BEN GREENFIELD'S LIFEBOOK

THE INTENTION OF THIS LIFEBOOK IS TO CREATE A LIFE ROADMAP FOR THE GREENFIELD LEGACY THAT I CAN SHARE WITH OUR CHILDREN, OUR CHILDREN'S CHILDREN, AND BEYOND.



MY HEALTH AND FITNESS

"HEALTH IS THE FIRST WEALTH."

-VIRGIL



"TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE."

-JIM ROHN



PREMISE

When present in balance, health, fitness and a personal physical regimen, habit and routine directly increases your productivity, rather than being distracting and time-consuming.

You will have a hard time achieving your purpose in life if your physical vessel is weak and sick. And even if a horrible accident puts you into a wheelchair or debilitates you, you can still eat healthy, care for your hygiene, and optimize your personal environment to keep you well.

Health and fitness isn't about having the perfect body, but rather about optimizing your biology to the level that your own body and state is capable of.

Many people will judge you based on your body and your fitness, but this does not mean you need to develop the physique or athletic status you think other people want you to have, but rather what is healthy and allows you to function with a balanced body and brain.

The human temptation is to tend to towards laziness and entropy, but by establishing a physical routine of ideal nutrition and fitness for your brain and body that you develop as an automated, habitual routine and ritual, you can maintain life-improving order, clarity and self-mastery.

When present in balanced amounts, a focus on fitness confers longevity, which puts you here on this planet for a longer time to fulfill your purpose.

The reality is that society will indeed judge you based on your physical appearance or cognitive abilities, and this can directly affect your success in life or ability to fully achieve your purpose. So you must strike a balance between A) an "optimized biology"; B) acceptance of yourself and your unique body and C) avoiding an unhealthy obsession with the way you look, feel or perform.

I can achieve more when my body and brain are fit, including achieving my life's primary purpose, which is to empower people to live a more adventurous, joyful and fulfilling life. "WHEN HEALTH IS ABSENT, WISDOM CANNOT REVEAL ITSELF, ART CANNOT MANIFEST, STRENGTH CANNOT FIGHT, WEALTH BECOMES USELESS, AND INTELLIGENCE CANNOT BE APPLIED."

-HEROPHILUS





"LET THE FOOD BY THY MEDICINE, AND MEDICINE BE THY FOOD."

- HIPPOCRATES



VISION

I have a balanced, realistic approach to the fitness of my body and brain. I do not obsess over what other people think of how I look, feel or perform, but I instead rise to what I am personally capable of for optimizing my health, longevity and physical appearance.



PURPOSE

My purpose is to empower others – including my family - to live a more adventurous, joyful and fulfilling life, and I know I can have maximum energy and focus to achieve this purpose when I have a balanced and habitual approach to my physical and mental health and fitness.



"IF ANYTHING IS SACRED, THE HUMAN BODY IS SACRED."

-WALT WHITMAN



STRATEGY

I will create, plan for and implement morning, afternoon and evening rituals that allow me to make my health and fitness automated activities, including setting aside specific times on my daily calendar to devote to the betterment of my body and brain.

I will create realistic, challenging goals for my body and brain that are not necessarily based on reflections of what society expects of me or what I think others would find attractive or ideal, but rather what I personally know to be healthy, balanced and researchbased.

I will take advantage of modern science tools that allow me to customize my exercise and eating to me, rather than to a biased, dogmatic view of what might be correct for someone else, but really isn't customized to my own body.

I will surround myself with an environment that supports my ideal health and fitness, including the presence of natural, holistic foods rather than packaged, modern frankenfuels; sports, exercise and fitness tools that challenge my body and brain, but that I also love and find joy and fun in using educational materials such as books and podcasts that keep me engaged in constant learning about my own body and brain; tools that allow me to quantify and track my health and fitness; friends and a social environment that support me in my health habits and sports and activities that challenge me and keep me from "getting into a rut".

I will practice what I preach by reviewing and implementing all the principles and practices I teach in my books and I will give these books to my children so that they have the opportunity to do the same.

QUOTES

"SINCE EVERY PART OF OUR NATURE IS THE SACRED GIFT OF GOD, HE WHO NEGLECTS HIS BODY, WHO CALUMNIATES HIS BODY, WHO MISUSES IT, WHO ALLOWS IT TO GROW UP PUNY, FRAIL, SICKLY, MISSHAPEN, HOMELY, COMMITS A SIN AGAINST THE GIVER OF THE BODY. ORDINARILY, THEREFORE, DISEASE IS A SIN. ROUND SHOULDERS AND NARROW CHESTS ARE STATES OF CRIMINALITY. THE DYSPEPSIA IS HERESY. A HEADACHE IS INFIDELITY. IT IS AS TRULY A MAN'S MORAL DUTY TO HAVE A GOOD DIGESTION, AND SWEET BREATH, AND STRONG ARMS, AND STALWART LEGS, AND AN ERECT BEARING, AS IT IS TO READ HIS BIBLE, OR SAY HIS PRAYERS, OR LOVE HIS NEIGHBOR AS HIMSELF."

- MOSES COLT TYLER

"A SOFT, EASY LIFE IS NOT WORTH LIVING, IF IT IMPAIRS THE FIBER OF BRAIN AND HEART AND MUSCLE. WE MUST DARE TO BE GREAT; AND WE MUST REALIZE THAT GREATNESS IS THE FRUIT OF TOIL AND SACRIFICE AND HIGH COURAGE... FOR US IS THE LIFE OF ACTION, OF STRENUOUS PERFORMANCE OF DUTY; LET US LIVE IN THE HARNESS, STRIVING MIGHTILY; LET US RATHER RUN THE RISK OF WEARING OUT THAN RUSTING OUT."

- THEODORE ROOSEVELT



"IT IS NOT THE CRITIC WHO COUNTS. ... THE CREDIT BELONGS TO THE MAN WHO IS ACTUALLY IN THE ARENA; WHOSE FACE IS MARRED BY THE DUST AND SWEAT AND BLOOD; WHO STRIVES VALIANTLY ... WHO, AT WORST, IF HE FAILS, AT LEAST FAILS WHILE DARING GREATLY; SO THAT HIS PLACE SHALL NEVER BE WITH THOSE COLD AND TIMID SOULS WHO KNOW NEITHER VICTORY OR DEFEAT."

- THEODORE ROOSEVELT



"THOSE WHO THINK THEY HAVE NO TIME FOR EXERCISE WILL SOONER OR LATER HAVE TO FIND TIME FOR ILLNESS."

- EDWARD STANLEY

"THE DOCTOR OF THE FUTURE WILL NO LONGER TREAT THE HUMAN FRAME WITH DRUGS, BUT RATHER WILL CURE AND PREVENT DISEASE WITH NUTRITION."

-THOMAS EDISON

"TO INSURE GOOD HEALTH: EAT LIGHTLY, BREATHE DEEPLY, LIVE MODERATELY, CULTIVATE CHEERFULNESS, AND MAINTAIN AN INTEREST IN LIFE."

- WILLIAM LONDEN

"A MERRY HEART DOETH GOOD LIKE A MEDICINE, BUT A BROKEN SPIRIT DRIES THE BONES."

- PROVERBS 17:22

"A MAN TOO BUSY TO TAKE CARE OF HIS HEALTH IS LIKE A MECHANIC TOO BUSY TO TAKE CARE OF HIS TOOLS."

-SPANISH PROVERB

TOP BOOKS FOR THIS CATEGORY

500 delicious and nutritious recipes from around the World

Returning to an Ancestral Diet

Dr. Michael Smith

Where Grandmother Tradition Meets Gourmet Taste

How to Eat, Move and Be Healthy!

Your personalized 4-step guide to looking and feeling great from the inside out

Paul Chek

NEW YORK TIMES BESTSELLER UPDATED AND REVISED

BEYOND TRAINING



MASTERING ENDURANCE, HEALTH, & LIFE

B E N G R E E N F I E L D





MY INTELLECTUAL LIFE

"EVERY MAN IS FREE TO RISE AS FAR AS HE'S ABLE OR WILLING, BUT THE DEGREE TO WHICH HE THINKS WILL DETERMINE THE DEGREE TO WHICH HE'LL RISE."

- AYN RAND

"YOU ARE TODAY WHERE YOUR THOUGHTS HAVE BROUGHT YOU. YOU WILL BE TOMORROW WHERE YOUR THOUGHTS TAKE YOU."

- JAMES LANE ALLEN

"I AM STILL LEARNING."

- MICHELANGELO

PREMISE

My brain is a powerful, organic, dynamic supercomputer capable of attaining new skills, processing and categorizing an enormous quantity of information, and engaging in a robust number of activities, even as I add new information and even as I grow old.

The thoughts that I generate with my brain and the electromagnetic signals and frequencies propagated by those thoughts can affect my biology, my chemicals, my hormones, my emotions, my mood and even the physiology and psychology of those around me.



My brain is never "broken", but is instead influenced by my personal environment,

including the air, light, water and electricity quality I choose to expose it to; my social environment, including the moods and actions of who I choose to surround myself with; my diet, my physical activity level, and my educated use or influence and abuse of drugs, supplements or chemicals.

No matter what society tells me I am naturally gifted in, or naturally weak in, the fact is I can learn new skills and expand and develop my brain for my entire life.



VISION

I am constantly learning new mental skills that keep me cognitively sharp, constantly challenged and socially capable, able to create new ideas, generate compelling, intriguing, enchanting and unique content, and engage in dynamic and life changing conversation. I care for my brain just as much as any other aspect of my life and I keep my mind in a state that allows me to positively affect not only my own psychology and physiology but the emotions, thoughts, beliefs and physical state of those around me.

I am not afraid to present myself with intellectually challenging activities that cause my mental horizons to expand and my neurons to grow, and I create habits, rituals and routines such as reading every day, solving puzzles, engaging in mentally stimulating conversation, embracing delayed gratification and pouring into my life the practices that transform me into a robust, intellectual human being.

I am full of intense wonder and constant curiosity that allows my life to become more enriched and enables me to be able to bring others to greater adventure, joy and fulfillment.

I am not overwhelmed by the constant stream of information available to me via books, libraries, the internet, radio, podcasts, conferences, and beyond, but I am instead fully confident in the capabilities of my brain to be able to process this information, and also fully committed to logically filtering this information and praying for wisdom to decipher what's true and what's not, what's helpful and what's not, and what's a waste of my time vs. what is going to equip me to achieve my true purpose in life.

Rather than simply tackling intellectual tasks with randomness and reflex, I've instead identified the times of the day when I'm most creative, when I'm most productive and when I'm most reactive so that I can use my brain during a 24-hour cycle in an intelligent, responsible and productive way.

I am not afraid of making mistakes, but I am willing and able to learn from every mistake.



"CHANGE THE WAY YOU LOOK AT THINGS AND THE THINGS YOU LOOK AT WILL CHANGE."

- WAYNE DYER



PURPOSE

My purpose is to read, learn, study, self-educate, imagine and challenge my brain so that I can then take and teach the information and skills I've discovered to others, in a spirit of humility and love, to ultimately achieve my life's purpose.

"WHAT IS THE HARDEST TASK IN THE WORLD? TO THINK."

- RALPH WALDO EMERSON



STRATEGY

I will surround myself with both physical and digital books and never let a day go by without learning, discovering and grasping a new idea.

Although I understand that God often speaks to me in the still, small silence, and even though I set aside times for quiet meditation and reflection, rather than accepting the idea that I must listen to music

or stare off into space while driving or exercising, I will use these opportunities to instead create my own personal university through the use of audiobooks and podcasts.

I will not simply be a consumer of ideas, information and art, but I will use my full intellectual capabilities by also being a creator of ideas, information and art.

I will support my brain with well-researched habits, foods, supplements and chemicals that allow it to operate at full capacity, while avoiding habits, foods, supplements and chemicals that restrict and shackle it or leave me sleepy, exhausted and demotivated.

Free of judgment, I will surround myself with people, energy and social situations that leave me in an emotionally upbeat, charged and energetic state, rather than suppressing my intellectual capabilities by surrounding myself with energy vampires, lack of novel mental challenges, or depressing situations.

I will set aside specific time each day to learn a new skill or to challenge and grow my brain, including activities such as music, meditation, art, new sports, reading, memorizing, travel and beyond.

I read books such as Biology of Belief by Bruce Lipton, You Are The Placebo by Joe Dispenza, Healing & Recovery by David Hawkins, and other sources of information that allow me to fully understand how my beliefs, thoughts and emotions affect my own genes, biology and wellness, along with the genes, biology and wellness of those around me.

QUOTES

"A HUMAN BEING SHOULD BE ABLE TO CHANGE A DIAPER, PLAN AN INVASION, BUTCHER A HOG, CONN A SHIP, DESIGN A BUILDING, WRITE A SONNET, BALANCE ACCOUNTS, BUILD A WALL, SET A BONE, COMFORT THE DYING, TAKE ORDERS, GIVE ORDERS, COOPERATE, ACT ALONE, SOLVE EQUATIONS, ANALYZE A NEW PROBLEM, PITCH MANURE, PROGRAM A COMPUTER, COOK A TASTY MEAL, FIGHT EFFICIENTLY, DIE GALLANTLY. SPECIALIZATION IS FOR INSECTS."

- ROBERT HEINLEIN



"BEING BUSY DOES NOT ALWAYS MEAN REAL WORK. THE OBJECT OF ALL WORK IS PRODUCTION OR ACCOMPLISHMENT AND TO EITHER OF THESE ENDS THERE MUST BE FORETHOUGHT, SYSTEM, PLANNING, INTELLIGENCE, AND HONEST PURPOSE, AS WELL AS PERSPIRATION. SEEMING TO DO IS NOT DOING."

- THOMAS EDISON



"AT GIBEON THE LORD APPEARED TO SOLOMON DURING THE NIGHT IN A DREAM, AND GOD SAID, "ASK FOR WHATEVER YOU WANT ME TO GIVE YOU."

SOLOMON ANSWERED, "YOU HAVE SHOWN GREAT KINDNESS TO YOUR SERVANT, MY FATHER DAVID, BECAUSE HE WAS FAITHFUL TO YOU AND RIGHTEOUS AND UPRIGHT IN HEART. YOU HAVE CONTINUED THIS GREAT KINDNESS TO HIM AND HAVE GIVEN HIM A SON TO SIT ON HIS THRONE THIS VERY DAY.

"NOW, LORD MY GOD, YOU HAVE MADE YOUR SERVANT KING IN PLACE OF MY FATHER DAVID. BUT I AM ONLY A LITTLE CHILD AND DO NOT KNOW HOW TO CARRY OUT MY DUTIES. YOUR SERVANT IS HERE AMONG THE PEOPLE YOU HAVE CHOSEN, A GREAT PEOPLE, TOO NUMEROUS TO COUNT OR NUMBER. SO GIVE YOUR SERVANT A DISCERNING HEART TO GOVERN YOUR PEOPLE AND TO DISTINGUISH BETWEEN RIGHT AND WRONG. FOR WHO IS ABLE TO GOVERN THIS GREAT PEOPLE OF YOURS?"

THE LORD WAS PLEASED THAT SOLOMON HAD ASKED FOR THIS. SO GOD SAID TO HIM, "SINCE YOU HAVE ASKED FOR THIS AND NOT FOR LONG LIFE OR WEALTH FOR YOURSELF, NOR HAVE ASKED FOR THE DEATH OF YOUR ENEMIES BUT FOR DISCERNMENT IN ADMINISTERING JUSTICE, I WILL DO WHAT YOU HAVE ASKED. I WILL GIVE YOU A WISE AND DISCERNING HEART, SO THAT THERE WILL NEVER HAVE BEEN ANYONE LIKE YOU, NOR WILL THERE EVER BE. MOREOVER, I WILL GIVE YOU WHAT YOU HAVE NOT ASKED FOR—BOTH WEALTH AND HONOR—SO THAT IN YOUR LIFETIME YOU WILL HAVE NO EQUAL AMONG KINGS. AND IF YOU WALK IN OBEDIENCE TO ME AND KEEP MY DECREES AND COMMANDS AS DAVID YOUR FATHER DID, I WILL GIVE YOU A LONG LIFE."
"TALENT WINS GAMES, BUT TEAMWORK AND INTELLIGENCE WINS CHAMPIONSHIPS."

