

# EBOOK RESOURCES

## Chapter 1

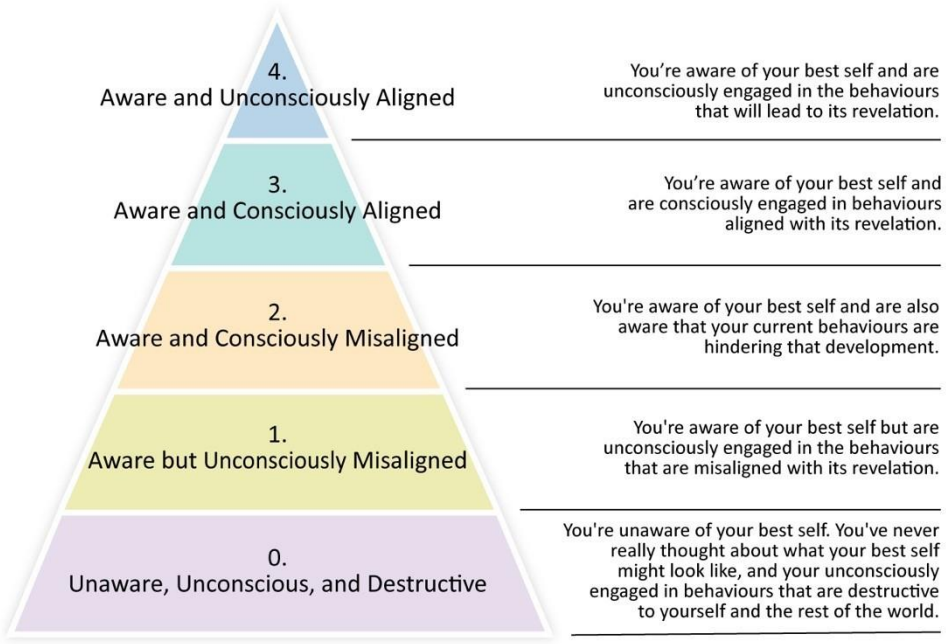
The Seven Areas of Life Rating System. 1 out of 10

10							
9							
8							
7							

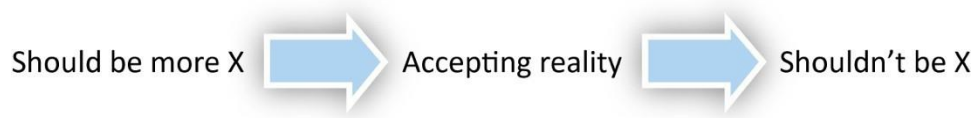
6							
5							
4							
3							
2							
1							

	1.	2.	3.	4.	5.	6.	7.
	Mental	Physical	Familial	Social	Vocational	Financial	Spiritual

