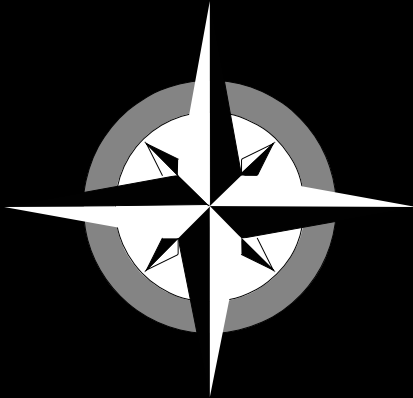




HEROIC HEALTH QUEST



Field Manual

TABLE OF CONTENTS

Main Principles Overview	3
Why, Who and W.I.N.	5
Creating Your Masterpiece Day	6
Daily Journal Worksheet	10
Weekly Reflection Worksheet	11

COMMITMENT

I,,
commit to completing the daily actions set out in this journal. I understand that by practicing these daily actions I will positively impact my identity, behaviors and outcome.

"What one can be one must be"

Abraham Maslow

Introduction

This journal was created for ease of use and speed of implementation. You will find a brief explanation for each section to help you get started. By structuring it this way my hope is that it will allow you the freedom to apply your own idiosyncratic methods taking into account the constraints of your reality. Every section of this journal is based upon proven methodologies and real world application.

The 3 Main Principles

During the creation of this journal I wanted to extract and share with you the three main ingredients of my journal system. I credit practicing a daily journal process with providing me the most impact in regards to moving me from who I am actually being to who I am capable of being.

1. Why and Who and W.I.N.

Establishing a strong "why anchor" to our goals will help to improve our consistency. To find your why I suggest that you go through a simple process that can be completed in a few minutes. Once we find our why we want to create behaviors that will be in alignment with who we will become. Once you have your why and behaviors determined, the last step will be to take action. Taking action in areas that we can control will help increase our consistency which in turn will increase the odds of achieving our ultimate result goal. By tracking our lead measure goals (actions) we are able in real time to adjust and course correct as needed or continue doing that which is working. We want to close the gap between who we are actually being and who we are capable of being by putting the first thing first - W.I.N. What's Important Now.

2. Create Your Masterpiece Day

Creating Your Masterpiece Day is an essential element to help move forward towards your goal. Everyday rituals will reinforce the purpose of the goal and clarify who you will become by integrating your Masterpiece Day rituals everyday. To simplify the process this journal is strategically built to include various segments that allow you to carefully optimize your day from sunrise to sunset. Much like a pilot preparing for a flight you will go through a checklist to help plan the day and properly prepare your mind to bring the best version of YOU to the game everyday. The journal also includes sections to help track, analyze and reflect upon the day.

3. Weekly Review and Analysis

Stepping back and taking a bigger picture view of the past week will allow you to either take action to course correct or continue on as planned. Mining the data from the days of the past week we can closely look at those areas that are doing well and those areas that need work and those where a course correction is required. For those things that went well we need to take the time to acknowledge the good work we have done. Other areas may "need work" so look at those areas that give us learning opportunities and take appropriate action to get back on track as quickly as possible. The aviation industry has a guideline known as the 60-to-1 Rule. This rule explains that if you are 1 degree off your designated course, you will miss your target landing spot by 92 feet for every mile you fly. This amounts to 1 mile off for every 60 miles you travel. This means that the longer you travel, the further off course you will be. Constant course correction should be expected and is essential to helping you reach your goals.

Why, Who and W.I.N.

Why

The "5 Ws" was a system originally used by the Toyota Motor Corporation. It's very simple and reveals our deep motivations for why we want something. Ok, let's take a look at a slightly modified version of the 5 Ws:

What am I doing this challenge for?

And why do I want to achieve that?

And why is that important?

And why will that make a difference?

And why will this matter?

Who do we want to become at our best?

Who are we committed to being so we can become the best version of ourselves. Are our habits consistent with who we want to become? Now imagine your best future self where everything has turned out as you wanted. You have achieved all of your goals. Write those goals down, write down who you have become.

Who do we identify as, as we become our best?

From the book Atomic Habits; James Clear tells us: "The more you repeat a behavior, the more you reinforce the identity associated with that behavior. In fact, the word identity was originally derived from the Latin word essentitas, which means being, and identidem, which means repeatedly. Your identity is literally your 'repeated beingness.'" Brian Johnson adds to this by suggesting Identity -> Behavior -> Feelings. Our identity determines what we do. Who are you committed to being? Want to be a healthy person, act like a healthy person. Want to be a writer, act like a writer. Who do you aspire to be?

W.I.N. – What's Important Now

What's Important Now is that one thing that will have the biggest impact on moving us forward towards accomplishing our goals but is usually not the easiest, which is why most people tend to procrastinate on completing them. Research has demonstrated that willpower is a finite resource which weakens throughout the day. If you start your day with easy tasks, then once it comes time to complete the most important (and usually more difficult) of tasks, you will be much less likely to complete them. Identify that W.I.N. What's Important Now take the time to identify it and schedule it in the journal.

Creating Your Masterpiece Day

AM Bookend

For many the easiest part of the day to control is the morning. Use the worksheet to help plan your morning flow and find your rhythm. Its very important to do this before digesting any electronics, those little snacks will disrupt your overall output. The key to getting momentum in the morning is tackling the W.I.N.s. You want to leverage the morning to ensure that you start the day on a positive and productive note. Now let's take a look at some of the things that I include in my AM Bookend journaling process.