- MICHAEL JORDAN

"THE FUNCTION OF EDUCATION IS TO TEACH ONE TO THINK INTENSIVELY AND TO THINK CRITICALLY. INTELLIGENCE PLUS CHARACTER - THAT IS THE GOAL OF TRUE EDUCATION."

- MARTIN LUTHER KING, JR.

TOP BOOKS FOR THIS CATEGORY

THE NEW YORK TIMES BESTSELLER

THINKING,

FAST AND SLOW



DANIEL KAHNEMAN

WINNER OF THE NOBEL PRIZE IN ECONOMICS

"[A] masterpiece . . . This is one of the greatest and most engaging collections of insights into the human mind I have read." — WILLIAM EASTERLY, *Financial Times*

ACHIEVE TOTAL HEALTH AND LONGEVITY WITH THE BALANCED BRAIN ADVANTAGE



REVERSE OR PREVENT ALZHEIMER'S, AGING, MEMORY LOSS, Weight Gain, Sexual Dysfunction, and More

ERIC R. BRAVERMAN, M.D.





MY EMOTIONAL LIFE

"NOTHING WHICH LIFE HAS TO OFFER IS WORTH THE PRICE OF WORRY."

- NAPOLEON HILL

"MOST PEOPLE ARE ABOUT AS HAPPY AS THEY MAKE UP THEIR MINDS TO BE."

- ABRAHAM LINCOLN





PREMISE

I believe that I am in control of my emotions, rather than my emotions being in control of me – but that the only way I can control those emotional states is with mindfulness and awareness of my own thought patterns and current state of mind, along with that of those who surround me and those with which I am communicating.



"FOLLOWING YOUR FEELINGS WILL LEAD YOU TO THEIR SOURCE. ONLY THROUGH EMOTIONS CAN YOU ENCOUNTER THE FORCE FIELD OF YOUR OWN SOUL."

- GARY ZUKAV



VISION

Without outbursts or lack of self-control, I am able to express my emotions in a healthy, responsible and unselfish way that allows other people to understand what I am thinking and feeling.

So that I can better understand the thoughts, motivations, feelings and actions of those around me, I am full of conscientiousness, mindfulness and empathy towards anyone I am communicating with. I have social awareness, the ability to recognize emotions (and their impact) in both myself and others.

I focus on filling my life with activities that increase my empathy towards others and stabilize my own emotions, including a daily gratitude practice and dwelling on the fruits of the spirit – love, joy, peace, goodness, patience, kindness, gratefulness, faithfulness and self-control.

I am not embarrassed to talk about my emotions and to name what I am feeling, as long as I do so in a responsible manner, with love towards others and self-control, not impassionate, irrational haste, hurry or rashness.

"SOME PURSUE HAPPINESS. OTHERS CREATE IT."

- ANONYMOUS





"HAPPINESS IS WHEN WHAT YOU THINK, WHAT YOU SAY, AND WHAT YOU DO ARE IN HARMONY."

- MAHATMA GANDHI



PURPOSE

Loving others and loving God are the two greatest commandments, and although my purpose in life is to empower others to live a more adventurous, joyful and fulfilling life, I know that I must have a high amount of emotional intelligence so that I can fulfill that purpose with judgment-free love, while unselfishly recognizing the needs, desires and emotions of others.



STRATEGY

I pause to take a conscious breath before I speak or act, especially when I am feeling strong emotions.

At any moment in time when I feel my physiology changing, I stop to assess whether that change is due to a change in my emotional state. I am not only open to, but I ask others for criticism, even if it involves negative feedback. In full love, I am also capable and willing to give feedback to others, both positive and negative.

I complete a gratitude journal each morning by naming at least one thing I am grateful for, along with one person I can pray for, help, or serve that day.

When I forgive someone, I let go of any bitterness or anger towards that person.

With full respect towards others and their feelings, I smile and fill my life with joy each day by identifying the positive aspects, humor or lightheartedness of any situation.

I make eye contact whenever possible when I speak with people so that I can better empathize with them and understand their emotions.

If I ever find myself losing control over my emotions, I remove myself from people who I may hurt or negatively affect to be in peace, prayer and silence until I have named and gained control over my emotions.

QUOTES



"IF YOUR EMOTIONAL ABILITIES AREN'T IN HAND, IF YOU DON'T HAVE SELF-AWARENESS, IF YOU ARE NOT ABLE TO MANAGE YOUR DISTRESSING EMOTIONS, IF YOU CAN'T HAVE EMPATHY AND HAVE EFFECTIVE RELATIONSHIPS, THEN NO MATTER HOW SMART YOU ARE, YOU ARE NOT GOING TO GET VERY FAR."

- DANIEL GOLEMAN



"NO ONE CARES HOW MUCH YOU KNOW, UNTIL THEY KNOW HOW MUCH YOU CARE."

- THEODORE ROOSEVELT

"BUT LET EVERY MAN BE SWIFT TO HEAR, SLOW TO SPEAK, SLOW TO WRATH."

- JAMES 1:19











- PROVERBS 16:32

"WHEN DEALING WITH PEOPLE, REMEMBER YOU ARE NOT DEALING WITH CREATURES OF LOGIC, BUT WITH CREATURES OF EMOTION."

- DALE CARNEGIE

"ANY PERSON CAPABLE OF ANGERING YOU BECOMES YOUR MASTER."

- EPICTETUS



"WHATEVER IS BEGUN IN ANGER, ENDS IN SHAME."

- BENJAMIN FRANKLIN



"NO DOUBT EMOTIONAL INTELLIGENCE IS MORE RARE THAN BOOK SMARTS, BUT MY EXPERIENCE SAYS IT IS ACTUALLY MORE IMPORTANT IN THE MAKING OF A LEADER. YOU JUST CAN'T IGNORE IT."

- JACK WELCH

"IF YOU CAN ALLOW YOURSELF TO TRUST THOSE LITTLE MOVEMENTS AROUND YOUR GUT THAT TELL YOU WHEN SOMETHING IS INTERESTING OR EXCITING, THEY WILL TELL YOU WHERE TO GO."

- JOHN CLEESE

TOP BOOKS FOR THIS CATEGORY

THE BIOLOGY NOF BELIEF

K

Unleashing the Power of Consciousness, Matter & Miracles



BRUCE H. LIPTON, PH.D.

You are the PLACEB making your mind matter

Dr. Joe Dispenza The best-selling author of *Breaking the Habit of Being Yourself*





MY CHARACTER

"IT IS NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN."

- GEORGE ELIOT



"LEARN WHAT YOU ARE, AND BE SUCH."

- PINDAR



PREMISE

My character is the ever-improving, ever-involving stamp of me; the signature of who I am. It is the unique and visible token by which I am distinguished from every other human, formed by the values that I honor and hold dear and molded by the experiences and environment I choose to surround myself with.

My character is not comprised of personal tastes, temperaments, and preferences, such as how I dress, my favorite music, or whether I am introverted or extroverted. Rather, my character is my moral self – my own personal nature and disposition that I build through virtuous behavior and the faith that God will turn me into the man, the father and the husband who He would have for me to be.

My character ultimately forms the direction of my destiny and my life.

"WATCH YOUR THOUGHTS, FOR THEY BECOME WORDS.

WATCH YOUR WORDS, FOR THEY BECOME ACTIONS.

WATCH YOUR ACTIONS, FOR THEY BECOME HABITS.

WATCH YOUR HABITS, FOR THEY BECOME CHARACTER.

WATCH YOUR CHARACTER, FOR IT BECOMES YOUR DESTINY."

- ANONYMOUS



"IMMENSE POWER IS ACQUIRED BY ASSURING YOURSELF IN YOUR SECRET REVERIES THAT YOU WERE BORN TO CONTROL YOUR AFFAIRS."

-ANDREW CARNEGIE



VISION

I am conscientious and have a distinct awareness of the impact that my own behavior has on those around me. I am goal-oriented in my motives, ambitious in my academic efforts and at work, and am well-prepared and organized. I have the desire to do things well and to the best of my ability. I am thorough, careful, efficient, and vigilant in my efforts.

I am humble: free of harsh or hypocritical judgment towards others and fully open to criticism and feedback - and, although I am proud of my accomplishments and am fully equipped for greatness, I accept and acknowledge the contribution of others towards any of my achievements.

I am dependable and fulfill exactly what I commit to undertake, even if it involves an element of sacrifice. In a spirit of wisdom, not stubbornness, I always follow through and stay the course, no matter how rough it gets. Let it never be said of me that I am "flaky" or "undependable" or "unreliable".

I have grit: through determination and diligence, I apply my inner strength to withstand stress and perform at my best, even under intense pressure. I work hard, I sweat, I grit my teeth and I am willing to suffer through discomfort and pain to achieve a noble end that ultimately inspires others to live a more joyful, fulfilling and adventurous life.

I am radically honest and fully transparent towards others about my thoughts, my feelings and the intentions for my actions. I have the courage to face and take full responsibility for the results of my actions and decisions. I am straightforward and trustworthy in all of my interactions, relationships, and thoughts, and demonstrate complete authenticity and humble vulnerability even when it is uncomfortable.

I am disciplined: I have impulse control and – from buffeting my body to fasting to putting others before myself – engage in delayed gratification for the greater good. Through prayer, meditation, habit, ritual, routine and willpower, I overcome my desires and feelings in order to follow the best course of action and to rise to my commitments and reach my desired goals.



PURPOSE

Through the conscientiousness that makes me aware of others, the humility that keeps me grounded, the grit that gives me stick-to-itiveness, the dependability that allows others to respect and rely upon me, the honesty that builds trust, and the discipline that allows me to achieve my goals, I am fully equipped to empower and inspire others to live a more adventurous, joyful and fulfilling life.



STRATEGY

To build conscientiousness, I surround myself with a clean, organized and efficient work environment.

To build humility, I will pray each day that God would allow me to be free of judgment.

To build grit, I will take a cold shower each day, sweat each day, breathe hard each day and tackle at least one challenging mental task each day.

To build dependability, I will keep a checklist and calendaring system for the tasks I have committed to accomplish.

To build discipline, I will fast each day for at least twelve hours, I will begin each day with at least fifteen minutes of stretching and breathing and I will begin and end each day with at least five minutes of prayer.

QUOTES

"SPORTS DO NOT BUILD CHARACTER. THEY REVEAL IT."

- HEYWOOD BROUN

"GOOD CHARACTER IS NOT FORMED IN A WEEK OR A MONTH. IT IS CREATED LITTLE BY LITTLE, DAY BY DAY. PROTRACTED AND PATIENT EFFORT IS NEEDED TO DEVELOP GOOD CHARACTER."

- HERACLITUS



"MORE THAN THAT, WE REJOICE IN OUR SUFFERINGS, KNOWING THAT SUFFERING PRODUCES ENDURANCE, AND ENDURANCE PRODUCES CHARACTER, AND CHARACTER PRODUCES HOPE, AND HOPE DOES NOT PUT US TO SHAME, BECAUSE GOD'S LOVE HAS BEEN POURED INTO OUR HEARTS THROUGH THE HOLY SPIRIT WHO HAS BEEN GIVEN TO US."

"THE MEASURE OF A MAN'S REAL CHARACTER IS WHAT HE WOULD DO IF HE KNEW HE WOULD NEVER BE FOUND OUT."

- THOMAS B. MACAULAY

INTEGRITY

"YOU CAN EASILY JUDGE THE CHARACTER OF A MAN BY HOW HE TREATS THOSE WHO CAN DO NOTHING FOR HIM."

- JAMES D. MILES

"NEARLY ALL MEN CAN STAND ADVERSITY, BUT IF YOU WANT TO TEST A MAN'S CHARACTER, GIVE HIM POWER."

- ABRAHAM LINCOLN

"OUR TRUE CHARACTER IS THAT PERSON WE BECOME WHEN NO ONE IS WATCHING."

- UNKNOWN


"MOTIVATION IS WHAT GETS YOU STARTED, HABIT IS WHAT KEEPS YOU GOING."

-JIM ROHN

TOP BOOKS FOR THIS CATEGORY

"Ryan Holiday is one of his generation's finest thinkers, and this book is his best yet." -**Steven Pressfield**, author of *The War of Art*

ENERALS

RYAN HOLIDAY

INTERNATIONAL BESTSELLER

Bestselling author of THE OBSTACLE IS THE WAY

The New York Times Number One Bestseller

The Road to Character

DAVID BROOKS

'A powerful, haunting book that works its way beneath your skin' OLIVER BURKEMAN, GUARDIAN



MAN'S SEARCH FOR MEANING VIKTOR E. FRANKL

WITH A NEW FOREWORD BY HAROLD S. KUSHNER

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MY SPIRITUAL LIFE

"YOU CAN'T DO ANYTHING ABOUT THE LENGTH OF YOUR LIFE BUT YOU CAN DO SOMETHING ABOUT ITS WIDTH AND ITS DEPTH."

- SHIRA TEHRANI



"BE A LAMP TO YOURSELF. BE YOUR OWN CONFIDENCE. HOLD TO THE TRUTH WITHIN YOURSELF, AS TO THE ONLY TRUTH."

- BUDDHA



PREMISE

It is just as important to possess, to build and to care for a strong spirit as much as it is important to maintain a strong and sound body and trained and sharp mind.

I believe there are profound parallels between training the body and training the soul: both atrophy from lack of use; increase in strength and agility when exercised; require pain, effort, weight, and opposition to grow; and can only be honed through consistent, continual practice and dedication. Spiritual people have more positive relationships, higher selfesteem, greater optimism, and a stronger sense of meaning and purpose in life.

Spiritual people take time to savor both the small and large experiences in life. Take the time to reflect on their daily activities and ultimately build lasting memories of their experiences. Spirituality is the primary path toward self-actualization, because it requires me to focus on my internal values and consistently strive to become the man who God would have for me to be.

When I am strong in spirit, I am more conscientious, compassionate, grateful, gracious and empathetic towards others.

I believe that what is running my life at any given moment is my soul. Not external circumstances, not thoughts, not intentions, not even feelings, but my soul. The soul is that aspect of my whole being that correlates, integrates, and enlivens everything going on in the various dimensions of the self. My soul is my life center.

I believe in the power of manifestation, and that, as the book of Matthew says: "What things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them."



"WE ALL HAVE TWO WORLDS, AN OUTER WORLD THAT IS VISIBLE AND PUBLIC AND OBVIOUS, AND AN INNER WORLD THAT MAY BE CHAOTIC AND DARK OR MAY BE GLORIOUSLY BEAUTIFUL. IN THE END, THE OUTER WORLD FADES. WE ARE LEFT WITH THE INNER WORLD. IT IS WHAT WE WILL TAKE WITH US. I AM AN UNCEASING SPIRITUAL BEING WITH AN ETERNAL DESTINY IN GOD'S GLORIOUS UNIVERSE."

- JOHN ORTBERG

"PEOPLE LIVING DEEPLY HAVE NO FEAR OF DEATH."

- ANAIS NIN



VISION

I begin and end each day by filling my life with God's Word, spiritual reading, devotionals and a feeding of my soul. No Bible, no breakfast: no Bible, no bed. The Scriptures are always written upon my heart and my mind, and I dwell upon them throughout the day, constantly nourishing, feeding and fueling my spirit.

