



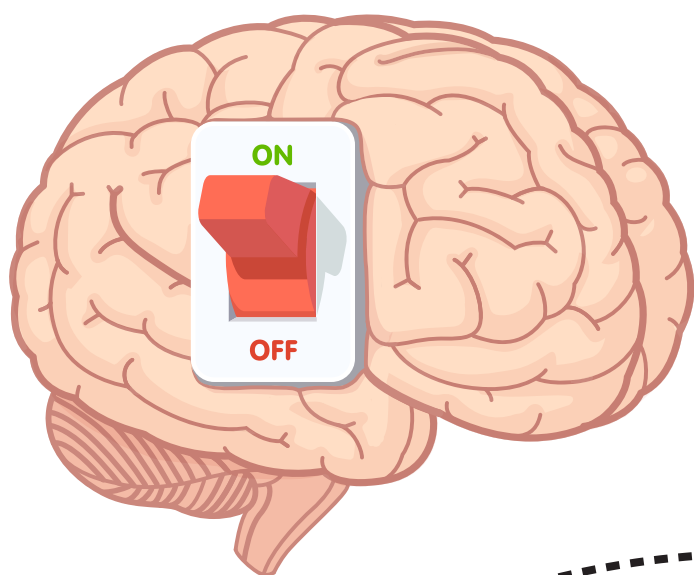
POSITIVE LIVING HABITS

POWER OF WILL

POW! FITNESS

HEALTHY LIVING

IF YOU ARE TO GET THE MOST OUT OF YOUR TRAINING EFFORTS YOU MUST BE CONSCIOUS OF YOUR DAILY HABITS, MAKING SURE YOU STAY ON TOP OF STRESS LEVELS AND SLEEP.



**“WHEN ACTIVITY INCREASES,
OUR SLEEP MUST MATCH IT
IN ORDER TO RECOVER
FULLY”**

SLEEP IS A BIG DEAL.

SLEEP IS ESSENTIAL

The modern world that we live in has made it very tricky to get a full night of undisturbed quality sleep at night. Most of us city slickers simply do not have the right environment to promote quality deep sleep.

Studies have shown that even a few nights of sleep restriction can cause negative effects to our cognitive function, digestion and general well being. This is without the addition of training and your every day tasks.

On top of all that we have the over use of smart phones, people drinking caffeinated beverages close to bed time.

No wonder sleep deprivation is so common.



**AIM FOR 7-8 HOURS OF QUALITY UNDISTURBED SLEEP EACH NIGHT.
IF THIS IS NOT POSSIBLE TRY A NAP OR SLEEP LONGER WHEN YOU CAN.**

5 TIPS FOR A QUALITY SLEEP

1) UNWIND.

Many people do not give themselves enough time to unwind before hitting the sack. If you have had a stressful day give yourself even more time to relax. try staying away from technology, rather than using your phone or watching tv do something like read a book, deep breathing exercises or listen to music.

2) SLEEP IN DARKNESS

We are super sensitive to light when sleeping, the body can not tell the difference between sunlight and artificial light. Do your best to sleep in pitch black. (be sure to set an alarm, a soft progressing alarm is better than a loud stressful one).

3) LIMIT STIMULANTS

Try to stay clear of coffee or any other stimulant at least 4 hours before bed time, more if you can. I recommend one coffee or other stimulating drink first thing in the morning.

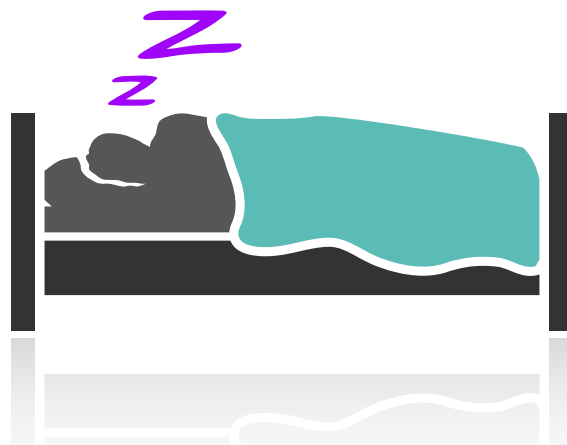
4) INVEST IN A QUALITY MATTRESS

Your spending 7-8 hours a day on it, invest in yourself, your body will thank you for it.