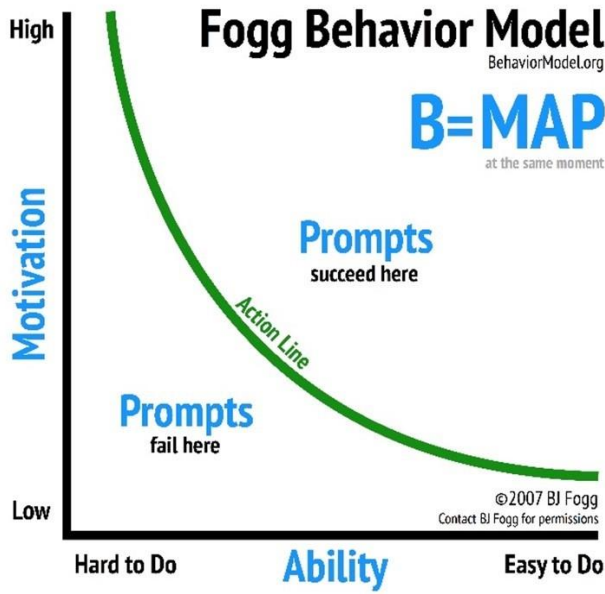
Hierarchy of Alignment



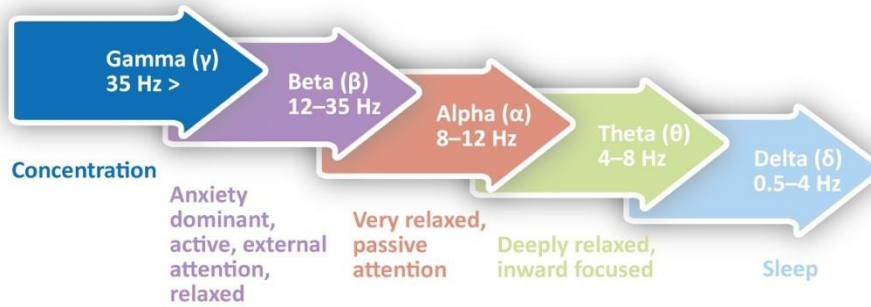
Accepting Reality Model



BJ Fogg Behavior Model



Brain Frequency levels



## Chapter 2

Before and After Transformation Picture



*In this picture I was 216 lbs, 7.4 pounds lighter than when Eric made the comment and I had my tipping point.*



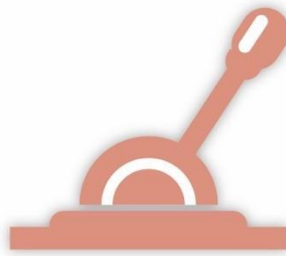
*In this picture, I'm around 186-190 lbs. The total transformation took around 12 months.*

0 5 10 15 20 25 30 35 40

### The Three Levers for Diet



**What you eat**



**How much you eat**



**When you eat**

### Sleep Data with Oura Ring

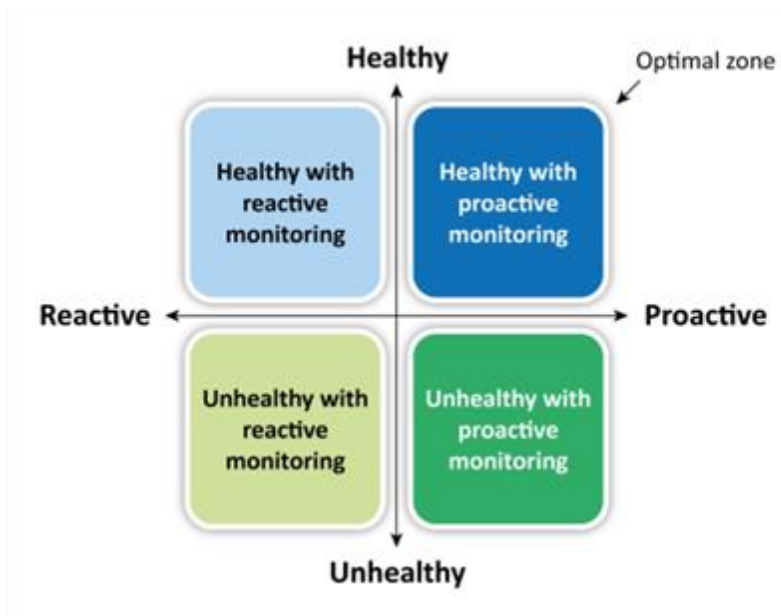
Great Sleep



Poor Sleep



Quadrants of Optimal Health



## Cartoon of Traditional Health Check-ups



## VO2 Max Percentage Zones

Zone	VO2 (% max)	Heart rate (% max)
1	46 – 65	55 – 75
2	66 – 80	75 – 85
3	81 – 87	85 – 90
4	88 – 93	90 – 95
5	94 – 100	95 – 100