I am in touch with my spirit, meaning that hear God's voice and am able to focus upon His voice and His wisdom, distinguishing it from all the other voices, influences, thoughts, temptations, distractions, chatter and chaos around me.

I make wise decisions and am centered and unaffected by external events because my spirit is strong and full of direction and wisdom.

Because I have the complete clarity that the most important thing I can do with my life is to love God and to love others, I navigate through life with an inner peace, enduring hardship, acting with practical wisdom, behaving unselfishly, and forging good habits.

I place a high degree of importance upon and practically implement into my own life what I believe to be the most important of spiritual disciplines: study and self-examination; solitude and silence; simplicity; fasting and gratitude.



- FERDINAND FOCH



PURPOSE

By prioritizing the spiritual disciplines, I am able to resist temptation to err from my purpose in life, able to maintain perfect clarity even when the world threatens to tug me away from what is truly important, able to keep my body and my mind in sound and working order, and able to remain constantly aware of whether I am truly loving God and loving others.



STRATEGY

I will engage in daily study, especially in the morning when I wake up and at night when I go to bed. Not a day will go by when I will not read or listen to texts such as the Bible, Our Daily Bread, and spiritually uplifting and educating books, devotionals and podcasts. Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - I will think about such things throughout the entire day. I will not merely read, but I will study, reflect, contemplate and memorize, writing down in my journal each day at least one truth that I have discovered. Finally, I will name each day the one specific thing, person or experience I am truly grateful for.

At the end of each day, I will engage in self-examination, asking myself one simple question: 'what good have I done today'? Furthermore, at least once each year I will read Benjamin Franklin's list of 13 virtues to remind myself of the importance of selfexamination.

Each day, I will set aside time for silence and solitude with no distractions such as podcasts, books, documentaries or any other form of education or self-education, and will instead pray, meditate and listen for God's still small voice in the silence.

At least once each year I will dedicate two to five days in nature for fasting, prayer, meditation, dwelling upon religious text and devotionals and giving myself a spiritual "training camp" getaway that I actually add to my calendar and plan for, with no smart phone or companions.

I will ruthlessly eliminate clutter from my life, focusing instead on simplicity, minimalism, saying 'no' to anything but 'hell-yes' opportunities or items, and owning less. Each month, I will clean my closet, my office, my garage and other areas, including my computer, where I tend to accumulate unnecessary and distracting personal belongings, and I will trash them, sell them or donate them.

Twice each month, I will devote at least one hour to serving others physically, including playing music, singing, cleaning, mowing, shoveling, raking, teaching, preparing meals or otherwise using my unique skills and talents in full, unselfish acts of love, charity, volunteering and service towards others; or once each month I will engage in a longer charitable effort such as a day of park cleaning, volunteering or otherwise helping in my local community or wherever I happen to be in the world. In addition to reading the works of those quoted in this section of my Lifebook and included in the top books for this section, I will own and read the following books: Celebration of Discipline: The Path to Spiritual Growth by Richard Foster, Spiritual Disciplines for the Christian Life by Donald S. Whitney, Spiritual Disciplines Handbook by Adele A. Calhoun, The Jesuits Guide to (Almost) Everything: A Spirituality for Real Life by James Martin, SJ, Solitude: A Philosophical Encounter by Philip Koch, A Time to Keep Silence by Patrick Leigh Fermor, Thoughts in Solitude by Thomas Merton, The Simple Life by Charles Wagner, Fasting: Spiritual Freedom Beyond Our Appetites by Lynne M. Baab, The Sacred Art of Fasting by Thomas Ryan, and Gratitude Works! by Robert A. Emmons.

I will teach myself and my family the power of manifestation, using works such as "The Master Key System" by Charles Haanel.

QUOTES



"I THINK OF THE DAY I WAS BORN, WHEN I CARRIED THE GIFT OF PROMISE, THE GIFT GIVEN TO ALL BABIES. I THINK OF THAT LITTLE BABY AND WHAT MIGHT HAVE BEEN: THE WAYS I MIGHT HAVE DEVELOPED MIND AND BODY AND SPIRIT, THE THOUGHTS I MIGHT HAVE HAD, THE JOY I MIGHT HAVE CREATED."

- JOHN ORTBERG

"IT IS A SERIOUS THING TO LIVE IN A SOCIETY OF POSSIBLE GODS AND GODDESSES, TO REMEMBER THAT THE DULLEST AND MOST UNINTERESTING PERSON YOU CAN TALK TO MAY ONE DAY BE A CREATURE WHICH, IF YOU SAW IT NOW, YOU WOULD BE STRONGLY TEMPTED TO WORSHIP, OR ELSE A HORROR AND A CORRUPTION SUCH AS YOU NOW MEET, IF AT ALL, ONLY IN A NIGHTMARE. ALL DAY LONG WE ARE, IN SOME DEGREE, HELPING EACH OTHER TO ONE OR OTHER OF THESE DESTINATIONS.... THERE ARE NO ORDINARY PEOPLE. YOU HAVE NEVER TALKED TO A MERE MORTAL. NATIONS, CULTURES, ARTS, CIVILIZATIONS-THESE ARE MORTAL, AND THEIR LIFE IS TO OURS AS THE LIFE OF A GNAT. BUT IT IS IMMORTALS WHOM WE JOKE WITH, WORK WITH, MARRY, SNUB, AND EXPLOIT—IMMORTAL HORRORS OR EVERLASTING SPLENDORS. THIS IS WHY JESUS CAME. THIS IS WHAT SPIRITUAL LIFE IS ABOUT. THIS IS YOUR CALLING-TO BECOME WHAT LEWIS CALLS AN "EVERLASTING SPLENDOR."

- C.S. LEWIS

"IN GENERAL, I BELIEVE WE HAVE UNDERESTIMATED THE IMPORTANCE OF PLEASURE IN SPIRITUAL FORMATION. DEVOTE A SPECIFIC DAY TO ACTS OF CELEBRATION SO THAT EVENTUALLY JOY WILL INFUSE YOUR ENTIRE LIFE. ONE DAY A WEEK EAT FOODS YOU LOVE TO EAT, LISTEN TO MUSIC THAT MOVES YOUR SOUL, PLAY A SPORT THAT STRETCHES AND CHALLENGES YOU, READ BOOKS THAT REFRESH YOUR SPIRIT, WEAR CLOTHES THAT MAKE YOU HAPPY, SURROUND YOURSELF WITH BEAUTY— AND AS YOU DO THESE THINGS, GIVE THANKS TO GOD FOR HIS WONDERFUL GOODNESS. REFLECT ON WHAT A GRACIOUS GOD HE IS TO HAVE THOUGHT OF THESE GIFTS. TAKE THE TIME TO EXPERIENCE AND SAVOR JOY, THEN DIRECT YOUR HEART TOWARD GOD SO THAT YOU COME TO KNOW HE IS THE GIVER OF "EVERY GOOD AND PERFECT GIFT." NOTHING IS TOO SMALL IF IT PRODUCES TRUE JOY IN US AND CAUSES US TO TURN TOWARD GOD IN GRATITUDE AND DELIGHT."

– JOHN ORTBERG

"I HAVE SAT BY THE BEDSIDE OF MANY PEOPLE WHO HAVE REACHED THE END OF THEIR LIVES, AND HAVE HEARD THEM EXPRESS REGRETS ABOUT MANY ACTIVITIES—YEARS WASTED IN OBSESSIONS OVER WORK, TIME THROWN AWAY IN PURSUIT OF MORE MONEY. I HAVE NEVER YET HEARD A PERSON AT THE END OF THEIR LIFE REGRET TIME THEY HAD SPENT IN PRAYER. FOR WHERE THERE IS MUCH PRAYER THERE IS MUCH LOVE."

- JOHN ORTBERG

"WHAT DOES IT PROFIT A MAN TO GAIN THE WHOLE WORLD AND FORFEIT HIS SOUL?"

– MARK 8:36

"WHEN MY SOUL IS NOT CENTERED IN GOD, I DEFINE MYSELF BY MY ACCOMPLISHMENTS, OR MY PHYSICAL APPEARANCE, OR MY TITLE, OR MY IMPORTANT FRIENDS. WHEN I LOSE THESE, I LOSE MY IDENTITY. ALL FLESH IS AS THE GRASS: YOU DON'T HAVE TO BELIEVE IN THE BIBLE. JUST LOOK AROUND. THE FASTEST ATHLETE IN TRACK WILL EVENTUALLY BE DEFEATED BY ARTHRITIS. THE MOST BEAUTIFUL SUPERMODEL IN THE WORLD WILL NOT BE ON THE COVER OF SPORTS ILLUSTRATED SWIMSUIT ISSUE WHEN SHE'S NINETY-SEVEN YEARS OLD. EVEN WEALTHY, POWERFUL CEOS GET BETRAYED BY THEIR BODIES AND DIE."

- JOHN ORTBERG

"THE SUPERIOR MAN WILL WATCH OVER HIMSELF WHEN HE IS ALONE. HE EXAMINES HIS HEART THAT THERE MAY BE NOTHING WRONG THERE, AND THAT HE MAY HAVE NO CAUSE OF DISSATISFACTION WITH HIMSELF."

- CONFUCIUS

"DO NOT WELCOME SLEEP UPON YOUR SOFT EYES BEFORE YOU HAVE REVIEWED EACH OF THE DAY'S DEEDS THREE TIMES: 'WHERE HAVE I TRANSGRESSED? WHAT HAVE I ACCOMPLISHED? WHAT DUTY HAVE I NEGLECTED?' BEGINNING FROM THE FIRST ONE GO THROUGH THEM IN DETAIL, AND THEN, IF YOU HAVE BROUGHT ABOUT WORTHLESS THINGS, REPRIMAND YOURSELF, BUT IF YOU HAVE ACHIEVED GOOD THINGS, BE GLAD."

- GOLDEN VERSES OF PYTHAGORAS

TOP BOOKS FOR THIS CATEGORY



"The Hole in Our Gospel will call you to a higher level of discipleship. Now is the time . . . Richard Stearns has the strategy . . . your move!" -Bill Hybels

WHAT DOES GOD EXPECT OF US?

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STEARNS RICH

PRESIDENT. WORLD VISION U.S.



SPIRITUAL DISCIPLINES FOR ORDINARY PEOPLE



MY LOVE RELATIONSHIP

"WE ARE MOST ALIVE WHEN WE ARE IN LOVE."

- JOHN UPDIKE

"LOVE IS EVERYTHING IT'S CRACKED UP TO BE... IT IS REALLY WORTH FIGHTING FOR, BEING BRAVE FOR, RISKING EVERYTHING FOR."

- ERICA JONG



PREMISE

I believe that a stable, loving, committed, faithful relationship not only holds me and my wife together, but also holds our family together and holds society together. Great lovers build lasting, meaningful and great legacies.

I believe that God created a monogamous relationship between a man and a woman to be one of the most sacred and special unions that two human beings will ever experience. I believe that a lasting relationship requires hard work, sacrifice and devotion, but also believe that when love is poured into and fully present in that relationship, this labor isn't experienced as some kind of unpleasant chore of striving and stress, but rather an experience of joy, laughter, wonder, curiosity and strong bonding.

I believe that when covered in love, every roadblock, speedbump, trial, tribulation, disagreement, argument and fire in a relationship will ultimately result in refining me and my lover into pure gold.

I believe that radical honesty and transparency in a relationship is crucial to trust, stability and a rock solid, unshakeable foundation.

I believe that even decades into a relationship, love is toe-curling sex, stimulating adventures, stomach-holding laughter, play, joy, love letters, cards, gifts and everything that was exciting on the very first day.

Even as lovers grow old and become less 'attractive' based on the world's standards, I believe that the best relationship includes passionate sex and physical romance for a lifetime.



"LIFE IS A ROMANTIC BUSINESS, BUT YOU HAVE TO MAKE THE ROMANCE."

- OLIVER WENDELL HOLMES

"THE GREATEST THING YOU'LL EVER LEARN IS TO LOVE AND BE LOVED IN RETURN."

- NATALIE COLE

VISION

My lover and I do not just live together, but we go on adventures together, travel together, worship together, pray together, read together, and engage in passionate lovemaking together because we wake up every day hungry to be there fully for each other, no matter what else is happening in life.

My lover and I know each other's hopes, dreams, aspirations, activities, interests (and Lifebooks!) forwards and backwards.

My lover and I look deep into each other's eyes, even during sex, and we are bonded not only physically and mentally, but spiritually. We are complete, fully open and transparent soulmates in life, lovemaking and beyond. No matter where we are both at in the world, whether together or apart, my lover and I stay deeply connected with each and every aspect of each other's lives, not out of obligation, but out of true interest, devotion, compassion, delight and enthusiasm for each other.

My lover and I believe in, are fully committed to, and live for the idea that a stable, faithful, monogamous relationship – despite being often scoffed at by the world, despite defying a human being's animalistic instincts to sexually stray, despite being thought of as boring, ho-hum or too straightlaced existence – is one of the most important ways to build a true, lasting legacy that goes on to exist long after we have departed this planet.

My lover and I grow old together, holding hands, laughing, smiling, reminiscing, remembering and relishing the memories we have created together, and waltz off into the sunset to create more. And at the end of the day, when it's all over, no matter 'who goes first', I will look into my lover's eyes with no regrets, no secrets, no anger, no bitterness, and no fear, but only pure, complete perfect and genuine love.

My lover and I know that, no matter what, love covers all, and we are committed to covering every fault, every annoyance and every disagreement with our love for God and our love for each other.

I share, unashamed and in full transparency, with my lover, my hopes, my dreams, my aspirations and my interests. Rather than being a 'lone wolf' off discovering myself and setting out on my own personal journey I ensure that – even if I do have my own individual passions and interests – my lover is fully informed as to everything that enchants and intrigues me in life.

My lover and I demonstrate daily to our children the wonder, excitement and enthusiasm of our love for one another.



"IN LOVE, ONE AND ONE ARE ONE."

- JEAN-PAUL SARTRE



PURPOSE

By engaging in full, deep, pure, honest and passionate love for each other, my lover and I enable and empower each other to achieve our purpose in life, picking each other up when the going gets hard, praying for each other, supporting each other with encouraging words, filling each other with love and passion, pleasuring each other, and truly desiring that each of us is fully equipped to go forth and change the world in the unique way that God has called us.



STRATEGY

My lover and I fully support each other in our spiritual disciplines, including praying together, studying devotionals, gratitude journaling, supporting one another's fasting practices, enabling each other to engage in silence and solitude and ensuring that we care for each other's souls just as much as our bodies and brains.

My lover and I have at least one topic we are studying together, whether that be helping each other create our respective Lifebooks, studying a new spiritual book or devotional together, reading a work of non-fiction or fiction together or listening to the same podcast together. We always have at least one similar intellectual interest we are supporting each other in discovering.

My lover and I will be fully open and transparent with each other when lovemaking – feeling completely free and unashamed to share our fantasies and physical desires with each other, and to fulfill those desires for each other in pure, unadulterated love. We always have at least one book, one course, one magazine, one toy or one strategy that we are implementing to keep our lovemaking fresh and exciting.

Once every two weeks, my wife and I will make time for, calendar and treat each other to an amazing, adventurous date, including a new or favorite restaurant, sex in a new place or an overnight getaway, staying in for a stay-cation at home with the children and company gone and engaging with one another in a distraction-free and focused environment.

I will always have at least one hobby - including activities such as tennis, gardening, exercising, cooking or painting – that I play with my lover at least once each week, and I will write this on the calendar and make time for it.