5) CONSIDER SUPPLEMENTATION.

There are supplements on the market that can help induce sleep and improve the quality of sleep you get. This can be particularly helpful if you cant get a full 8 hours.

THE BEST SUPPLEMENTS TO HELP WOULD BE
MAGNESIUM CITRATE, ZINC, MELATONIN AND
L - THIAMINE.



STRESS MANAGEMENT

MODERN 21ST CENTRY LIVING HAS PUT A MASSIVE HOLE IN OUR BODIES NATURAL RHYTHM. WE ARE OUT OF SYNC, BUT THERE IS HOPE.

Managing stress levels is not just essential for a good looking body but our health and happiness. No matter how stressful things may seem, there are ways to reduce your stress levels with smart thinking and planning.

Prolonged stress puts us at a major disadvantage, screwing up normal work and training function. Ever notice how one bad event can mould the rest of your day?

Once you have your eating habits, sleep habits and activity levels sorted there are many other ways to manage stress. These tips below are made up from my own personal experience and evidence based research.

A HEALTHY AND GOOD LOOKING BODY STARTS FROM WITHIN THE MIND.

5 TIPS FOR A QUALITY SLEEP

1) SPEND AT LEAST 10-15 MINUTES EACH DAY MEDITATING

I'm a big fan of using guided meditation apps like CALM OR HEADSPACE. These apps are designed to calm you down or help you through basically almost anything.

You will leave the session feeling fired up and relaxed ready to take on whatever tasks lie ahead.

Meditation is a great tool, don't get overwhelmed by searching online, simply download one of these apps and try the free trails. They cost pennies per day if you find them useful - **Major Hack!**

2) KEEP A GRATITUDE LOG OR JOURNAL

Journaling lets you get the cloudiness from your head onto paper, freeing up space in your head for the stuff that matters most.

I have personally journaled for over 2 years and it is amazing what you read back on over time.

JOURNALLING TIPS

Here are some examples that you might want to write in your journal each morning.

- ✓ **Three things you have learned about yourself in last 24 hours**
- ✓ **Three thing you are most grateful for**
- ✓ **Three big things you want to achieve in the day**

THE KEY TO A GOOD JOURNAL EXPERIENCE IS JUST LIKE YOUR **TRAINING AND NUTRITION CONSISTENCY!**

CONTINUED..

3) CONTROL YOUR SURROUNDINGS

You are what you keep around you, this includes your relationships, workspace and living space. Anything that you have around will either grow you or destroy you (harsh nut true). If you hang around 4 negative people you will likely be the 5th. Spend your time around leaders, movers, and highly positive people. There is no time for negativity life is hard enough! Some people are better OUT of your life. period.

4) BE PRESENT

Simple really.. be present in everything you do, show love passion and care for the things that matter most to you.

NOW is the most important time of your life.. read that again whilst smiling to yourself.

5) TAKE CONTROL OF YOU

There is nothing like having true ownership over your life, you may lose a few 'friends' or even family members but trust me it will be worth it. You will attract the right people into your life and finally start living on your own terms. You are where you are right now due to the choices that you have made up to now.

Skint? *Work harder and smarter.*

Out of shape? *Find out what you need to and get consistent.*

Unhappy? *Remove the venom holding you back from a life of happiness.*

It's easy to blame others for our situation, thats why most do it. Rise to the top and control your life. Watch your thoughts and keep a close eye on them just like your training and nutrition.

LIKE WHERE YOU ARE? IF NOT, **CHANGE IT!**

FURTHER READING

My top four book recommendations that I encourage you to read. One chapter per day is all it takes:

- 1) POWER OF HABIT - B HARDY
 - 2) TRUTH (AN UNCOMFORTABLE TRUTH ABOUT RELATIONSHIPS) - N STRATUS
 - 3) AS A MAN THINKETH - J ALLEN
 - 4) THE DAILY STOIC - R HOLIDAY
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MASTER YOUR THOUGHTS
AND WATCH YOUR LIFE UNLEASH ITS **FULL POTENTIAL**



**NOW GO OUT
AND KILL IT**

POWER OF WILL

POW! FITNESS