start doing slower reps.

So, with pushups or pullups, once you get used to a certain amount or weight or tension, you need to increase your volume in order to gain muscle.

If you can do 10 pushups, start pushing your limits by adding a weight on your back, doing more sets of 10 reps, or doing the same amount of sets while increasing the amount of reps you are doing.

Now, it would be useless for me to include a workout routine in this book. Everyone is different... some don't have much time, some don't have access to a gym, and others have to work around injuries.

You understand your specific situation. So, go to google or YouTube and research a workout that you would enjoy doing with your specific limitations.

If you do not have a gym, trust me, there are great workouts you can do at home that you can find on YouTube.

BUT, keep in mind that progressive overload is the main metric you need to focus on. Pick a workout and gradually increase your volume over time.

If you have access to a gym but have gym anxiety, don't go as often as you should, or just need a fresh start I would highly recommend Mackenzie Smith's [Beginner's Guide To Training](#). A great resource at an affordable price.

As with everything, WRITE YOUR WORKOUT DOWN. Track your progress over the next month (follow the challenge at the end of this book).

Nutrition 101

I will keep this short and to the point. Nutrition is extremely important, but not complicated.

Too many people overcomplicate what they should and shouldn't eat, hence why it is a money-hungry industry, feeding on individual's insecurities.

Fad diets are popular, but unnecessary.

- Carnivore
- Paleo

- Mediteranean
- Keto
- Atkins
- High carb
- Low carb
- The list goes on

Want to know why these diets work? Because they force people to follow the law of thermodynamics. A CALORIC DEFICIT.

Think about it, how easy would it be to reduce the calories you consume if you followed the carnivore diet? Extremely easy... meat fills you up quick and provides the nutrients you need to thrive.

Here is what you need to know:

If you want to gain weight/muscle, eat in a surplus of calories (but obviously not too much).

If you want to lose weight, eat in a deficit of calories (also not too much).

Where do you start?

I personally use the app MyFitnessPal.

It will have you enter your relevant information and give you the amount of calories you should eat with a breakdown of fats, carbs, and proteins.

I would highly recommend using this app to track the foods you eat. It is eye-opening to realize how much you can be overeating or undereating.

This does not take a lot of time out of your day. Track EVERYTHING for a week or two and you will have a solid understanding of how much food you should be putting into your body.

If you are not losing weight - you are eating too much or not tracking your food well enough.

One thing to keep in mind, the calories that were calculated for you will probably be inaccurate.

So, the next step is weighing yourself every day for a week or two. If you gain weight over those 2 weeks, you are in a calorie surplus. If you lose weight, you are in a deficit. This gives you the data to adjust your calories accordingly.

A few things to note:

- Pay attention to the AVERAGE weight on the scale. You can use the app HappyScale to track your average weight.
- Weigh yourself at the same time every morning. This eliminates various factors that could cause your weight to be inaccurate.
- When you increase or decrease calories, do it slowly... 200-300 calories at a time until you are where you want to be.

What Foods To Eat

Firstly, we need to talk about what food you should not eat (or limit).

Processed foods.

Processed foods are inflammatory and seriously screw up your body and mind. I don't need to explain this, plenty of scientific journals have done that for me.

Does this mean you have to eliminate your favorite foods altogether? Hell no.

My advice is as follows:

If you have an addictive personality, eliminate that shit altogether for a month or two. Build the right habits before you reintroduce those foods.

If you can control yourself by following the contents of this book, focus on the 80/20 rule.

80% whole, unprocessed foods and 20% whatever you want. As long as it fits within your calorie limit, you will seamlessly achieve your goals (over time).

Processed foods are easy to spot:

- Fast food
- Food in wrappers
- Typical junk food
- Things that are extremely high in refined sugar

The elimination process is simple... go into your pantry and throw away all of your terrible food.

Then, research some healthy recipes online, go to the store, and purchase those foods. Plan it out for the week.

Disclaimer: You may have intolerances to other foods as well. These can also be the root cause of your brain fog or grogginess.

In this case I would recommend an elimination diet, which isn't a "diet" at all. It is more so a temporary way of eating that turns into an enjoyable way of eating the foods that work best for you.

If this interests you, check out [Eat For Energy](#).