My lover and I will go on at least one solo trip each year together that is not doubled up for speaking, for a conference, for work, for competition or for anything except adventuring with one another in full devotion to and exploration of the joy that we find in each other.

My lover and I set aside time – even if just ten minutes - during, at the beginning of, or at the end of every day to connect one-onone with each other, even if it's during one of our hobbies together, when we're lying in bed together exhausted at the end of the day or during a hand-holding walk.

My lover and I have a rule that we can be fully honest and transparent about everything with each other, anytime and anyplace.
QUOTES

"MARRIAGE IS NOT A NOUN; IT'S A VERB. IT ISN'T SOMETHING YOU GET. IT'S SOMETHING YOU DO. IT'S THE WAY YOU LOVE YOUR PARTNER EVERY DAY... THE REAL ACT OF MARRIAGE TAKES PLACE IN THE HEART, NOT IN THE BALLROOM OR CHURCH OR SYNAGOGUE. IT'S A CHOICE YOU MAKE - NOT JUST ON YOUR WEDDING DAY, BUT OVER AND OVER AGAIN - AND THAT CHOICE IS REFLECTED IN THE WAY YOU TREAT YOUR HUSBAND OR WIFE."

- BARBARA DE ANGELIS



"WHAT GREATER THING IS THERE FOR TWO HUMAN SOULS, THAN TO FEEL THAT THEY ARE JOINED FOR LIFE-TO STRENGTH EACH OTHER IN ALL LABOR, TO REST ON EACH OTHER IN ALL SORROW, TO MINISTER TO EACH OTHER IN SILENT UNSPEAKABLE MEMORIES AT THE MOMENT OF THE LAST PARTING?"

- GEORGE ELIOT

"GREATER LOVE HAS NO ONE THAN THIS: TO LAY DOWN ONE'S LIFE FOR ONE'S FRIENDS."

– JOHN 15:13

"THAT IS WHY A MAN LEAVES HIS FATHER AND MOTHER AND IS UNITED TO HIS WIFE, AND THEY BECOME ONE FLESH."

- GENESIS 2:24

"ABOVE ALL, LOVE EACH OTHER DEEPLY, BECAUSE LOVE COVERS OVER A MULTITUDE OF SINS."

- 1 PETER 4:8



I, BEN, TAKE THEE, JESSA, TO BE MY WEDDED WIFE, TO HAVE AND TO HOLD, FROM THIS DAY FORWARD, FOR BETTER, FOR WORSE, FOR RICHER, FOR POORER, IN SICKNESS AND IN HEALTH, TO LOVE AND TO CHERISH, TILL DEATH DO US PART, ACCORDING TO GOD'S HOLY ORDINANCE; AND THERETO I PLEDGE MYSELF TO YOU."

- THE GREENFIELDS' WEDDING VOW



- NORTHERN EXPOSURE

TOP BOOKS FOR THIS CATEGORY

"Outrageously entertaining and wonderfully wise... apply it liberally throughout your life." —Gay Hendricks, Ph.D., co-author of *Conscious Loving*





NEW YORK TIMES BESTSELLER OVER A MILLION COPIES SOLD Seven Revised and Principles for Making Marriage rk A Practical Guide from the Country's

Foremost Relationship Expert

JOHN M. GOTTMAN, PH.D., and NAN SILVER





MY PARENTING

"WHILE WE TRY TO TEACH OUR CHILDREN ALL ABOUT LIFE OUR CHILDREN TEACH US WHAT LIFE IS ALL ABOUT."

- JOHN UPDIKE



"CHILDREN MAKE YOU WANT TO START LIFE OVER."

- MUHAMMAD ALI



PREMISE

I believe that in our modern era, we've forgotten how to nurture and grow an amazing human body and mind, and instead settled for a generation that winds up on peopleofwalmart.com, attached to leashes, chewing on Ritalin, overprotected, overcoddled and held back from achieving their true potential.

I believe that kids who roughhouse are more socially and emotionally mature than kids who don't, because they understand the difference between play and aggression, between kindness and hostility, and they learn to stick to the rules of morality better. I believe that kids need to get dirty and be immersed in nature, and that it's no coincidence that in our modern era of antibiotics, antibacterial hand soap, bottle boiling, and daily bathing, we're experiencing new and unparalleled occurrences of problems like autoimmunity, autism, ADD, food allergies, leaky gut and obesity in our kids.

I believe that children are meant to move, to stand, to walk and do any form of physical movement during the day – including during a day of education – that does not involve having their butts planted on a chair for eight hours a day.

I believe that a preoccupation with safety has stripped our kids of independence, risk-taking, and discovery. Kids who don't have a chance to solve their own problems, control their own decisions, and follow an internal moral compass grow up feeling less in control of their own lives and fate.

I believe that parenting isn't about creating perfect kids. It's about creating resilient, free-thinking, free-spirited kids who can survive in unpredictable situations, and who think beyond the realm of growing up to be a factory worker or drone, completely void of creativity.

I believe that a child's health and fitness is directly influenced by how active and fit that child perceived their parents to be. In other words, the fitter and more physically active your child thinks that you are, the fitter and more physically active your child will be.

I believe that overuse of the technology and internet can be harmful to a child's developing nervous system and brain, not to mention their physical and social skills, and that while it's important to teach a child to thrive in a technology-rich world, it's more important to teach a child how to survive in nature, be comfortable in deep wilderness situations, and to have an appreciation and respect for the organic, natural, wonder-filled planet around them – and that there's zero shame in farming, gardening, hunting, cracking open a good book in a tree-nestled hammock, and engaging in other activities, even if it means sacrificing time for video games and navigating a smartphone app.

I believe that children should learn to volunteer their time, sacrifice for others, and even travel for not just the purpose of growing the mind or experiencing new cultures and adventures, but also for the purpose of helping others and fulfilling God's great commission.

I believe that sleep, relaxation, meditation, prayer and quiet time are crucial for children, and should be protected and sacred components of a child's existence.

I believe that each of the spiritual disciplines detailed in the spirituality section of this Lifebook should be taught to and practiced by children from the time they are old enough to speak and walk.

I believe that parenting requires time, sacrifice, devotion and being fully present for and available to your children no matter what.

I believe that a strong sense of legacy and the gift of legacy itself – in the spirit of loving others and loving God - is the greatest treasure we can give our children.

I believe that a parent demonstrates how to take care of self and be responsible, provides and helps a child explore alternatives and then allows a child to make his or her own decision, models not demands excellence, uses more action and demonstration than words and judgement, and ultimately allows a child to experience life's natural consequences and to serve as their own teacher based on the decisions they have made.

I believe that a child should experience a significant, memorable, marked, ceremonial and sacred "coming of age" through a rite of passage in which they have demonstrated themselves to be a resilient, independent, courageous individual who can be a fully capable, prepared, productive and contributing member of society.

I believe that a child should be both an independent, resilient, creative free thinker and leader, but should also know how to play well with others, be a good 'factory worker', socialize with grace, cooperate with a team, and contribute to a group.

I believe that children need a stable home, roots, community, love, social relationships and friendship that a nomadic, constantly traveling lifestyle cannot provide.

I believe that a parent should pass their unique skills and talents on to their children.



"MAKING THE DECISION TO HAVE A CHILD – IT'S MOMENTOUS. IT IS TO DECIDE FOREVER TO HAVE YOUR HEART GO WALKING AROUND OUTSIDE YOUR BODY."

- ELIZABETH STONE

"THE GREATEST THING A FATHER CAN DO FOR HIS CHILDREN IS TO LOVE THEIR MOTHER."

- JOSH MCDOWELL



VISION

My children are fully equipped to understand and take responsibility for their decisions in life because they understand the consequences of every decision they make. They do not make the right decision because they fear discipline or have been ordered or commanded by a parent, but rather because they have a deep desire to make the right decision and fully understand the consequences of making the wrong decision.

My children value and pursue wisdom above wealth, above fame, above popularity, above pleasure, and above goods.

My children live with a spirit of abundance, not scarcity.

My children, from an early age, have a strong sense of purpose and legacy.

My children know that the two greatest commandments in life are to love others and love God.

My children are intimately familiar with and practice each of the spiritual disciplines found in this Lifebook.

My children pride themselves upon possessing and maintaining a physically sound body and mind that is not based on what they think their friends or society expect of them, but rather based on what they know will allow them to better achieve their purpose in life.

My children know themselves, their emotions, their desires, their thoughts, and their feelings and are completely comfortable sharing each of these with honesty, openness and transparency.

My children play, laugh and experience joy and happy memories each and every day of their lives.

In a spirit of love and cooperation, I expose my children to opportunities they may not have otherwise experienced or thought of that will make them more complete human beings and lifelong learners – from dance to music to singing to sports to art to writing to travel to hunting to fishing and beyond.

My children have established for themselves habits, routines, rituals, systems and schedules that equip them to achieve their life's purpose.

My children are constantly evolving in body, mind and spirit, fully aware that they are not "bad at things" or "good at things" but that, despite having innate natural skills and talents, are able to constantly grow their skills, their understanding, their knowledge and their talents. They are lifelong learners who know how to work hard and work smart to constantly improve themselves.

I know intimately my children's hopes, dreams and aspirations – what they "want to be when they grow up".



PURPOSE

Even though my children's purpose in life can be completely distinct, separate and special from my own or my lover's purpose in life, I know that by building a family and demonstrating to the world a family that is a living embodiment of my core parenting beliefs and values, I can better empower others and their families to live a more adventurous, joyful and fulfilling life.



"ENJOY THE LITTLE THINGS, FOR ONE DAY YOU MAY LOOK BACK AND REALIZE THEY WERE THE BIG THINGS."

- ROBERT BRAULT

THE WILDEST COLTS MAKE THE BEST HORSES."

S ART

- THEMISTOCLES



STRATEGY

I take each of my children on a separate date once every month so that I can be 100% present for them to discuss their lives, their hopes, their dreams and their aspirations.

I not only demonstrate to, but engage my children with me in physically demanding efforts such as workouts, Spartan races, triathlons, trips to the gym, tennis, martial arts and beyond – and also join with them in their own physical hobbies, sports and interests.

At least four times per year, I engage in a camp, learning, lesson, trip or travel in which I and my children try or learn something new together.

I prioritize at least one family meal per day in which I am fully present for my children.

Once per week, I train and teach my children how to use and implement at least one new biohack or piece of technology that I have been blessed with owning, so that they can learn how to use better living through science to improve their bodies and brain.

My children and I forage or hunt at least once per week and/or prepare a meal together with what we have harvested.

My children volunteer or my children and I volunteer together at least twice a month in our local community.

If my children ever want a body-, mind- or spirit-improving book, I will personally buy it for them.

Unless the consequences are life threatening or extremely dire, I do not use the word "no" with my children, but rather take the time and love to educate them about the consequences of their decisions, then let them make the ultimate decision.

I pray with my children at the beginning and the end of every day, and when I travel without them, I text them a photo of my daily gratitude journal.

Every day, I hug, kiss, snuggle and show physical affection to my children.

QUOTES



"WHEN I LOOK IN ON MY CHILDREN AS THEY SLEEP AT NIGHT, I THINK OF THE KIND OF FATHER I WANT TO BE. I WANT TO CREATE MOMENTS OF MAGIC, I WANT THEM TO REMEMBER LAUGHING UNTIL THE TEARS FLOW, I WANT TO READ TO THEM AND MAKE THE BOOKS COME ALIVE SO THEY LOVE TO READ, I WANT TO HAVE SLOW, SWEET TALKS WITH THEM AS THEY'RE GETTING READY TO CLOSE THEIR EYES, I WANT TO SING THEM AWAKE IN THE MORNING. I WANT TO CHASE FIREFLIES WITH THEM, TEACH THEM TO PLAY TENNIS, HAVE FOOD FIGHTS, AND HOLD THEM AND PRAY FOR THEM IN A WAY THAT MAKES THEM FEEL CHERISHED."

- JOHN ORTBERG

"BE THE PARENT TODAY THAT YOU WANT YOUR KIDS TO REMEMBER TOMORROW."

- UNKNOWN

"THEY MAY FORGET WHAT YOU SAID, BUT THEY WILL NEVER FORGET HOW YOU MADE THEM FEEL."

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Links

- CAROL BUCHNER



"IT IS EASIER TO BUILD STRONG CHILDREN THAN TO REPAIR BROKEN MEN."

- FREDERICK DOUGLASS

"TO BE A GOOD FATHER AND MOTHER REQUIRES THAT THE PARENTS DEFER MANY OF THEIR OWN NEEDS AND DESIRES IN FAVOR OF THE NEEDS OF THEIR CHILDREN. AS A CONSEQUENCE OF THIS SACRIFICE, CONSCIENTIOUS PARENTS DEVELOP A NOBILITY OF CHARACTER AND LEARN TO PUT INTO PRACTICE THE SELFLESS TRUTHS TAUGHT BY THE SAVIOR HIMSELF."

- JAMES E. FAUST

"AT THE END OF THE DAY, THE MOST OVERWHELMING KEY TO A CHILD'S SUCCESS IS THE POSITIVE INVOLVEMENT OF PARENTS."

JANE D. HULL

"THERE ARE ONLY TWO LASTING BEQUESTS WE CAN HOPE TO GIVE OUR CHILDREN. ONE OF THESE IS ROOTS, THE OTHER, WINGS."

- JOHANN WOLFGANG VON GOETHE "CHILDREN ARE NOT CASUAL GUESTS IN OUR HOME. THEY HAVE BEEN LOANED TO US TEMPORARILY FOR THE PURPOSE OF LOVING THEM AND INSTILLING A FOUNDATION OF VALUES ON WHICH THEIR FUTURE LIVES WILL BE BUILT."

- JAMES DOBSON

FATHERS, DO NOT EXASPERATE YOUR CHILDREN; INSTEAD, BRING THEM UP IN THE TRAINING AND INSTRUCTION OF THE LORD."

- EPHESIANS 6:4

"CHILDREN ARE A HERITAGE FROM THE LORD, OFFSPRING A REWARD FROM HIM. LIKE ARROWS IN THE HANDS OF A WARRIOR ARE CHILDREN BORN IN ONE'S YOUTH. BLESSED IS THE MAN WHOSE QUIVER IS FULL OF THEM. THEY WILL NOT BE PUT TO SHAME WHEN THEY CONTEND WITH THEIR OPPONENTS IN COURT."

- PSALM 127:3-5

TOP BOOKS FOR THIS CATEGORY





Love & Logic

NEW YORK TIMES BESTSELLER

RECLAIMING CONVERSATION THE POWER OF TALK IN A DIGITAL AGE



"A singular voice in the discourse about technology." —Jonathan Franzen, *The New York Times Book Review*

SHERRY TURKLE

AUTHOR OF ALONE TOGETHER

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MY SOCIAL LIFE

"THE HAPPIEST MOMENTS OF MY LIFE HAVE BEEN THE FEW WHICH I HAVE PASSED AT HOME IN THE BOSOM OF MY FAMILY."

- THOMAS JEFFERSON



"CALL IT A CLAN, CALL IT A NETWORK, CALL IT A TRIBE, CALL IT A FAMILY. WHATEVER YOU CALL IT, WHOEVER YOU ARE, YOU NEED ONE."

- JANE HOWARD



PREMISE

I believe that loneliness and social isolation is a worldwide public health problem that has been proven to be associated with decreased longevity and increased risk of chronic disease, and that human beings are biologically hardwired to be part of a robust, flesh-and-blood social community.

I believe that the human need for connection and community is primal, as fundamental as the need for air, water, and food.

I believe that although some are called to a nomadic, traveling life, it is best for ultimate happiness and fulfillment to establish a home in a local community – your village where you have a house or dedicated living space, where you know your neighbors and see your tribe, where you have friends with whom you regularly socialize and where you even have a connection with your local microbiome.

