

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



CHALLENGE ONE - PART II



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 DAILY HABITS

Your daily habits and rituals are **THE MOST IMPORTANT** predictors of your health. With this in mind, let's start by creating some structure to your days so that you can get way more result without losing any time in your already busy day.

To do this, we need to make sure that the structure you create is created with the intention to thrive, not just survive.

In order to thrive, we know we need to take care of the 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

We are going to chip away at these slowly, starting today with your sleep and wake-up routine!

SLEEP

Sleep is the biggest thing in our life that doesn't have much flexibility. We are lying in bed, doing the same thing every single night. So, it's the perfect place to start creating a solid daily routine.

Benchmark: 7-8hrs. n.b. getting more than 8 or 9hrs sleep per night is no better than getting less than 7hrs a night. More is not better. The sweet spot is between 7-8hrs per night.



What time do I need to get up each morning so that I have time to do everything in my morning routine and get to work/my commitments on time?

Now work back from here...what's 7-8hrs earlier than the time you need to wake up?

Congratulations, this is your new SLEEP time! Aim to be in bed 15-30mins before this time.

What is your new bedtime (getting into bed), and what is your new sleep time (falling asleep)?



Remember how we talked about consistency being the ultimate key to health success?

It's true for sleep as well. You will get the best results by waking up and going to sleep at the exact same time EVERY DAY. This is because sleep is a huge contributor to our hormonal rhythms and a constantly changing bedtime is very interruptive to our hormonal balance and circadian rhythm. They say that changing your wake up time by an hour is equivalent to an hour's jetlag, and we only get jetlag because our hormones get out of whack!

Great, now that's the longest daily activity sorted.

FASTING WINDOW

Next, let's look at food intake. Another huge contributor to hormonal balance and overall health are our eating habits.

At this stage, we're not looking at 'what' you're eating, we're more interested in when.

When do you start and finish eating each day?

Again, you want to keep this consistent every day.

We recommend fasting for *at least 12 hours each night*. Which may look something like this: finish eating at 8pm and have breakfast at 8am.

Some people fast for up to 14-16hrs and claim that they feel so much more energetic this way. This is something you can play with in the future, but for now, make sure you have at least 12 hours fasting window.

What is my fasting window?

Top Tip!

We recommend you brush your teeth as soon as your fasting window starts so you don't feel tempted to eat anything else.



DIGITAL BLACKOUT

The final step in this week's challenge is to program your phone so that no notifications or communications come through an hour before bedtime and 1-2hrs post wake up time.

Why?

Because phones cause constant micro stress responses in our bodies. These responses increase our stress hormones and inhibits quality sleep (amongst numerous other negative impacts).

They also take away from quality connections with our loved ones, and by loved ones, that includes ourselves!!



On top of all of this, being on your phone is the fastest way to being distracted and distant, rather than present to your own life.

The hour pre- and post-bed are extremely precious and should be guarded and cherished. These hours contribute greatly to our mental wellbeing as they dictate your first and final thoughts of your day, every day.

Do you want to go to sleep each night connected to yourself and loved ones, or feeling stressed that you didn't get back to someone via text or because you missed something on Facebook?

Do you want to wake up each morning with an update on the world's worst tragedies from the previous 12hrs (which you can do nothing about except feel bad by the way) or do you want to spend the first hour of your day focusing on you, and what truly matters in your life?

The first hour in the morning is the perfect time to set yourself up for a successful and fulfilling day by revisiting your purpose and values, planning and energising your body for optimal performance and clarity of mind!



How will you set yourself up for sleep?

I will turn off all electronics one hour before bedtime which is at ____pm.

Here are a few things I would love to do during this hour that don't involve any screens...

How will you set yourself up for an amazing day?

I will not look at my phone or listen to the news until ____am, which is 1-2 hours after I wake up. Instead, I will do one thing each morning that energises and inspires me!

Here are a few things I would love to do in the morning before work/my commitments...

NEW HABITS

Here's a summary of your new daily habits:

I go to sleep at ____ every day

I wake up at ____ every day

I fast for at least 12 hours each night between ____ and ____

I turn electronics off at ____ every day (*it may help to set an alarm as a reminder*)

Every morning I will do one thing that invigorates, inspires and energises me.

I will start with _____

Every evening before bed, I will do one thing that calms my mind and sets my body up for a restful sleep. I will start with _____

Congratulations, you have completed Challenge 1 – part II!