

**SIMPLY SURVIVING TO  
*TOTALLY THRIVING!***



**CHALLENGE ONE - PART I**



## WELCOME TO YOUR 90 DAY CHALLENGE!

### **The way the challenge works..**

There are 6 CHALLENGES.

Each challenge involves 2 parts...

#### *Part I* - INSTANT ACTION TAKING

Taking yourself through an exercise, a reading, a video, or making an upgrade to your routine.

#### *Part II* - IMPROVEMENT AND SUSTAINABILITY.

Continue taking action with the intention of making it consistent and more manageable. Act, review, improve, repeat.

### **Each WEEK, we release a part of the challenge.**

At the end of each week, every challenger will update us on the action that they took or the improvements that they made.

Momentum... is everything.

Challengers succeed because they take action quickly, and fight to complete what truly matters to them on the deadlines.

### **Warning: These Challenges are easy, but not without constantly showing up.**

They are covering...

- ✓ The 6 Pillars of Health
- ✓ Your Health Map
- ✓ The Defining Things that Shape Your Map
- ✓ Systemising your Nutrition
- ✓ Daily Habits to make Health Sustainable
- ✓ Hitting the Benchmarks for your version of Health
- ✓ High Performance Bio-Hacks

All of this, has one outcome...

## **A TOTALLY THRIVING YOU!**



## YOUR FIRST CHALLENGE

Understand where you're starting from

### What is your current routine?

Write out everything you do nearly every day including but not exclusive of...meals, snacks, drinks, brushing teeth, showering, sleeping, TV watching, reading, checking your phone, coffee runs, exercise, working, cooking, house cleaning, helping the kids, journal writing, shopping, commuting... anything else that you do consistently or multiple days a week.

This doesn't have to be exact. The point of this exercise is to bring to awareness that you have routines whether you consciously created them or not. Once you know where you are starting from, it's easier to transform them into routines that give you better results.

Time:	Activity:	Time:	Activity:

### Do you have an exercise plan?

If so, what are you benchmarks i.e. what do you expect yourself to achieve each day/week? How many minutes of exercise are you currently doing per day and per week?

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### How much time do you dedicate to rest, recovery and re-energising?

*nb.* this does not include TV watching or scanning social media. They are not energising activities for the brain. Think more along the lines of stretching, foam rolling, yoga, meditation, breathwork, walking, creative activities (can be re-energising for some but tiresome for others), saunas, massage, ensuring you are getting high quality food.

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**How many hours sleep do you get a night?**

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**How many hours a week do you spend in the company of good friends or family with no distractions?**

i.e. high-quality connection whereby the other person or conversation has 100% of your attention? This does not include watching a show or TV with someone, playing video games, having conversations with a phone in one hand, half listening while stressing about your next work deadline etc.

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**How many hours a week do you spend in your own company giving yourself and your future self ALL of your undivided attention?**

This includes but is not exclusive to journaling, meditation, re-visiting your goals, re-visiting your values, consciously working towards your goals and values, undertaking personal development activities, practicing awareness and checking in on how you're doing, doing things on your own and enjoying your own company. eg. walking in nature, enjoying a hobby where you can express yourself like playing an instrument.

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**Do you currently have a nutrition plan?**

If so, what is your plan and what are the benchmarks you expect of yourself?

n.b. benchmarks are measurables eg. 2000 calories, 3 x meals per day, fasting for 12hours per day. Are you constantly hitting your benchmarks or following your plan?

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**How much sunlight do you get per day?**

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**How much screen time do you have per day?**

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## What is your health score?

Score yourself out of 10 for each of the following **6 Pillars of Health**

1. Movement and fitness
2. Rest and recovery
3. Nutrition
4. Hormonal balance
5. Relationship with self
6. Relationship with others