I believe that far less common than it used to be to know your neighbors by face and name, to engage in face-to-face meet-ups and conversations in connected communities not separated by an electronic barrier, and to be a child raised by an entire tribal community surrounding them, rather than say, a parent or two, schoolmates they see for a limited amount of time each day, Netflix and a smartphone.

I believe that when it comes to social isolation and loneliness, it really isn't about getting more friends on Facebook. It isn't about extending your Snapchat streak of chats by yet another week. It isn't about that pop-up you have set on your computer to reach out via email to some influencer on your digital Rolodex. It isn't about developing the independent, lone-wolf, "I (plus my smartphone) can survive on my own, thank-you-very-much mentality" I personally maintained for so much of my own life before I came face-to-face with my own growing loneliness and social isolation. It's instead about going out of your way to build actual physical, flesh-and-blood relationships and a robust community of people who will come to your rescue when your basement floods, who will show up at your doorstep when you're moving into a new house and who will cry at your funeral.

I believe that fulfilling the great commandment in the Bible to "love others" requires that you actually surround yourself with others you can love.

I believe that having love in your life is not just about the number of your relationships, the strength of your relationships or how many people love you. Rather, it's the attitude with which you engage in those relationships and the amount of empathy, conscientiousness, unselfishness and care you display in those relationships.

I believe that you do not need to be an extroverted social butterfly

who spends every evening hour of each weekday hopping from a baseball game to a charity event to a plant foraging meetup to a bridge club to a dinner party to reap these benefits. Instead, your own internal subjective sense of connection, compassion or love, suffice to protect your health, happiness and well-being. This means that rather than dropping everything to go attend every cocktail party and golf game you're invited to, it's OK instead to simply have a few close friends you can confide in, a daily gratitude practice in which you identify one person you can pray for, help or serve that day and a weekly hobby or event in which you're around just a few people who you love and who love you.

I believe that time and presence are the stuff of shared experience, that we can't experience true intimacy or legacy without them, and that there is no greater gift that we can give to those we love.

I believe that we must ruthlessly eliminate hurry from our lives if we are to be truly connected and have intimate relationships with those around us.

"THE ONLY WAY TO HAVE A FRIEND IS TO BE ONE."

- RALPH WALDO EMERSON





"FRIENDS ARE FAMILY YOU CHOOSE FOR YOURSELF."

– JANE ADAMS



VISION

I am not a distant, arrogant, excessively introverted, judgmental asshole, but I am instead approachable, kind, loving, genuinely authentic and display true care and concern for those around me.

I talk with and help anyone and everyone, not just those who I perceive may be able to help me in return, or those who I perceive to be a 'cool kid'.

I do not pride myself upon being an independent, lone wolf, but rather upon being a community and tribe leader who leads not for my own gain, but for the advancement and betterment of my tribe, my community and my village.

I am not a stranger at my own church.

I have a small number of close friends in whom I can confide; friends who will cry at my funeral and friends who will be there to help me in any situation.

I value and prioritize eye-to-eye, flesh-and-blood relationships more than I do about growing an enormous digital community.

I open up my house and the blessings that God has poured down upon me to my community by entertaining acquaintances, friends and strangers alike.

I am an active participant in my own community – I know the downtown, the restaurants, the farmer's markets, my children's teachers and schoolmates, my fellow church members and even the local political scene. I am not a digital nomad.



PURPOSE

For me to empower others to live a more adventurous, joyful and fulfilling life, I must be not a distant stranger or lone wolf, but an approachable, trustworthy, kind, caring, judgment-free friend, leader, companion and member of a real human community. "A MAN WITH FEW FRIENDS IS ONLY HALF-DEVELOPED; THERE ARE WHOLE SIDES OF HIS NATURE WHICH ARE LOCKED UP AND HAVE NEVER BEEN EXPRESSED. HE CANNOT UNLOCK HIMSELF, HE CANNOT EVEN DISCOVER THEM; FRIENDS ALONE CAN STIMULATE HIM AND OPEN HIM."

- RANDOLPH BOURNE



"THERE ISN'T MUCH BETTER IN THIS LIFE THAN FINDING A WAY TO SPEND A FEW HOURS WITH PEOPLE YOU RESPECT AND LOVE. YOU HAVE TO CARVE THIS TIME OUT OF YOUR LIFE BECAUSE YOU AREN'T REALLY LIVING WITHOUT IT."

- REAL LIVE PREACHER



STRATEGY

At least twice per month, I will volunteer for an hour in my local community, or once per month for a half-day to full-day.

I will be a member of and attend a church regularly, and will maintain connections and conversations with members of the church during the weekdays.

I will know each of my neighbors' names and faces.

I will have a dinner party in my local community at least once a quarter in which I invite six to eight people to dine and get to know each other better. I will renew every forsaken family relationship in my life by asking for forgiveness and by extending love and warmth towards any of my family members with whom I have had rifts or disagreements in the past.

I will have at least one family meal each day at my house (when I am not traveling).

I will develop in the next three years at least two close, dear friends (who are not family members) in whom I can confide.

Once per week, I will play at least one sport, such as tennis, golf, Crossfit, group cycling or running and other activities in which I am with friends, not by myself or only with my family.

QUOTES



"DAY BY DAY CONTINUING WITH ONE MIND IN THE TEMPLE, AND BREAKING BREAD FROM HOUSE TO HOUSE, THEY WERE TAKING THEIR MEALS TOGETHER WITH GLADNESS AND SINCERITY OF HEART."

- ACTS 2:46

"SO, WHO WILL NOT BE CRYING AT MY FUNERAL? MY CRITICS; PEOPLE WHO WRITE ME TO ASK FOR FAVORS, BUT WHOM I NEVER HEAR FROM OTHERWISE; PEOPLE WHOSE APPROVAL I'M CONSTANTLY TRYING TO GAIN, BUT WHO ALWAYS WITHHOLD IT; RICH PEOPLE WHO I THINK MIGHT GIVE ME SOMETHING IF I GET TO KNOW THEM BETTER (BUT SO FAR IT HASN'T HAPPENED); SUCCESSFUL PEOPLE WHOSE SUCCESS I THINK MIGHT RUB OFF ON ME IF I HANG OUT WITH THEM MORE OFTEN: PEOPLE WHO SEE ME FREQUENTLY BUT DON'T REMEMBER MY NAME: PEOPLE WHO I THINK COULD MAKE ME FEEL IMPORTANT IF I COULD JUST GET THEM TO NOTICE ME: PEOPLE WHO ARE COOLER THAN I AM: FAMOUS PEOPLE I'VE NEVER ACTUALLY MET: BEAUTIFUL WOMEN WHOSE PICTURES ARE ON THE INTERNET, BUT WHO DON'T ACTUALLY KNOW I'M ALIVE; PEOPLE I'M AFRAID OF; PEOPLE WHO ARE AFRAID OF ME; ALL THE PEOPLE IN THE LITTLE JURY BOX OF MY MIND WHOSE OPINION OF ME MATTERS SO MUCH, BUT WHO AREN'T THINKING ABOUT ME AT ALL BECAUSE THEY'RE WONDERING WHAT OTHER PEOPLE ARE THINKING ABOUT THEM. WHO IS LIKELY TO CRY AT MY FUNERAL? MY CHILDREN AND THEIR FAMILIES; MY WIFE; MY BROTHER AND SISTER; MY GOOD FRIENDS; MY PARENTS, IF I SHOULD GO BEFORE THEM; PEOPLE I HAVE GENUINELY AND PERSONALLY HELPED. IN OTHER WORDS, THE PEOPLE WITH WHOM I HAVE TRUE INTIMACY. THE QUESTION IS, AM I GIVING THE BEST OF MY TIME AND MY LIFE TO THE PEOPLE WHO WILL CRY AT MY FUNERAL?"

- JOHN ORTBERG

"NOT FORSAKING OUR OWN ASSEMBLING TOGETHER, AS IS THE HABIT OF SOME, BUT ENCOURAGING ONE ANOTHER; AND ALL THE MORE AS YOU SEE THE DAY DRAWING NEAR."

- HEBREWS 10:25

"WHEN JESUS WASN'T OUT WALKING WITH PEOPLE, HE WAS OFTEN AT A TABLE EATING WITH PEOPLE."

- JOHN ORTBERG

"GOD DOESN'T ASK US TO DO WHAT HE DOESN'T GIVE US TIME FOR. HURRY IS THE ENEMY OF INTIMACY. PRESSURE IS THE ENEMY OF INTIMACY. STRESS IS THE ENEMY OF INTIMACY. AS THE OLD SAYING GOES, 'IF THE DEVIL CAN'T MAKE YOU SIN, HE'LL MAKE YOU BUSY'."

- JOHN ORTBERG

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"A TRUE COMMUNITY IS NOT JUST ABOUT BEING GEOGRAPHICALLY CLOSE TO SOMEONE OR PART OF THE SAME SOCIAL WEB NETWORK. IT'S ABOUT FEELING CONNECTED AND RESPONSIBLE FOR WHAT HAPPENS. HUMANITY IS OUR ULTIMATE COMMUNITY, AND EVERYONE PLAYS A CRUCIAL ROLE."

CALCELLE -

UARTZ

- YEHUDA BERG

"TWO ARE BETTER THAN ONE, BECAUSE THEY HAVE A GOOD RETURN FOR THEIR LABOR. IF EITHER OF THEM FALLS DOWN, ONE CAN HELP THE OTHER UP. BUT PITY ANYONE WHO FALLS AND HAS NO ONE TO HELP THEM UP."

- ECCLESIASTES 4:9-10

"AS IRON SHARPENS IRON, SO ONE PERSON SHARPENS ANOTHER."

- PROVERBS 27:17

"THE STRONG BOND OF FRIENDSHIP IS NOT ALWAYS A BALANCED EQUATION; FRIENDSHIP IS NOT ALWAYS ABOUT GIVING AND TAKING IN EQUAL SHARES. INSTEAD, FRIENDSHIP IS GROUNDED IN A FEELING THAT YOU KNOW EXACTLY WHO WILL BE THERE FOR YOU WHEN YOU NEED SOMETHING, NO MATTER WHAT OR WHEN."

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- SIMON SINEK

TOP BOOKS FOR THIS CATEGORY



How to Build a Lifelong Community of Colleagues, Contacts, Friends, and Mentors

Nevereat alone AND OTHER SECRETS TO SUCCESS, ONE RELATIONSHIP AT A TIME

KEITH FERRAZZI WITH TAHL RAZ

I'D LIKE YOU MORE IF YOU WERE MORE LIKE ME

GETTING REAL ABOUT GETTING CLOSE



JOHN ORTBERG

NEW YORK TIMES BESTSELLER

RECLAIMING CONVERSATION THE POWER OF TALK IN A DIGITAL AGE



"A singular voice in the discourse about technology." —Jonathan Franzen, *The New York Times Book Review*

SHERRY TURKLE

AUTHOR OF ALONE TOGETHER









MY FINANCIAL LIFE

"WEALTH MAY BE AN EXCELLENT THING FOR IT MEANS POWER, IT MEANS LEISURE, IT MEANS LIBERTY."

- JAMES RUSSELL LOWELL

"I'VE BEEN RICH AND I'VE BEEN POOR. BELIEVE ME, RICH IS BETTER."

- SOPHIE TUCKER





PREMISE

I believe that money and other forms of currency such as crypto are a man-made tool of efficient exchange and a byproduct of value creation. Although money may be finite, the number of times it can be utilized to facilitate exchange is infinite. In order to have money, it is essential to be a wise steward and accountable to being productive with money.

Inflation is actually the devaluation of our standard of value known as money; therefore cash flow is infinitely superior to net worth.

It is possible have a lot of money and also be spiritually healthy.

You achieve economic independence when your recurring investment income covers your basic monthly expenses.

Prosperity is evidence of value creation.

An abundance mentality is the best approach to wealth creation. No amount of luck, discipline, rate of return, or savings, will ever matter if one cannot overcome a scarcity mentality, which will inevitably destroy wealth. Abundance can exist because even if there is a finite amount of money, it can change hands an infinite amount of times through exchange and will build wealth when that exchange is through solving problems, creating value, and serving others.

There is a huge amount of financial value in building experience and knowledge that can be used to serve others, because it ultimately increases production.

To preserve, protect and perpetuate your legacy, you must have wealth protection mechanisms in place such as a family constitution, family retreat structure, and a virtual family office that keeps the money together. These are the keys to enabling future generations to make a difference with empowered living.

I believe in the proverb: "Shirtsleeves to shirtsleeves in three generations," an American translation of the Lancashire proverb, "There's nobbut three generations atween a clog and clog." What this means is that with no planning, wealth is lost within the third generation. Rather than leaving just money to the next generation, I can leave them opportunity. I can make it so my family doesn't have to start over every generation at zero, and instead is able to leverage my legacy to get a foot up in the world.

There are no such things as good investments, just good people with the right philosophies and discipline to that philosophy, so always know who is behind the investment. Regardless of whether I leave \$1 million or \$100 million or more behind, if I plan it the right way, I can make my financial legacy last in perpetuity.

I believe that protecting myself and my human life value is my greatest asset and investment.

I believe the entire family should be apprised as to the way that money is earned, money is spent, money is saved and that a family should not be "kept in the dark" as to the status of any accounts, financial situations or investments.

I believe that a stoic lifestyle that includes meditation, fasting and simplicity is completely compatible with living a wealthy lifestyle.

"PENNIES DO NOT COME FROM HEAVEN. THEY HAVE TO BE EARNED HERE ON EARTH."

- MARGARET THATCHER

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"A PENNY SAVED IS A PENNY EARNED."

- BENJAMIN FRANKLIN





VISION

I imagine my great-grandchildren presiding over a family fortune of hundreds of millions of dollars and that, when my greatgrandchild receives a check to help pay for education, or buy their first property, or start a business or even to help survive financial disasters like medical bills, illness or disability, that they give a toast to my memory. I invest in alignment with my purpose, make money from that purpose, and have the fuel and commitment to fund that purpose. Money serves my purpose rather than being a deterrent or obstacle.

Money is not my primary reason or excuse for doing or not doing anything.

Financially, my family is not held back by or captive to false beliefs, limiting and confusing beliefs that limit our progress and happiness. Our purpose is the main focus in our life and of our finances.

My investing is aligned with my purpose and brings forth more wealth

for everyone. This allows my kids to live a better life, for me to have more freedom and ultimately to live my passion and deepen my abilities and expertise. When fears around money are removed, relationships improve, health improves, we are no longer slaves and our thoughts become free: we experience true freedom.

I can focus on what is most important and I work because I want to, never because I have to in order to make money. This creates clarity, and allows for the mission to be the driver. My family feels secure and their thoughts can focus on happiness and creativity when money flows. I can expand my reach, my business, my education, and initially it grabs people's attention so they can hear my real message. It allows me to be a leader in a time of crisis, not a follower. When money is not the primary concern, the other areas of wealth are now more possible to focus on and to build. This creates conditions of peace, growth, and solves the problems that many face.

I believe that networking and relationship capital are just as important financial capital.

I believe that a savvy financial management approach includes being open to wealth building technologies such as cryptocurrency.


PURPOSE

I believe that creation of wealth not only gives me the freedom and time to better empower others to live an adventurous, joyful and fulfilling life, but I also believe that creation of wealth enables my legacy to live their purpose.

"IF YOU WOULD BE WEALTHY, THINK OF SAVING AS WELL AS GETTING."

- BENJAMIN FRANKLIN



STRATEGY

I will keep life simple financially, and the business and fixed liquid accounts titled in the business or trust name. With any new purchase of an asset, I ensure the asset is titled in the trust or corporation.