## VO2 Performance Groups by Age and Gender



Performance Group by VO2 max					
Age	Low	Below Average	Above Average	High	Elite
<b>Women</b>					
18-19	< 35	35-39	40-45	46-52	≥ 53
20-29	< 28	28-35	36-40	41-50	≥ 51
30-39	< 27	27-33	34-38	39-48	≥ 49
40-49	< 26	26-31	32-36	37-46	≥ 47
50-59	< 25	25-28	29-35	36-45	≥ 46
60-69	< 21	21-24	25-29	30-39	≥ 40
70-79	< 18	18-21	22-24	25-35	≥ 36
≥80	< 15	15-19	20-22	23-29	≥ 30
<b>Men</b>					
18-19	< 38	38-45	46-49	50-57	≥ 58
20-29	< 36	36-42	43-48	49-55	≥ 56
30-39	< 35	35-39	40-45	46-52	≥ 53
40-49	< 34	34-38	39-43	44-51	≥ 52
50-59	< 29	29-35	36-40	41-49	≥ 50
60-69	< 25	25-29	30-35	36-45	≥ 46
70-79	< 21	21-24	25-29	30-40	≥ 41
≥80	< 18	18-22	23-25	26-35	≥ 36

Familial Chapter

Relationship Weekly Check-in Questionnaire

	Partner 1	Partner 2
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What have I been doing well?		
What are areas of improvement on my side?		
What has my partner been doing well?		
What are areas for improvement on their side?		
This week's action plan:		

Bid for Attention Diagram

Bid for attention	Helpful	Not helpful
<p>"I had a terrible day at work."</p>	<p><i>Turns away from TV.</i>                      "What happened at work today?"</p>	<p><i>Stays focused on TV.</i>                      "The game is on. Sorry, I can't."</p>
<p>"Can you pick up some dark chocolate on your way home?"</p>	<p>"Oh yeah! We're having a dark chocolate party when I get home."</p>	<p>"No, just walk to the store. It's so close."</p>
<p>"Want to go on a short walk outside?"</p>	<p>"I'd love to!"</p>	<p><i>Continues working and doesn't turn toward partner.</i> "I'm busy."</p>

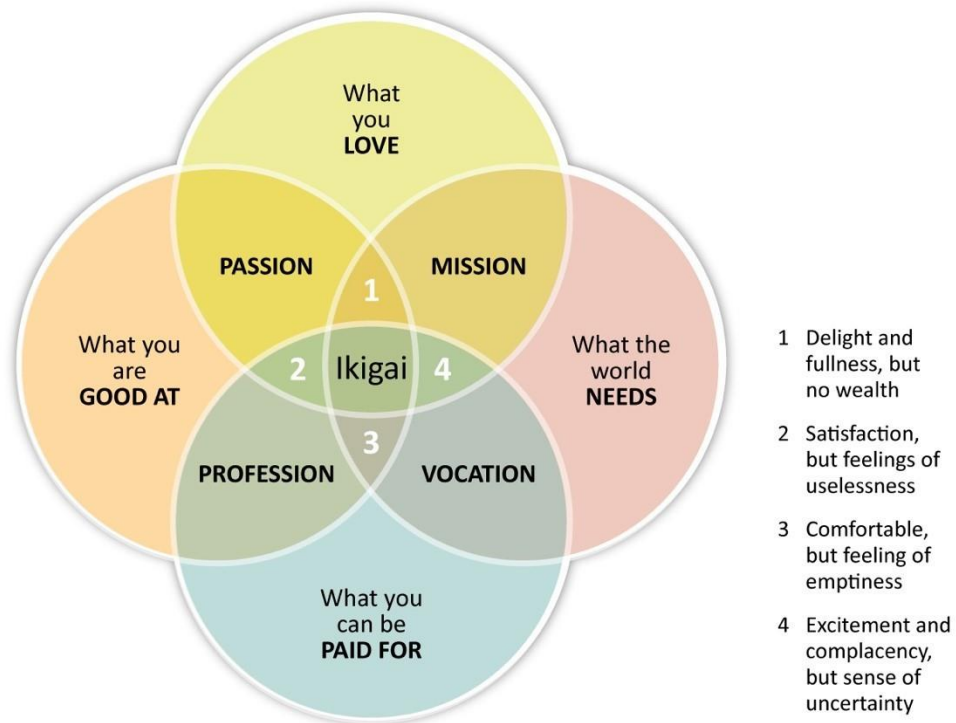
<p>"I'm so tired and stressed."</p>	<p>"Let me help you reduce stress. How about a warm tea and a massage?"</p>	<p>"Maybe you shouldn't work so hard."</p>
<p>"Come snuggle."</p>	<p>"DEAL!"</p>	<p>"I'm in the middle of something."</p>
<p>"Can you take the dogs for a walk?"</p>	<p>"I got you!"</p>	<p>"I don't feel like it."</p>