Skill Acquisition Is The New College

As we talked about earlier, acquiring skills and committing to personal projects will get you much further than a modern day career.

I don't have anything against modern career paths. For some they are great, for others they subject you to a life of complacency.

The only thing that will bring you the life that you defined in *Visualizing Your Future* section is skill acquisition and taking action.

College trains you into a set career path, skill acquisition trains you into financial freedom.

The most common question I get regarding this is, "What skill should I learn?"

I am not you, I do not have the same personality or preferences as you. In short, it should be something that you can CONSISTENTLY work on and learn.

Here are a few high ROI skills that I would recommend learning. Most of them pertain to marketing:

- [Graphic design](#)
- Photography

- Blogging
- [Affiliate marketing](#)
- Email marketing
- Copywriting
- Facebook ads
- Google ads
- [Web design](#)
- Social dynamics
- Sales/persuasion

The thing with marketing skills is that they are timeless, they will never go out of business. It is nearly impossible to replace good marketing with a robot.

The other thing with these skills is that they have the ability to make people MORE MONEY. If done right, they will get businesses more customers. You can charge boatloads of money if you can get businesses more customers.

Pick one of these skills and set aside at least an hour a day to learn it well enough to make money with it.

Skill acquisition & self education is literally the only way to make more money outside of a 9-5.

30 DAY CHALLENGE

I just gave you a lot of information. Information that can be easily skipped over or disregarded. That is why you need a challenge. Something to hold yourself accountable.

So, grab a notebook and a pen so you can get started.

Or, get yourself a copy of [The Power Planner](#) (it was made specifically for this).

Forewarning: this may require you to go monk mode. You may lose friends, you may feel 'lost,' you may not have time to do the things that you think you 'love.'

This all has a purpose. After a measly 30 days, you will be on a path that will bring you everything you want out of life.

Reread This Book

I want you to understand the concepts I've presented and why they are important. This will make the rest of these steps easier to implement.

Visualize & Breakdown

Take 10 minutes to write down what you really want in life. What is considered your dream life? What don't you want to worry about? What do you not mind suffering for to achieve the life you want?

Take another 10 minutes to break these down into 10 year goals and yearly goals. This is important.

Now, break these down into quarterly and monthly goals. Don't worry, this is going somewhere...

Write down daily, repeatable actions that will make it easy to accomplish these goals, for example:

1. One hour per day learning a skill (this will eventually turn into finding clients)
2. One hour per day in the gym or training at home
3. 10 minutes a day for meditation
4. 1 hour, 2 days a week for meal prep
5. 10 minutes a day to go on a walk

You get the point. Take time to THINK about the actions that will take you where you want to go.

Next, write down why you are going to take these actions. Like we did earlier, it will look something like this:

- Learn a skill - Wealth
- Meditate - Mental health
- Go to the gym - Physical health
- Etc etc

You truly need to understand the benefits of taking action, and the consequences of not taking action.

If you want to take this section a step further, write down the consequences of not taking the actions you have defined.

Elimination

On a new page, write down habits that are holding you back. This could be:

- Phone addiction
- Porn addiction
- Procrastination
- "Needing" a sugary food
- Overreacting to small inconveniences

Once you have written all of these down, you need to map these to the actions you plan to take each day.

As you can tell so far. Daily, planned action is the only thing that matters.

Document Everything

For the next 30 days, you will be referring to the notebook or papers that are in your hand.

Be tedious about this, the more detailed you are, the more likely you will be to follow through.

Next up, find a workout or activity that you can consistently do. Write down the exact workouts and how you plan to progress every day/week.

Same goes for your nutrition. Look up some meal prep videos, Google some recipes and write them down. This is your shopping list.

Use MyFitnessPal to track your food intake for these 30 days. Use HappyScale to track your weight gain/loss.

Document what you have learned about the skill you decided to undertake.

Focus On Progress

The ONLY thing you should care about during these 30 days is progress.

You will have setbacks, you will go through some pain, but at the end of the day you will make insane progress. Dedicate the next 30 days to becoming a version of yourself that you never thought possible.

Write down your wins and focus on amplifying them through your actions as you continue.

In conclusion, the only thing that matters is taking action. If you put these concepts into place, you will not have a hard time succeeding.