I will read about venture capital, investing terms, and value growth and continue in study and mastermind groups to enhance my financial abilities and hone in on skills, rather than considering myself a "financial dummy" and limiting my body of financial knowledge.



I will pay mentors, wealth managers and am part of financial educational programs as a finance strategy. This includes working with people that have influence and databases that serve as financial multipliers.

I will work hard to build my networking and relationship capital just as much as my financial capital.

I will always have contracts and agreements before moving forward on any investment. Before investing, I also consider the amount of time it will take, because "time is money". I will have clean accounting books, review monthly reports, income statements, and have separate accounts to store money for myself when

I do things others would get paid for in the business.

For myself, my wife and my children, I will have life insurance covered for economic replacement value, sufficient and consistent liability limits for auto and home insurance, and uninsured and underinsured liability limits at maximum coverage, using an umbrella policy. This will include a whole life insurance account I can use as my own bank, to use loans from insurance policies as a source of investments or financing.

My business insurance will be reviewed or updated by my financial team on an annual basis. I have disability income coverage protecting my human life value, and implement disability insurance or exercise riders on my current policy, as I qualify for them.

Each year, I will document personal items in my home for insurance purposes.

Each year, I will ensure my will and trusts are funded, compliant, and updated.

I will have executors, guardians, trustees, and a board of directors to manage money and work with my heirs after I am gone and I coordinate all beneficiaries with legal documents.

I will build and keep liquid funds sufficient enough to cover at least six months of expenses.

I will have a wealth capture bank account secured as protection for peace of mind.

I will regularly schedule meetings with my financial advisor to further educate myself on exit strategies for my existing investment plans, tax strategies, economic changes, and overall protection against eroding factors. I will create quarterly and annual objectives to advance my wealth.

All of my stock market investments will have downside protection added.

I will have an annual meeting between my entire family and my financial adviser so that my children and wife are fully informed as to our financial situation and financial goals.

I will have full honesty and transparency between my wife and my children, and they know how we spend money and the status of all accounts and investments, along with access to my financial team and to those accounts.

I will understand and engage in trading and utilizing cryptocurrency.

QUOTES



"FORMAL EDUCATION WILL MAKE YOU A LIVING; SELF-EDUCATION WILL MAKE YOU A FORTUNE."

- JIM ROHN

"THEREFORE I TELL YOU, DO NOT WORRY ABOUT YOUR LIFE, WHAT YOU WILL EAT OR DRINK; OR ABOUT YOUR BODY, WHAT YOU WILL WEAR. IS NOT LIFE MORE THAN FOOD, AND THE BODY MORE THAN CLOTHES? LOOK AT THE BIRDS OF THE AIR: THEY DO NOT SOW OR REAP OR STORE AWAY IN BARNS, AND YET YOUR HEAVENLY FATHER FEEDS THEM. ARE YOU NOT MUCH MORE VALUABLE THAN THEY? CAN ANY ONE OF YOU BY WORRYING ADD A SINGLE HOUR TO YOUR LIFE? "AND WHY DO YOU WORRY ABOUT CLOTHES? SEE HOW THE FLOWERS OF THE FIELD GROW. THEY DO NOT LABOR OR SPIN, YET I TELL YOU THAT NOT EVEN SOLOMON IN ALL HIS SPLENDOR WAS DRESSED LIKE ONE OF THESE. IF THAT IS HOW GOD CLOTHES THE GRASS OF THE FIELD. WHICH IS HERE TODAY AND TOMORROW IS THROWN INTO THE FIRE, WILL HE NOT MUCH MORE CLOTHE YOU-YOU OF LITTLE FAITH? SO DO NOT WORRY, SAYING, 'WHAT SHALL WE EAT?' OR 'WHAT SHALL WE DRINK?' OR 'WHAT SHALL WE WEAR?' FOR THE PAGANS RUN AFTER ALL THESE THINGS, AND YOUR HEAVENLY FATHER KNOWS THAT YOU NEED THEM. BUT SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS. AND ALL THESE THINGS WILL BE GIVEN TO YOU AS WELL, THEREFORE DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL WORRY ABOUT ITSELF. EACH DAY HAS ENOUGH TROUBLE OF ITS OWN."

- MATTHEW 6:25-34

"LAZY HANDS MAKE FOR POVERTY, BUT DILIGENT HANDS BRING WEALTH."

- PROVERBS 10:4

"JESUS ANSWERED, 'IF YOU WANT TO BE PERFECT, GO, SELL YOUR POSSESSIONS AND GIVE TO THE POOR, AND YOU WILL HAVE TREASURE IN HEAVEN. THEN COME, FOLLOW ME.'"

- MATTHEW 19:21 NIV

"KEEP YOUR LIVES FREE FROM THE LOVE OF MONEY AND BE CONTENT WITH WHAT YOU HAVE, BECAUSE GOD HAS SAID, 'NEVER WILL I LEAVE YOU; NEVER WILL I FORSAKE YOU.'"

- HEBREWS 13:5 NIV

"DISHONEST MONEY DWINDLES AWAY, BUT WHOEVER GATHERS MONEY LITTLE BY LITTLE MAKES IT GROW."

- PROVERBS 13:11 NIV

"TIME IS MORE VALUE THAN MONEY. YOU CAN GET MORE MONEY, BUT YOU CANNOT GET MORE TIME."

- JIM ROHN

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"BETTER THE LITTLE THAT THE RIGHTEOUS HAVE THAN THE WEALTH OF MANY WICKED; FOR THE POWER OF THE WICKED WILL BE BROKEN, BUT THE LORD UPHOLDS THE RIGHTEOUS."

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- PSALM 37:16-17 NIV

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"WHOEVER LOVES MONEY NEVER HAS ENOUGH; WHOEVER LOVES WEALTH IS NEVER SATISFIED WITH THEIR INCOME. THIS TOO IS MEANINGLESS."

- ECCLESIASTES 5:10 NIV

"THE GREATEST LEGACY ONE CAN PASS ON TO ONE'S CHILDREN AND GRANDCHILDREN IS NOT MONEY OR OTHER MATERIAL THINGS ACCUMULATED IN ONE'S LIFE, BUT RATHER A LEGACY OF CHARACTER AND FAITH."

- BILLY GRAHAM



"IF MONEY IS YOUR HOPE FOR INDEPENDENCE YOU WILL NEVER HAVE IT. THE ONLY REAL SECURITY THAT A MAN WILL HAVE IN THIS WORLD IS A RESERVE OF KNOWLEDGE, EXPERIENCE, AND ABILITY."

- HENRY FORD

TOP BOOKS FOR THIS CATEGORY



GARRETT B. GUNDERSON with STEPHEN PALMER

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#1 NEW YORK TIMES BESTSELLER TONY ROBBINS

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SECRETS FROM THE WORLD'S GREATEST FINANCIAL MINDS



MY CAREER

"THE WHOLE SECRET OF A SUCCESSFUL LIFE IS TO FIND OUT WHAT IS ONE'S DESTINY TO DO, AND THEN DO IT."

-HENRY FORD

"THE ROAD TO HAPPINESS LIES IN TWO SIMPLE PRINCIPLES: FIND WHAT IT IS THAT INTERESTS YOU AND THAT YOU CAN DO WELL, AND WHEN YOU FIND IT PUT YOUR WHOLE SOUL INTO IT-EVERY BIT OF ENERGY AND AMBITION AND NATURAL ABILITY YOU HAVE."

SUCCESS

- JOHN D. ROCKEFELLER III

FAILURE



PREMISE

I believe that each person is equipped with a unique skillset, a calling and a core purpose, and that the ideal career is attained by using those skills, that calling and fulfilling that purpose, and is a career in which one attains a sense of ease, a sense of flow and even a sense of play – while still working hard and maintaining discipline.

I believe that one key to identifying the best career for you is to remember back to what you were most adept and naturally skilled at when you were a child. This does not mean that I believe in a fixed mindset and that one can never learn or develop an amazing skill set and advance and evolve their career as those skills develop, but that I instead believe each person is born with a special set of unique talents that allows them to best make their mark on the world.

I believe that hard work and discipline can trump and even exceed luck and even talent.

I believe that my own unique skills and talents include high amounts of efficiency and creativity applied to reading / learning, writing / creating and teaching / educating.

I believe that to create is mightier than to consume, and that one of the keys to a successful career is to "make art every day."

I believe that the self-made man harnesses and utilizes the qualities of hard work, perseverance, personal responsibility, and is willing to – with full faith and trust in God - become the captain of his own destiny.

I believe that to maximize career success while finding time for family, social life, hobbies, health, the spiritual disciplines and beyond, one must ruthlessly outsource, automate and delegate anything that does not serve their best purpose.

I believe that a great career is built one step at a time, with diligent dedication to sets and reps.

I believe that when I look at the men that I admire from history, they all have one thing in common: they were hustlers. Theodore Roosevelt accomplished an insane amount of work because he lived the strenuous life; Thomas Edison patented thousands of inventions and perfected the light bulb because he spent all day hustling; Frederick Douglass was an orator, diplomat, newspaper editor, and author because he hustled. Just about every self-made man has the same story. Wherever you are in life, you can hustle to get where you want to be. I believe that while secret formulas and shortcuts do indeed exist, even those must be applied with diligence and hard work. Too many take the path of least resistance and dress up that cowardice and laziness in the guise of efficiency and "hacking." I also believe that doing things that are hard – and even sometimes eschewing the shortcut to instead put in the hard work - molds strength and character.

I believe that you must work and play hard, in the same way that God created the world in six days, then rested on the seventh.

I believe that to create something great, every true visionary needs an integrator.

I believe that you must take calculated and wisdom-infused risks and that you must not be afraid of and even embrace failure if you want to achieve greatness in your career.

I believe that it is just fine and even beneficial for children to be a part of their parent's career and take pride in knowing that my children understand my career and "what Dad does."

I believe that you must know yourself, your dreams, your aspirations, your desires and your unique set of talents to the extent that you can – without hesitation – say "hell yes" or "hell no" once you have educated yourself about any career based decision.

I believe there are times of the day when one is most productive, times when one is most creative, and times when one is most reactive, and that by prioritizing productivity, creativity and reactivity at their specific times, one can achieve optimum career efficiency.

"YOUR WORK IS TO DISCOVER YOUR WORLD AND THEN WITH ALL YOUR HEART GIVE YOURSELF TO IT."

RI

CA

-BUDDHA

"I dream for a living."

- Steven Spielberg



VISION

I wake up every morning with a smile on my face, ready to jump out of bed, tap my heels together and waltz into yet another day of achieving my purpose in life. I create art every day, including recording a podcast, creating a video, writing my "thousand words", giving a speech, taking inspiring photographs or creating inspiring stories.

I have created for myself a career that allows me to have ample and healthy time for family, social life, hobbies, sports, health and the spiritual disciplines.

I engage in core activities in my career that are based on skills that "came easy to me" when I was a boy, including reading, writing, teaching and creative, outside-the-box thinking.

My career allows me to serve others by doing what I love and what I'm good at.

My career is constantly evolving. While I have a firm plan in place for my business, I also see life as a series of moving targets and opportunities that one must constantly adapt and respond to.

I have extreme clarity about when to say "hell, yes" and when to say no.

I work in extreme, focused bursts of productivity rather than working through a system of multitasking and distraction.

I do not micromanage tasks, but trust the amazing team of people who I have surrounded myself with so that I am free to create the big vision and focus on the tasks that I perform best.



PURPOSE

My career is my purpose. I filter every choice for my career through the lens of whether it truly enables me to empower others to live a more adventurous, joyful and fulfilling life. "I'VE MISSED MORE THAN 9000 SHOTS IN MY CAREER. I'VE LOST ALMOST 300 GAMES. 26 TIMES I'VE BEEN TRUSTED TO TAKE THE GAME-WINNING SHOT AND MISSED. I'VE FAILED OVER AND OVER AND OVER AGAIN IN MY LIFE.

AND THAT IS WHY I SUCCEED." - MICHAEL JORDAN

"GOOD ENOUGH NEVER IS."

- DEBRA FIELD



STRATEGY

I outsource, automate and delegate anything that does not serve my best purpose, including lawn mowing, house cleaning, checking the mailbox, shipping, banking, research, editing and beyond.

I work hard, but I always have at least one day of the week that I rest, recover and rejuvenate.

I have intelligently implemented automation and systems in life that allow me to engage in deep work.

I have identified the specific times of the day that I am most productive, most creative and most reactive, and allot my chosen tasks to those specific times.

I have built a team of amazing people around me who are able to crush it at their "one thing" in life.

I have built a working environment that allows me to stay healthy and energetic while I work, including standing workstations, optimized air, light, electricity and water, low level physical movement throughout the day, Pomodoro breaks, eye-friendly screens, and limited distractions and push notifications.

I have a clearly written three month, one year, five year and ten year plan for my business and my career.

I frequently take personality tests and assessments that identify the areas of my career in which I will be most productive and work best.

I engage in "deep work" of four to five focused hours each day on the biggest, most important task.

At least once per week, I include my children and my family in at least one activity associated with my career.

I pray each day that God would give me clarity and wisdom to ensure that my chosen career activities are completely aligned with who He would have for me to be.

QUOTES



"FIND A JOB YOU ENJOY DOING, AND YOU WILL NEVER HAVE TO WORK A DAY IN YOUR LIFE."

- MARK TWAIN

"WHAT WORK I HAVE DONE I HAVE DONE BECAUSE IT HAS BEEN PLAY. IF IT HAD BEEN WORK I SHOULDN'T HAVE DONE IT. WHO WAS IT WHO SAID, "BLESSED IS THE MAN WHO HAS FOUND HIS WORK"? WHOEVER IT WAS HE HAD THE RIGHT IDEA IN HIS MIND. MARK YOU, HE SAYS HIS WORK--NOT SOMEBODY ELSE'S WORK. THE WORK THAT IS REALLY A MAN'S OWN WORK IS PLAY AND NOT WORK AT ALL. CURSED IS THE MAN WHO HAS FOUND SOME OTHER MAN'S WORK AND CANNOT LOSE IT. WHEN WE TALK ABOUT THE GREAT WORKERS OF THE WORLD WE REALLY MEAN THE GREAT PLAYERS OF THE WORLD. THE FELLOWS WHO GROAN AND SWEAT UNDER THE WEARY LOAD OF TOIL THAT THEY BEAR NEVER CAN HOPE TO DO ANYTHING GREAT. HOW CAN THEY WHEN THEIR SOULS ARE IN A FERMENT OF REVOLT AGAINST THE EMPLOYMENT OF THEIR HANDS AND BRAINS? THE PRODUCT OF SLAVERY, INTELLECTUAL OR PHYSICAL, CAN NEVER BE GREAT."

- MARK TWAIN

"BUT I FIRMLY BELIEVE THAT ANY MAN'S FINEST HOUR, THE GREATEST FULFILLMENT OF ALL THAT HE HOLDS DEAR, IS THAT MOMENT WHEN HE HAS WORKED HIS HEART OUT IN A GOOD CAUSE AND LIES EXHAUSTED ON THE FIELD OF BATTLE — VICTORIOUS."

- VINCE LOMBARDI

"ONLY THOSE WHO DARE TO FAIL GREATLY CAN EVER ACHIEVE GREATLY."

- ROBERT F. KENNEDY

WHATEVER YOUR HAND FINDS TO DO, DO IT WITH YOUR MIGHT.

14

- ECCLESIASTES 9:10

"A MAN'S GIFT MAKES ROOM FOR HIM AND BRINGS HIM BEFORE THE GREAT."

-PROVERBS 18:16

"AND TO ASPIRE TO LIVE QUIETLY, AND TO MIND YOUR OWN AFFAIRS, AND TO WORK WITH YOUR HANDS, AS WE INSTRUCTED YOU, SO THAT YOU MAY WALK PROPERLY BEFORE OUTSIDERS AND BE DEPENDENT ON NO ONE."

