

TRANQUILITY - REST & REPAIR

BASIC INT. ADV.

SLEEP: MORNING SUN FOR 15 MINS (BETWEEN 6AM - 8.30AM)	-	✓	✓
SLEEP: LOW/RED LIGHT FOR SEVERAL MINUTES BEFORE BED	30 MIN	60 MIN	90 MIN
SLEEP: BEDTIME WIND-DOWN ROUTINE (E.G. READ, STRETCH, PREP BAG, TALK, SEX, BATH, TASKS)	30 MIN	60 MIN	90 MIN
SLEEP: 7 - 9 HOURS QUALITY SLEEP, WITH CONSISTENT WAKE UP AND BED TIME	✓	✓	✓
SLEEP: 'NEIN FOR NINETY' BEFORE BED (NO TO CLOCKS, WIFI, COMPUTER, WORK, LIQUIDS)	✓	✓	✓
SLEEP: MORNING MOVEMENT OF 15 MINUTES OR MORE (E.G. REBOUNDING, WALKING, YOGA)	-	✓	✓
SLEEP: TOTALLY BLACKED OUT ROOM, GROUNDING SHEETS, WEIGHTED BLANKET	-	✓	✓
MEDITATION / MINDFULNESS PRACTICE (OR SIMILAR E.G. PRAYER, FOCUSSED BREATHING)	W	D	2xD
REGULAR EXTENDED HOLIDAY (TIME BETWEEN HOLIDAYS)	Y	6M	3M
ONE DAY OFF (MINIMUM) PER WEEK	✓	✓	✓
FASTING: OVERNIGHT INTERMITTENT FAST (5 DAYS OR MORE PER WEEK)	12H	14H	16H
FASTING: WEEKLY LONGER FAST	16H	24H	36H
FASTING: MULTIPLE DAY FAST (3 - 7 DAYS) EVERY FEW MONTHS	12M	6M	3M
DAILY TECHNOLOGY BREAKS (SCREEN FREE TIME)	60 MIN	2H	4H
SAUNA THERAPY	W	2xW	4xW
CONTRAST (HOT/COLD) SHOWERS OR COLD: SHOWERS / PLUNGES / SWIMS / BATHS	AD HOC	4xW	D
RESTORATIVE THERAPIES (E.G CRYOTHERAPY CHAMBER / FLOATATION TANKS)	6M	M	W
BODYWORK (E.G. MASSAGE, ACUPUNCTURE, PHYSIOTHERAPY, OSTEOPATHY, COLONICS ETC)	3M	M	W

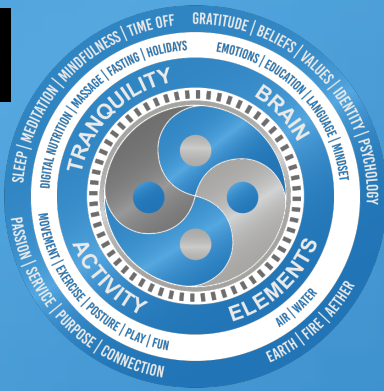
ACTIVITY - THE THINGS THAT YOU DO

BASIC INT. ADV.

DAILY STEP COUNT	10K	12K	15K
MOVEMENT BREAKS EVERY FEW MINUTES THROUGHOUT THE DAY	60 MIN	45 MIN	30 MIN
STRETCHING & MOBILITY	W	3xW	D
STRENGTH TRAINING (WEIGHTS / RESISTANCE TRAINING)	W	2xW	3xW
BALANCE & STABILITY TRAINING	W	2xW	3xW
CARDIO TRAINING	W	2xW	3xW
HIGH INTENSITY INTERVAL TRAINING	W	2xW	2xW
BAREFOOT WALKING (OR USING BAREFOOT TRAINERS & SHOES)	W	3xW	D
PASSION: ENGAGING IN PASSIONATE WORK OR HOBBIES	M	W	D
SERVICE: VOLUNTEER WORK (HELPING OTHERS)	Y	M	W
PURPOSE: HAVING A GREATER PURPOSE IN LIFE THAT MOVES YOU FORWARD	-	✓	✓
CONNECTION: SPENDING TIME WITH GREAT FAMILY AND/OR FRIENDS (INCLUDING PHYSICAL TOUCH)	W	2xW	D
LAUGHING AND HAVING FUN	W	2xW	D