Gratitude

Gratitude means counting your blessings, appreciating the simple pleasures, and appreciating everything you have. By practicing a daily habit of gratitude, you will begin to see and think differently, especially during moments when you feel stuck in a rut. Regardless of where you are in your life, your focus can be shifted toward the positive.

Meditation

There are a number of meditation practices available online so I will not go into any specific techniques here. Just do a search online or look for an app that you can add to your phone. The goal is to get into the practice of meditating at least once a day, everyday. Apply daily practice and do not look for perfection. For years I thought I had to do 20 minutes of uninterrupted Buddhist like meditation to get any results. A year and half ago I started a coaching program where I started with just one focused breath. I progressed to one minute then two, then three and so on. Currently I do 11 minutes in the morning and 11 minutes in the evening.

Breathing

Like meditation there are many breathing techniques available and it can become very overwhelming and difficult to know where to start, I will share with you the one that is my base method. You will want to take deep diaphragmatic breaths, deep down into the belly. A good way to learn or feel this is to start by laying down on your back with your hands on your stomach. Start by inhaling through your nose down deep into your belly and feel your belly rise then exhale. Doing that a few times to just get the feel. The process I'm suggesting is to inhale for 6 seconds, hold for 3 seconds, exhale for 8 seconds, hold for 3 seconds then repeat. Work up from just one breath to 1 or 2 minutes of this style of breathing. This is also a great form of meditation when all your attention is focused on the breath.

Movement

I strongly believe the best workout/exercise program is the one you can stick to. I will only offer some general guidelines on this as there are just too many individual issues/variables to cover here to get into specifics. Begin by adding a daily walk outdoors for at least 15 minutes. Try to include some sort of strength training that includes: push, pull, hinge, and squat. Use what's available, which may include; weights, body weight, bands, kettlebells, clubbells, or whatever you can easily do on a daily basis. Consistency is key 3 or 4 good workouts a week is better than one awesome workout every couple weeks.

Number One Behavior To Start Doing

Make note of the one thing that if you started doing, would have the biggest impact on moving you forward towards your goal.

Number One Behavior To Stop Doing

Make note of the one thing that if you stopped doing, would have the biggest impact on moving you forward towards your goal.

Identity and Virtues

Identity shapes Behaviors which shapes Feelings. Who are you and what do you stand for at your best? Have fun adding an identity to who you are when during certain tasks. As a kid playing hockey I would pretend I was Larry Robinson on defense or Guy Lafleur on offense. I would try to think like them and play like them. Current examples for myself; during work I think of myself as a student, always exploring always learning. During my workouts I'm a Barbarian acting with intensity, courage and bravery. For my family life I try to be the best dad I can by being kind and present. Everyday writing down my identity and virtues I'm preparing to bring the best version of me to the world.

PM Bookend

Having a great evening routine is as important as your morning routine, mastering your evening schedule will set you up for a high-energy and focused tomorrow. Part of the PM Bookend includes incorporating a proper shut down routine as well as good sleep hygiene. There is literally nothing better for you then getting a good night's sleep to help bring the best version of you to everything you do the following day

Evening Gratitude

Take a few minutes before you sleep to write down three things you were grateful for from that day. Much the same as the morning gratitude, this is about bookending your day with positive thoughts. Don't be surprised if this small act also improves the quality of your sleep.

Evening Meditation

My evening meditation is usually a guided meditation and usually longer than the morning meditation.

Shut Down

Shutting down work, electronics and lighting is key to helping your body shift and prepare the body for sleep. Keeping mentally stimulated by continuing to work especially if that includes lights on and electronics running will delay the release of hormones such as melatonin. Set a target of shut down approximately one to two hours before you plan to go to bed.

Celebrate Wins

"What good did I do today?" Making a daily habit of telling yourself the great things you accomplished will grow your confidence in your abilities and improve your relationship with yourself (and others).

Learn

The Learn section should be considered an opportunity for reflection on what did not go as well as expected and an opportunity to improve on that area in the future. What will you do if you encounter the same obstacle again tomorrow? Over time, you will begin to naturally see the opportunities for improvement as you go about your day. This will pattern a new behavior for how you consider problems and actionable solutions where you wouldn't have been able to before.

Daily Journal

06:00 _____
06:30 _____
07:00 _____
07:30 _____
08:00 _____
08:30 _____
09:00 _____
09:30 _____
10:00 _____
10:30 _____
11:00 _____
11:30 _____
12:00 _____
12:30 _____
13:00 _____
13:30 _____
14:00 _____
14:30 _____
15:00 _____
15:30 _____
16:00 _____
16:30 _____
17:00 _____
17:30 _____
18:00 _____
18:30 _____
19:00 _____
19:30 _____
20:00 _____
20:30 _____
21:00 _____
21:30 _____
22:00 _____

RESULTS GOAL

W.I.N.

IDENTITY

VIRTUES

BEHAVIORS

+ ACTIONS START

- ACTIONS STOP

GRATITUDE

AM.....
PM

WIN

LEARN

Eat +1 0 -1 AM +1 0 -1 Meditate +1 0 -1
Move +1 0 -1 PM +1 0 -1 Breath +1 0 -1
Sleep +1 0 -1 Journal +1 0 -1

Weekly Reflection



WHAT WENT WELL?

List what you're proud of over the past week & celebrate



LEARN. WHAT NEEDS WORK?

List what areas need work, learn from them and apply that knowledge on the next challenge.

	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Eat							
Move							
Sleep							
Meditate							
Breath							
Journal							
AM							
PM							

+1 Celebrate 0 Optimize -1 Learn

Weekly Reflection

NOTES