- 1 THESSALONIANS 4:11-12



"DOES THOU LOVE LIFE? THEN DO NOT SQUANDER TIME; FOR THAT'S THE STUFF LIFE IS MADE OF."

- BENJAMIN FRANKLIN

"THE WAY TO GET STARTED IS TO QUIT TALKING AND BEGIN DOING."

- WALT DISNEY

"IT IS NOT THE CRITIC WHO COUNTS; NOT THE MAN WHO POINTS OUT HOW THE STRONG MAN STUMBLES, OR WHERE THE DOER OF DEEDS COULD HAVE DONE THEM BETTER. THE CREDIT BELONGS TO THE MAN WHO IS ACTUALLY IN THE ARENA, WHOSE FACE IS MARRED BY DUST AND SWEAT AND BLOOD; WHO STRIVES VALIANTLY; WHO ERRS, WHO COMES SHORT AGAIN AND AGAIN, BECAUSE THERE IS NO EFFORT WITHOUT ERROR AND SHORTCOMING; BUT WHO DOES ACTUALLY STRIVE TO DO THE DEEDS; WHO KNOWS GREAT ENTHUSIASMS, THE GREAT DEVOTIONS; WHO SPENDS HIMSELF IN A WORTHY CAUSE: WHO AT THE BEST KNOWS IN THE END THE TRIUMPH OF HIGH ACHIEVEMENT. AND WHO AT THE WORST, IF HE FAILS, AT LEAST FAILS WHILE DARING GREATLY, SO THAT HIS PLACE SHALL NEVER BE WITH THOSE COLD AND TIMID SOULS WHO NEITHER KNOW VICTORY NOR DEFEAT."

- THEODORE ROOSEVELT
COMMIT YOUR WORK TO THE LORD, AND YOUR PLANS WILL BE ESTABLISHED.

- PROVERBS 16:3

PEOPLE WHO ARE UNABLE TO MOTIVATE THEMSELVES MUST BE CONTENT WITH MEDIOCRITY, NO MATTER HOW IMPRESSIVE THEIR OTHER TALENTS.

- ANDREW CARNEGIE

SPARTAN 1422 "IN READING THE LIVES OF GREAT MEN, I FOUND THAT THE FIRST VICTORY THEY WON WAS OVER THEMSELVES... SELF-DISCIPLINE WITH ALL OF THEM CAME FIRST."

– HARRY S. TRUMAN



ESOLUTION NUMERIC

I DO NOT THINK THAT THERE IS ANY OTHER QUALITY SO ESSENTIAL TO SUCCESS OF ANY KIND AS THE QUALITY OF PERSEVERANCE. IT OVERCOMES ALMOST EVERYTHING, EVEN NATURE.

– JOHN D. ROCKEFELLER

"HAVING GIFTS THAT DIFFER ACCORDING TO THE GRACE GIVEN TO US, LET US USE THEM: IF PROPHECY, IN PROPORTION TO OUR FAITH; IF SERVICE, IN OUR SERVING; THE ONE WHO TEACHES, IN HIS TEACHING; THE ONE WHO EXHORTS, IN HIS EXHORTATION; THE ONE WHO CONTRIBUTES, IN GENEROSITY; THE ONE WHO LEADS, WITH ZEAL; THE ONE WHO DOES ACTS OF MERCY, WITH CHEERFULNESS."

ROMANS 12:6-8

"THE GREATEST GIFT LIFE HAS TO OFFER IS THE OPPORTUNITY TO WORK HARD AT WORK WORTH DOING."

- THEODORE ROOSEVELT

NO MAN CAN LEAD A PUBLIC CAREER REALLY WORTH LEADING, NO MAN CAN ACT WITH RUGGED INDEPENDENCE IN SERIOUS CRISES, NOR STRIKE AT GREAT ABUSES, NOR AFFORD TO MAKE POWERFUL AND UNSCRUPULOUS FOES, IF HE IS HIMSELF VULNERABLE IN HIS PRIVATE CHARACTER.

H.

- THEODORE ROOSEVELT

"IN ALL TOIL THERE IS PROFIT, BUT MERE TALK TENDS ONLY TO POVERTY."

- PROVERBS 14:23

TOP BOOKS FOR THIS CATEGORY



"This book is a must for any business owner and their management team. TRACTION provides a powerful, practical, and simple system for running your business."

-DAN SULLIVAN

PRESIDENT AND FOUNDER, THE STRATEGIC COACH



EXPANDED EDITION

GET A GRIP ON YOUR BUSINESS

GINO WICKMAN

"It takes not one but two entrepreneurs to build a great company. Gino and Mark show how that relationship can provide the 'rocket fuel' your company needs to achieve its full potential."

-BO BURLINGHAM, Editor-at-Large, Inc. magazine



GIND WICKMAN AND MARK C. WINTERS



"This is a whole new ball game. Highly recommended." —DR. STEWART D. FRIEDMAN, lirector of the Work/Life Integration Project, The Wharton Schoo

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EXPANDED AND UPDATED TIMOTHY FERRISS







MY QUALITY OF LIFE

"YOU ONLY LIVE ONCE BUT IF YOU LIVE LIKE ME, ONCE IS ENOUGH."

- FRANK SINATRA



"GOOD FOOD. GOOD WINE. GOOD SHOES."

- BRUNO ABATE



PREMISE

I believe that God created an amazing, wonder-filled, thrilling, dopamine-releasing universe as a playground for humankind, and that He takes joy in us fully experiencing what He has created when we do so to His glory while loving others and loving God.

I believe that having ample time, experiences, adventures and memories in life trumps wealth and personal belongings, but that money can indeed create the time to engage in the quality of life that you hold dear.

I believe that a man's home is his castle.

I believe that is just fine to own nice things, as long as those nice things don't own you.

I believe that there is a "dark side" to hypermobility and constant world travel, and that exploring one's own community and local environment can be just as fulfilling, invigorating and stimulating as traveling on jetplanes around the world.

I believe that sometimes you don't know what you may have a passion for or find adventurous and exciting until you get out there and take risks.

I believe that "living a life of no regrets" must be balanced with unselfish consideration of those around you and their own hopes, dreams and desires – a marriage of personal adventure and personal sacrifice.

I believe that your quality of life should be influenced more by your own personal passions and desires and what you authentically know brings you happiness and fulfillment, not other people's expectations of what brings happiness and fulfillment.

I believe that life is a magical story we are here to live out, and that this story includes quests, adventures, battles, magical elixirs, mentors, allies, enemies and every element of the Hero's Journey.

"LIFE IS EITHER A DARING ADVENTURE OR NOTHING."

-HELEN KELLER



"TIME YOU ENJOYED WASTING IS NOT WASTED TIME."

- T. S. ELLIOT



VISION

I have a lifestyle and career that allows me to have the flexibility of time to create new experiences and memories.

I explore my local community with a spirit of wonder and curiosity, not judgement or boredom.

I live in a clean and peaceful home that allows me to escape to pamper and recover my body, enjoy food and family, deep silence and meditation, distraction and clutter-free, organized and clean. When I travel, I use it as an opportunity for adventure and new experiences, not simply work.

I support my family – my wife and children - in their own quality of life aspirations, even if their interests, hobbies and passions are different than my own.

I have a healthy balance of adventuring and experiencing new things solo, but also with family and friends.

I am not a constant thrill-seeking "adrenaline junkie", but instead enjoy and appreciate culture, conversation, peace and simply experiencing life and new adventures with friends and family.

When I spend money on something new, I ask myself whether I am equipping myself to create an experience or memory, or simply amassing meaningless belongings.

I live my life as an exciting story full of wonder, never releasing my awareness of the importance of curiosity, experience and adventure.



PURPOSE

By engaging in thrills, adventures, novelty and new activities that challenge my body and brain and fuel my passions, I will inspire and empower others to live their own adventurous, joyful and fulfilling lives.



"YOU PAY THE PRICE, BUT YOU GET WHAT YOU PAY FOR."

- MARV FLEMING



"ONE'S DESTINATION IS NEVER A PLACE, BUT A NEW WAY OF SEEING THINGS."

- HENRY MILLER



STRATEGY

I will analyze my home, play spaces and work places daily for whether or not they are decluttered, organized and minimalist, and allow me to have peace of mind and clarity of thought.

I will surround myself with what I know brings me happiness and fulfillment in life, including fun body and brain-improving tools and technologies, fresh air and essential oils, novel foods and kitchen tools and techniques, new and thrilling books of both fiction and non-fiction, art supplies and musical instruments. Every week, I will do one thing that I would have wanted to do before I die, including something as simple as holding hands with my children on walks or snuggling with my wife, to cracking open a new book, to painting with watercolor, to learning a new song or musical instrument to trying a new food or cooking technique, to visiting a local place I've always wanted to go or otherwise breaking the mold of a comfortable existence at home to step out and experience something new.

Four times a year I will find a new adventure in my own local community, including a hiking trail, restaurant, sport or recreation, farmer's market, lake or other activity that allows me to engage in a high quality of life in my own surroundings.

Four times a year, I will do something new that "scares the hell out of me" but that also fuels my own personal passions, such as an open mic night for comedy or music, summer theatre, adventure race, new skill, sport or activity.

Once a year, I will go on a hunting or plant foraging trip to a new locale, either by myself, or with friends or family.

Once a year I will travel to a new place that engages me in an adventure and novelty, including learning a new language, interacting with the people and culture, experiencing foods and experiencing the local natural, technological and urban environments.

When I travel, I will not simply "hop on a plane" or sit in my car and show up, but I will study beforehand the language, the culture, and the highlights of where I am going so that I can create as rich a memory and experience as possible.

QUOTES

"TWENTY YEARS FROM NOW YOU WILL BE MORE DISAPPOINTED BY THE THINGS YOU DIDN'T DO THAN BY THE THINGS YOU DID."

- MARK TWAIN

"IT IS NOT THE YEARS IN YOUR LIFE BUT THE LIFE IN YOUR YEARS THAT COUNTS."

- ADLAI STEVENSON

"DELIGHT YOURSELF IN THE LORD, AND HE WILL GIVE YOU THE DESIRES OF YOUR HEART."

- PSALM 37:4 ESV

"DO NOT BOAST ABOUT TOMORROW, FOR YOU DO NOT KNOW WHAT A DAY MAY BRING."

- PROVERBS 27:1 ESV

"YET YOU DO NOT KNOW WHAT TOMORROW WILL BRING. WHAT IS YOUR LIFE? FOR YOU ARE A MIST THAT APPEARS FOR A LITTLE TIME AND THEN VANISHES."

LES 4:14 ESV

"SO I REFLECTED ON ALL THIS, ATTEMPTING TO CLEAR IT ALL UP. I CONCLUDED THAT THE RIGHTEOUS AND THE WISE, AS WELL AS THEIR WORKS. ARE IN THE HANDS OF GOD; WHETHER A PERSON WILL BE LOVED OR HATED -NO ONE KNOWS WHAT LIES AHEAD. EVERYONE SHARES THE SAME FATE - THE **RIGHTEOUS AND THE WICKED, THE GOOD AND THE BAD, THE CEREMONIALLY** CLEAN AND UNCLEAN, THOSE WHO OFFER SACRIFICES AND THOSE WHO DO NOT. WHAT HAPPENS TO THE GOOD PERSON ALSO HAPPENS TO THE SINNER; WHAT HAPPENS TO THOSE WHO MAKE VOWS, ALSO HAPPENS TO THOSE WHO ARE AFRAID TO MAKE VOWS. THIS IS THE UNFORTUNATE FACT ABOUT EVERYTHING THAT HAPPENS ON EARTH: THE SAME FATE AWAITS EVERYONE. IN ADDITION TO THIS, THE HEARTS OF ALL PEOPLE ARE FULL OF EVIL, AND THERE IS FOLLY IN THEIR HEARTS DURING THEIR LIVES - THEN THEY DIE. BUT WHOEVER IS AMONG THE LIVING HAS HOPE; A LIVE DOG IS BETTER THAN A DEAD LION. FOR THE LIVING KNOW THAT THEY WILL DIE, BUT THE DEAD DO NOT KNOW ANYTHING: THEY HAVE NO FURTHER REWARD - AND EVEN THE MEMORY OF THEM DISAPPEARS. WHAT THEY LOVED, AS WELL AS WHAT THEY HATED AND ENVIED, PERISHED LONG AGO, AND THEY NO LONGER HAVE A PART IN ANYTHING THAT HAPPENS ON EARTH. GO, EAT YOUR FOOD WITH JOY, AND DRINK YOUR WINE WITH A HAPPY HEART, BECAUSE GOD HAS ALREADY APPROVED YOUR WORKS. LET YOUR CLOTHES ALWAYS BE WHITE. AND DO NOT SPARE PRECIOUS OINTMENT ON YOUR HEAD. ENJOY LIFE WITH YOUR BELOVED WIFE DURING ALL THE DAYS OF YOUR FLEETING LIFE THAT GOD HAS GIVEN YOU ON EARTH DURING ALL YOUR FLEETING DAYS; FOR THAT IS YOUR REWARD IN LIFE AND IN YOUR BURDENSOME WORK ON EARTH. WHATEVER YOU FIND TO DO WITH YOUR HANDS, DO IT WITH ALL YOUR MIGHT, BECAUSE THERE IS NEITHER WORK NOR PLANNING NOR KNOWLEDGE NOR WISDOM IN THE GRAVE, THE PLACE WHERE YOU WILL EVENTUALLY GO. AGAIN, I OBSERVED THIS ON THE EARTH: THE RACE IS NOT ALWAYS WON BY THE SWIFTEST, THE BATTLE IS NOT ALWAYS WON BY THE STRONGEST: PROSPERITY DOES NOT ALWAYS BELONG TO THOSE WHO ARE THE WISEST, WEALTH DOES NOT ALWAYS BELONG TO THOSE WHO ARE THE MOST DISCERNING, NOR DOES SUCCESS ALWAYS COME TO THOSE WITH THE MOST KNOWLEDGE - FOR TIME AND CHANCE MAY OVERCOME THEM ALL. SURELY, NO ONE KNOWS HIS APPOINTED TIME! LIKE FISH THAT ARE CAUGHT IN A DEADLY NET, AND LIKE BIRDS THAT ARE CAUGHT IN A SNARE -JUST LIKE THEM, ALL PEOPLE ARE ENSNARED AT AN UNFORTUNATE TIME THAT FALLS UPON THEM SUDDENLY. "



"I VIEW LIFE AS ONE BIG ADVENTURE. I'M ALWAYS LEARNING AND FINDI NEW THINGS TO TRY AND CHALLENGES TO OVERCOME."

- RICHARD BRANSON

"ONE OF THE GREATEST REGRETS IN LIFE IS BEING WHAT OTHERS WOULD WANT YOU TO BE, RATHER THAN BEING YOURSELF."

- SHANNON L. ALDER

"LIFE IS MEANT TO BE EXPERIENCED. PUT YOURSELF OUT THERE. DO THINGS YOU'VE NEVER DONE. LIVE A LIFE WHERE AT THE END YOU WILL HAVE NO REGRETS."

- ANONYMOUS

a series

"I'D RATHER REGRET THE THINGS I'VE DONE THAN REGRET THE THINGS I HAVEN'T DONE."

- LUCILLE BALL

"THE ONLY THINGS IN LIFE YOU REGRET ARE THE RISKS THAT YOU DIDN'T TAKE."

– UNKNOWN

1

TOP BOOKS FOR THIS CATEGORY







THE NEW AUTOBIOGRAPHY RICHARDA BRANSON Finding My Virginity

'An inspiration to anyone' SHERYL SANDBERG

> 'A terrific read' BILL GATES

A real page turner CHRIS EVANS

Fully updated with new chapters










MY LIFE VISION

"THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THEIR DREAMS."