Chapter 4: Vocation

Ikigai Diagram

## Ikigai

A Japanese concept meaning “a reason for being”

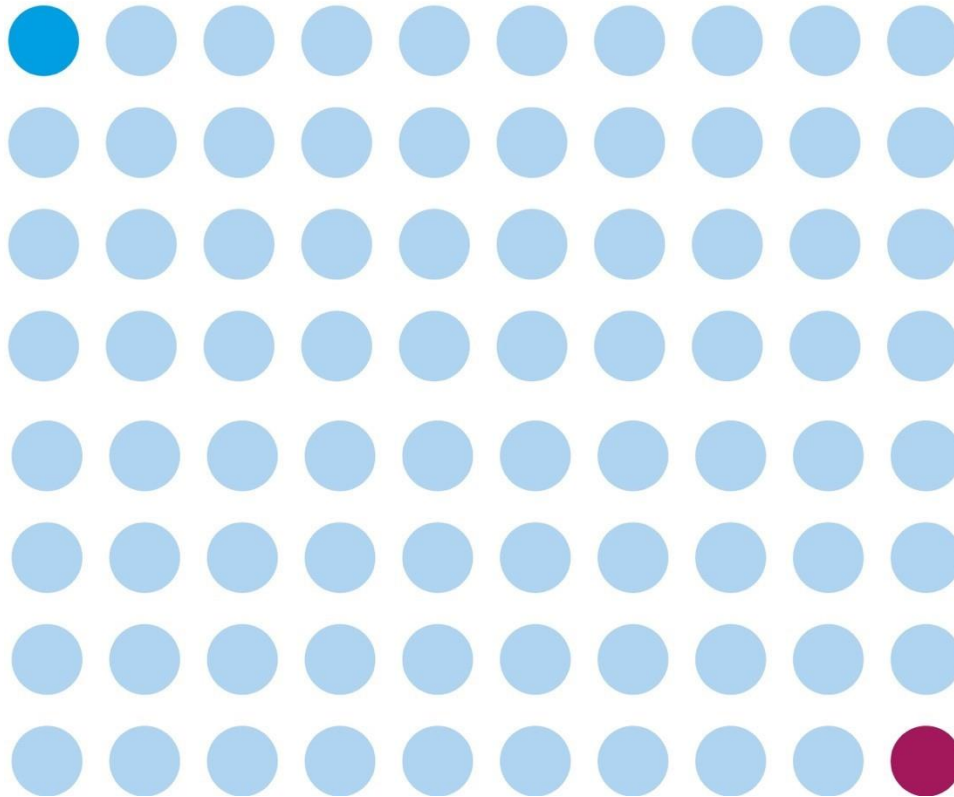


Life Expectancy Diagram

**80 years** (each line is 10 years)

- Birth
- Turning 80

Fill the circles to your current age



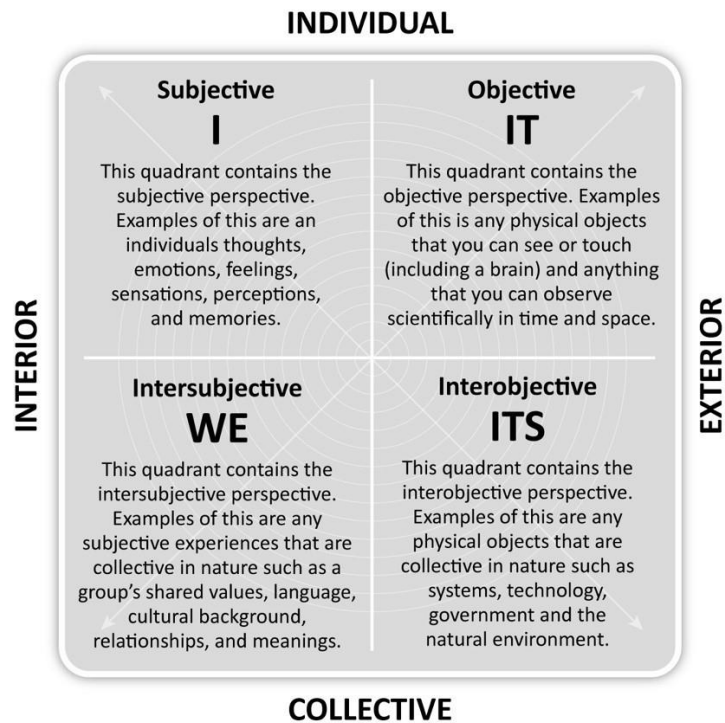
The Eisenhower Decision Matrix

### The Eisenhower Decision Matrix

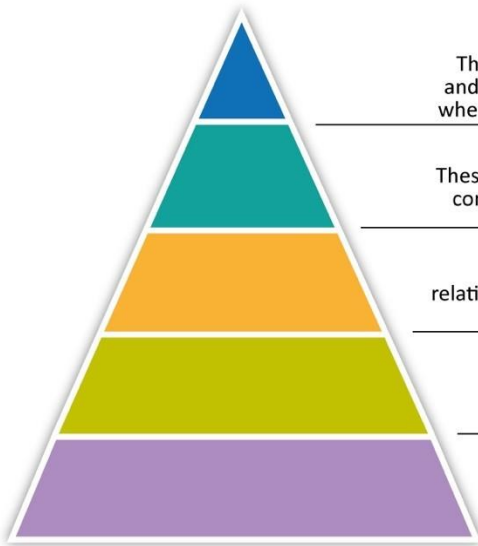


## Chapter 7

### The “Showing Up” Diagram



### Maslow's Hierarchy of Needs



**Self-actualization:**

These are the needs that involve becoming the best and most you can be. This is closing the gap between where you are and who you are capable of becoming.

**Esteem:**

These are the needs that include respect, recognition, confidence, self-esteem, freedom, and contribution.

**Love and belonging:**

These are the needs that include healthy loving relationships and a sense of connection with people in your surrounding like friends and family.

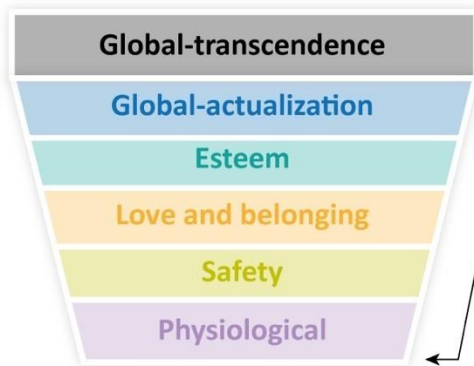
**Safety needs:**

These are the needs that include employment, personal safety, resources, health, and property.

**Physiological:**

These are the needs that include the basic necessities for life such as food, clean drinking water, shelter, clothing, and sleep.

Maslow's Hierarchy of Needs Unpublished Content + Additional Levels



Once you transcend the self, your focus moves towards helping the whole world actualize. The priority at first is to help everyone get access to shelter, food, and clean drinking water. Then eventually, to helping everyone progress towards actualizing their full potential, eventually arriving to global-transcendence.