TOTAL BODY BLUEPRINT FOR HEALTH & LONGEVITY

THIS TOTAL BODY BLUEPRINT DETAILS THE MAIN ACTIVITIES AND PRACTICES THAT HELP BOOST ENERGY, HEALTH & LONGEVITY. THEY ARE BASED ON 'THE LEADERSHIP BEAT MODEL' CREATED BY HARI KALYMNIOS. THE MODEL IDENTIFIES FOUR MAIN AREAS TO FOCUS ON: MINDSET (BRAIN), NOURISHMENT (ELEMENTS), WHAT OCCUPIES YOUR TIME (ACTIVITY) AND HOW YOU RECUPERATE (TRANQUILITY). INCORPORATING AS MANY OF THE LISTED PRINCIPLES AS YOU CAN, DEPENDING ON WHERE YOU CURRENTLY ARE IN YOUR DEVELOPMENT, WILL HELP BOOST YOUR WELLBEING SIGNIFICANTLY.



BRAIN - MINDSET NOURISHMENT

BASIC INT. ADV.

DELIBERATE GRATITUDE PRACTICE (IDEALLY WRITTEN)	W	D	D
SPENDING TIME READING BOTH FICTION AND NON FICTION BOOKS	AD HOC	4xW	D
IDENTIFICATION OF MOST IMPORTANT LIFE VALUES AND LIVING TO THEM	W	D	D
IDENTIFICATION OF HELPFUL AND HINDERING PERSONAL BELIEFS	✓	✓	✓
CREATION OF A POWERFUL SELF-IDENTITY	✓	✓	✓
LEARNING SOMETHING NEW (E.G. LANGUAGES, MUSIC, DANCE, SKILLS)	W	4xW	D
USING EFFECTIVE & EMPOWERING LANGUAGE (BOTH WITH OTHERS AND INTERNAL SELF-TALK)	✓	✓	✓
EMOTIONAL SELF REGULATION (BEING ABLE TO RESPOND AND NOT REACT TO SITUATIONS / OTHERS)	✓	✓	✓
USE OF VISUALISATIONS, AFFIRMATIONS/INCANTATIONS AND GOALS	✓	✓	✓

ELEMENTS - BODY NOURISHMENT

BASIC INT. ADV.

DAILY DIAPHRAGMATIC BREATHING THROUGHOUT THE DAY	✓	✓	✓
STRUCTURED BREATHING PRACTICE	-	3xW	5xW
DAILY WATER INTAKE	2L	3L	4L
PORTIONS OF VEGETABLES & FRUIT	10 & 1	12 & 2	15 & 3
HEALTHY FATS & QUALITY CLEAN PROTEIN EVERY DAY	✓	✓	✓
HANDFUL OF NUTS AND SEEDS	2xW	4xW	D
FERMENTED FOODS	AD HOC	3xW	D
HERBS & SPICES IN FOOD	AD HOC	D	D
SEA VEGETABLES	AD HOC	2xW	D
VEGETABLES JUICES AND/OR VEGETABLES SMOOTHIES	AD HOC	3xW	5xW
GROUNDING (EARTHING) FOR AT LEAST 20 MINUTES (ON EARTH OR USING GROUNDING TECH)	W	5xW	D
SUPPLEMENTS: VITAMIN D (TAKEN WITH VITAMIN K2), OMEGA-3, TOPICAL MAGNESIUM	D	D	D
SUPPLEMENTS: PROBIOTICS, B-COMPLEX, TURMERIC, SPIRULINA, SUPER-GREEN BLEND, MSM	-	D	D
SUPPLEMENTS: COLLAGEN, MEDICINAL MUSHROOMS, GRAPEFRUIT SEED EXTRACT, ASTAXANTHIN	-	2xW	D
DAILY DAYLIGHT EXPOSURE (NON SUN BURNING EXPOSURE)	20 MIN	40 MIN	60 MIN
RED LIGHT THERAPY / INFRARED LIGHT THERAPY	-	-	3xW
A WALK IN NATURE OR PARKS (SHINRIN YOKU)	W	3xW	D
NO SKIN/BODY TOXIC PRODUCTS (E.G. SULFATES, PARABENS, PHTHALATES, EMF'S)	✓	✓	✓



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