- ELEANOR ROOSEVELT



WHAT DOES YOUR DREAM HOUSE LOOK LIKE?

My home is a peaceful oasis: my castle in the forest where I escape to pamper and recover my body, enjoy food and family, deep silence and meditation, distraction and clutter-free, organized and clean.



HOW DO YOU SPEND YOUR TIME EACH DAY?

I spend each day in deep, focused work, creating ample time for creativity, exercise, reading fiction and non-fiction alike, learning new mental and physical skills, immersed in the spiritual disciplines, and, at the end of each day, am surrounded by family, friends, food and laughter.



WHAT IS YOUR LEVEL OF HEALTH AND FITNESS?

I am functionally able to move and do everything that I sense and know brings my body peace, joy and fresh energy, not based on others' expectations of a perfect body or competitive physique, but based on my own wisdom of what I know to confer ideal health and longevity.



HOW ARE YOU PUSHING YOURSELF INTELLECTUALLY?

Each day, I expand my mind by learning new skills such as language, music, art and physical and mental challenges - not afraid to push my brain to new, sometimes uncomfortable places.



WHAT EMOTIONS ARE YOU EXPERIENCING ON A CONSISTENT BASIS?

I am filled with love, joy, peace, conscientiousness, mindfulness, empathy, honesty, patience, kindness, goodness, faithfulness, gentleness and self control.



WHAT SPECIFIC CHARACTER TRAITS HAVE YOU BUILT INTO YOUR LIFE?

I am conscientious, humble, dependable, self-disciplined, hard-working, joyful, adventurous, inspiring and above all, Christlike.



WHAT DO YOU DO THAT MAKES YOU FEEL SPIRITUALLY CONNECTED?

I prioritize and engage in daily study and self-examination, solitude and silence, simplicity, fasting and gratitude.



DESCRIBE THE KIND OF RELATIONSHIP YOU HAVE, AND WHAT YOU DID TO MAKE THAT HAPPEN.

I am engaged in full, deep, pure, honest and passionate love for my wife, and live a fulfilled life of adventure with my best friend, my lover and my partner - a life in which we support each other, and sacrifice for each other fully.



WHAT DOES YOUR FAMILY LOOK LIKE?

My family is physically, emotionally and spiritually bonded with support and sacrifice for one another, our thoughts, feelings, emotions, disciplines, and interests. We play together, adventure together, learn together, worship together, pray together and possess an unbreakable bond built upon an intense love for others and love for God.



WHO ARE YOUR FRIENDS NOW?

I am surrounded by deep, meaningful relationships with friends in my local community who I can trust and confide in, laugh with, dine with, and enjoy life with, along with a broad network of loving companions around the world.



WHAT IS YOUR NEW LEVEL OF WEALTH?

I have established financial protection, robust wealth growth, a clear vision for my future, and all necessary structures in place to pass my legacy on to my children, their children's children and beyond.



WHAT DOES YOUR IDEAL CAREER LOOK LIKE?

I am at the helm of the company Kion, serving as the visionary of a worldchanging company that creates mind-, body- and spirit-balancing products to empower people to live a more adventurous, joyful and fulfilling life.



WHAT KIND OF LIFESTYLE DO YOU HAVE?

I have as much time as I need for myself and my family to live a life of rich experiences and adventures, a home that enables me to live a long, healthy and low-stress life in comfort, peace and joy and a lifestyle that ultimately enables me to love God, love others, fulfill my purpose and care for all the blessings that God has poured out upon me.

QUOTES

"FOR I KNOW THE PLANS I HAVE FOR YOU, DECLARES THE LORD, PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU HOPE AND A FUTURE."

- JEREMIAH 29:11

WHERE THERE IS NO VISION, THERE IS NO HOPE.

- GEORGE WASHINGTON CARVER



- CARL JUNG

"THE ONLY THING WORSE THAN BEING BLIND IS HAVING SIGHT BUT NO VISION."

- HELEN KELLER

 "DON'T UNDERESTIMATE THE POWER OF YOUR VISION TO CHANGE THE WORLD. WHETHER THAT WORLD IS YOUR OFFICE, YOUR
COMMUNITY, AN INDUSTRY OR A GLOBAL MOVEMENT, YOU NEED TO HAVE A CORE BELIEF THAT WHAT YOU CONTRIBUTE CAN
FUNDAMENTALLY CHANGE THE PARADIGM OR WAY OF THINKING ABOUT PROBLEMS."



"YOU ARE NOT HERE MERELY TO MAKE A LIVING. YOU ARE HERE IN ORDER TO ENABLE THE WORLD TO LIVE MORE AMPLY, WITH GREATER VISION, WITH A FINER SPIRIT OF HOPE AND ACHIEVEMENT. YOU ARE HERE TO ENRICH THE WORLD, AND YOU IMPOVERISH YOURSELF IF YOU FORGET THE ERRAND."

- WOODROW WILSON

MY "PERFECT DAY" EXERCISE (FROM 2018)

I open my eyes – and the very first thing that I do is smile. As I do each morning, I have naturally awoken without an alarm, near to 6:00 am and after a deep and refreshing seven to eight hours of sleep. After turning on my heart rate variability monitor and beginning to monitor my nervous system, I reach for my journal and my devotional. While I lie in bed, I read an inspirational story, study the Bible, and write down what truth I discovered, what I am grateful for, and who I can pray for, help or serve that day. Beside me, my wife is peacefully sleeping, lost in slumber as my mind stirs for the morning.

Then I'm out of bed and down the stairs. It will be an hour before the rest of the family is awake, so now is my precious morning quiet time.

I begin by hydrating with a large glass of water filled with minerals and kissed by the sunshine, sprinkled with a touch of lemon and vinegar. After I begin to heat water for an exotic Japanese green tea, a brew comprised of leaves and roots from the forest at our house, or a black cup of organic coffee, I spend fifteen minutes doing deep tissue work and "morning movement" – a chance for me to get in touch with my body and slowly wake my nervous system, my joints and fascia for the day.

By 6:30, I am writing. For thirty minutes, I spark the creative areas of my brain and delve deep into fiction authoring, working on the next book in my series of magical fantasy novels. The phone is off and there are no calls, emails, text messages or push notifications coming my way. I am simply lost deep in building a magical fantasy world. Even when I travel, which I mostly do with my family, and only about once each month for occasional competitions, hunts or fishing forays, very important conferences or team meetings, I take this same morning routine with me.

Then, after being lost in that magical fantasy world for half an hour, I hear the pitter-patter of feet coming down the stairs. The children have finished their gratitude journaling and morning readings, and they, the dogs and my wife are all now stirring. For the next several minutes, we gather in the living room to sit, snuggle, chat, talk about dreams and discuss the plans for the day. Sometimes, if the boys wake early enough, we head out early and walk a mile through the quiet forest to the bus stop. Other days, we use that bit of extra time to milk the goats, gather eggs and check in on the animals.

Just after 7:30, the boys are off to school. I use the bathroom, and then, shortly after 8:00 am, I am beginning my thirty minutes of morning exercise. Some mornings, especially in the colder months of fall and winter, I am in the infrared sauna – burning incense, doing sound healing, engaging in Qi Gong, Kundalini yoga and other body movement sessions. Other mornings, on warmer, sunnier days, I am outside walking, hiking, swimming, paddle boarding, bicycling and engaged in some other form of "moving meditation". If my morning is light on work and I've gotten off to an early start, these sessions will sometimes stretch up to an hour as I listen to audiobooks, podcasts, playbacks of team meetings or audio memos and other educational material.

On Saturdays and in the summer mornings, the kids join me for this morning movement, learning how to begin their day on a good note. But on this day, it is just me. I light a stick of incense, enter the sauna, begin to play healing sounds of peace, love and joy, and sweat and move for thirty minutes, finishing with a dip in the cold pool – a perfect way to start a perfect day.

Between 9:00 and 9:30, I am finished, and I am in the kitchen, preparing to break my overnight fast with a superfood smoothie comprised of wild plants, nourishing herbs, bone broths, teas and nutrients from both near and afar. On Saturday mornings, we gather for a scrumptious family breakfast, but on weekday mornings, I simply eat my delicious smoothie while beginning to delve in the post productive part of my day: four uninterrupted hours of focused work. Until the early afternoon, I work on researching and writing for articles, recording podcasts and videos, and engaging in phone and Skype meetings with clients and the awesome members of the team that I've built around me. During this time, I fuel with energizing teas and beverages, alternating between my office "mancave" and the kitchen table. By the time most of the people in my part of the world are eating lunch, I am instead fully focused on work, having taught my body to efficiently burn its own fat as fuel throughout the day, and my only "lunch" is simply a few light morsels left over from the night before, or ketones and other supplements developed by my company.

After wrapping up the four hours of work, it is time for light siesta. I curl up in the bedroom of head out to a hammock to rest my mind for twenty to forty five minutes, sometimes sleeping and other times, if I am not excessively tired, praying and meditating.

Then, after napping, and around 2:30 or 3:00 pm, I head out to do what I do every day of the week except Sundays: spend forty five minutes to an hour in the garage, in the garden and in the forest - sometimes alone and lost in my thoughts and other times, when they are home or on weekends, accompanied by my wife and family. During these forays into nature, I plant new seeds in the garden and tend to the existing plants; I forage wild plants and greens from the land, learning their medicinal and edible properties; I take notes and photographs to share with my readers and followers; I care for meat I have hunted – learning how to cure, dry, spice and consume the animal from nose to tail; and I prepare and tend to oils, salves, tinctures, spices, seasonings and other extracts from nature's bounty that I learn about and create for my own health, my family's health and the continuing education of those who read my writings and follow my teachings. While I indeed study and delve into exotic "superfoods", plants, seeds, nuts, powders and more from all around the world – from China to Japan to Amazon to Peru and beyond – my primary focus and priority is on my own environment and local biome of the Inland Northwest, where I plan to flourish and thrive for my entire life. When Jessa is able to join me on these afternoon nature immersions and learnings, we explore, talk and learn together.

By this time, at nearly 4:00 pm, the boys are arriving home from school, and it is time for me to prepare for afternoon workouts and sports. I do not check emails or delve back into work before the boys arrive home, but I instead focus my mind and body on learning and developing new tactics, skills, strength, power, endurance and explosiveness, always with an activity that I thoroughly enjoy and find purpose and meaning in. Because of this habit, my body is in fine shape – and at the drop of a hat, I can do an obstacle course race, a triathlon, a long swim or any difficult sport. If the boys are home and don't have their own activities, they usually join me. Mondays, Wednesdays and Fridays, I perform difficult workouts in my home gym and outside environment, engaging in heavy lifting, brief sprints, gymnastics, balancing moves, obstacle course training and other "biohacked workouts" using equipment and gear that I write about and test for my readers, for my followers and my listeners, always testing new activities and techniques that can make other's bodies and brains better.

On these days, I and my boys finish by shooting bows so that we can maintain edge and focus for the hunting forays that I embark upon three to four times a year to keep our freezer stocked with meats. On Tuesdays and Thursdays, I engage in a sport of choice – from tennis to basketball to frisbee to swimming and beyond. Each of these afternoon workouts beains at around 4:30 pm, and when they are not engaged in their own camps, sports and activities, the boys and Jessa always have opportunity to join in, along with other friends in my community. While I still engage in my four hours of deep focused work on Saturday mornings, the remainder of Saturdays are reserved for a longer "adventure" – sometimes solo and sometimes with the family – such as hiking, fishing, hunting, snow sports, exploring the Northwest, occasional tennis tournaments, longer golf sessions and beyond. Sunday mornings, I wake early to read articles and books and to write intensively in my work of fiction, but aside from this, I do not engage in other deep business work, and Sunday afternoons, my day of rest and fasting until dinner, are reserved for easy family activities, building forts and exploring the forest with the boys, and for social sports only – such as hitting the ski slopes, volleyball with church members or tennis, golf and other activities with the family.

With the afternoon activities of the weekday completed, it is time to return to work. Save for one day of the week, usually Thursdays or Fridays, on which I prepare dinner, I return to work uninterrupted in my office from around 6:00 pm until we eat at 7:30 or 8:00 pm, sipping on tea, kombucha, wine, and other cocktails, and wrapping up "loose ends" for the day so that I can be fully present for my family and other activities later into the evening.

With myself and my family's growing knowledge of plants, gardening, local and exotic foods, foraging, food preparation, nutrient extraction,

hunting, dressing, curing, preserving, fermenting, soaking, sprouting and more, we spend an hour before our later evening dinner preparing a meal as a family- as we do each weekday evening aside from the one night we go "out on the town". At least once a week, my twin boys prepare our meal; on the other days of the week, my wife prepares our meal; on one night of the week, I take the boys or Jessa on a date to farmer's market or a local restaurant; but on this night, as I do at least once a week, it will be me leading this charge, creating the recipe and designing, preparing and cooking the meal from the plants I've foraged and gardened, the animals I've harvested from the land and the nutrients and spices I've identified to make for a truly full-body nourishing and tasteful experience.

Close to 8:00 pm, we sit to dine together as a family, often breaking bread with friends and family who come to share a meal with us. We thank God for the bounty he has blessed us with, we share stories from the day, we dwell upon the truths we learned in the morning's readings, we share what it was that we are grateful for, and we spend the next thirty to sixty minutes simply eating, talking, visiting and enjoying time with family and friends. On each of my Saturday nights, after dinner, I fast until dinner on Sunday evening, only consuming mineral-rich, sun-charged water and healing teas and beverages. This makes perfect sense, because Sunday is also the day that I do not beat up my body with hard exercise, but instead devote an entire day to family, spirituality, rest, recovery, healing, meditation, longer Qi Gong sessions, intensive deep tissue work and massage, sauna, burning incense, yoga, cold thermogenesis, detoxification and exploring new recovery modalities and "biohacks".

But for tonight's dinner, I simply soak up and enjoy every last morsel of food, and then head inside to delve into my passion: music.

As the boys prepare for bed and our evening meditation sessions, I spend the next thirty minutes playing ukulele and guitar – creating new songs, keeping myself refreshed on old songs, writing lyrics and music, and preparing for the monthly "open mic" night in which I participate. Occasionally, this time is instead spent looking at scripts for theatre productions and musicals that I participate in, and at least one night per week, this time is spent with my entire family visiting and playing music at local nursing home, soup kitchen, or homeless shelter – but for tonight I simply sit in the living room and fill the house with wonderful music as the family engages in their own post-dinner activities before our nightly bedtime ritual arrives.

Just after 9:00 pm, the music is finished. The boys are prepared for bed, and the entire family heads to our evening routine. On several nights of the week, there is spiritual activities such as meditation, Qi Gong, hot tubbing, or burning incense in the sauna; on other nights we simply sit on the back patio exploring the stars; and on other nights we simply curl up with a book and read as a family.

10:00 pm is nearing. After an evening family prayer, the boys are now asleep in their beds or reading. My wife and I head to the bedroom to spend time in bed together, sometimes talking, sometimes making love, and sometimes simply snuggling and reading. Then, as my mind tires and my body prepares for deep slumber, I immerse myself in a book of fiction, filling my body with creative thoughts for the next morning's foray back into a magical, fantasy world.

I fall asleep exactly as I woke: a smile on my face, contented and grateful for another perfect day of nourishing my spirit; creating enchanting stories; teaching the world how to live a truly meaningful and limitless life; immersing myself in nature; training and buffeting my body and mind; making wonderful music and art; raising my two boys to be resilient young men; loving my wife; and exploring all the remarkable adventures that God has offered the human being to experience.

