

BEST VERSION OF YOU



MODULE #4

UNLEASH YOUR WARRIOR RITUALS

That's why in **MODULE 4**, I'm going to help you:

- ▶ **LEARN** how to keep yourself match fit with personal pride and self-discipline so you inspire engagement and respect everywhere you go
- ▶ **TRAIN** like an army recruit, using my 'Souldier's 6 Routine, based on expert training exercises and techniques used by top military commanders around the world
- ▶ **BE** a corporate warrior (not a 'worry-er') by harnessing the power of physical energy and shedding doubts (and a few inches while you're at it!)
- ▶ **DEVELOP A DAILY DIET AND PHYSICAL ROUTINE** for optimal health so you can nail your love life and show up 110% in your business each and every day.

“We sweat more in training so we bleed less in battle.”

FIT. FIERCE. FOCUSED.

“When the time came to transition out of the military and into the world of business, I did a lot of thinking. It was the perfect time to re-examine my career goals and question how my military service would help me thrive back in real estate.

Serving in the military provides you with the kind of problem-solving abilities, leadership skills and real-world experience you need to tough it out in the corporate world.

You need to make quick, smart decisions in challenging and life-threatening situations which is only a good thing when it comes to closing sales, negotiating contracts, making deals and surviving in the business world. From a physical perspective, it also forces you to be **fit, fierce and focused** each and every day.

You had to show up as a commander. A soldier. A champion.

With energy, drive, discipline. A determination to succeed, no matter what.

This is the same way I want you to show up in business and in life.

Here's to unleashing your full potential.”

Shane Kempton

Coach – Speaker – Mentor

Founder of the Best Version of You Bootcamp

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MODULE 3 CHECK IN:

Before we dive into unleashing your warrior rituals and developing a 'Soldier's mindset, let's review the week just gone.



HABIT TRIGGER MODEL



The last Module was all about “blowing up” some of those beliefs, breaking bad habits that hold us back and applying some forgiveness to someone or ourselves so that our heart can be “fully in” the process.

How did you go?

We also identified the “7 Awareness Points” around changing habits successfully. They were:

1. Be easy on yourself.
2. Pinpoint the cause.
3. Confront the real issue.
4. Harness the power of the pen.
5. Get an accountability buddy.
6. Time is your friend.
7. Setbacks can happen.

Which of these did you find most useful this week? Did you identify a habit you wanted to change and follow the 10 Step Process? Did you experience any setbacks?

Finally, we spoke about the Steps to Knowledge Mastery, the importance of continual learning and how it transforms from assumptions, to knowledge, to learning, to understanding, to wisdom and, finally, mastery.

What are you reading/listening to right now? Did you buy any of the suggested 15 books? Have you got a focused game plan for your personal and professional development?

OK, let's begin Module 4.



GET BACK TO BASICS

“ Don’t dig your grave with your own knife and fork. ”

English Proverb

Back in the day, men were hunters and gatherers and warriors.

Hunter-gatherers engaged in short bursts of physical activity followed by periods of rest. Kind of like interval training in ancient times!

For example, anthropologists have been studying the Hadza — a tribe of less than 1000 from East Africa - for a while now. Their lives give us a great insight into how our ancestors lived hundreds of thousands of years ago.

A team of anthropologists — the University of Arizona’s David Raichlen, Yale University’s Brian Wood and Hunter College’s Herman Pontzer — strapped heart-rate monitors and GPS trackers to the Hadza and analysed how far and fast they traveled each day.

Most days, the men walked briskly on the hunt for game animals, while the women foraged for, and prepared, wild foods. On average, the Hadza would achieve about 75 minutes of moderate to vigorous physical activity a day.

Looking at how we move today in the modern world, where we don’t have the same need for our ‘fight or flight’ and survival responses, Australian health authorities recommend we engage in at least 150 minutes of moderate physical activity a week or 75 minutes of vigorous physical activity a week.

Most of us living modern Western lifestyles don’t even meet those simple targets. We spend a lot more time lounging around on the couch or sitting in office chairs, typing away at screens. The body was designed to move a lot more than we move it!

Take this for example: in Australia, 60 percent of adults do less than 30 minutes of moderate physical activity per day — way below the Hadza.

Another interesting finding about the Hadza’s physical activity: it doesn’t decline with age. The Hadza keep exercising as they grow old – they don’t let it drop sharply off as they age, like we tend to do.

I think we all need to **get back to basics** with the way we move our bodies.

The bottom line is this: your body will thank you if you put the time and effort in to nurture it now and become fit, focused and fierce in all that you do. All it takes is a regular commitment to move, walk, run, swim, go bike riding with your partner or kids and make sure you’re not living a stagnant life.

TRAIN HARD AND BECOME A 'SOULDIER'



“The pain you feel today will be the strength you feel tomorrow.”

WHAT IS A SOULDIER?

Physically, Souldiers need to be fit and healthy through regular exercise, healthy food choices, alcohol in moderation, ideally non-smokers and a non-user of illegal drugs. Like Warrior Monks, they are compassionate but not weak. They are strong and capable of defending themselves and their loved ones without the use of unnecessary violence.

Mentally, Souldiers are clear in thought, disciplined in what they feed their mind and proactively seek out positive and constructive relationships. They take mental 'time out' to calm the busy mind. They are proactive with their inner chat, the conversation of champions. Being both ambitious and content, Souldiers are focused on growth and grateful for what they have.

Spiritually, Souldiers are kind-hearted and empathetic. They aware and feel the connection between all living things. They not slaves to empty authorities, rather they take responsibility for the value they bring to their community and the world, for they are dedicated to service based leadership and leaving a positive legacy.

We'll delve more into what it takes to be Souldier later in the Modules but for now, just focus on having the strength of a commander in your personal routines.

SHANE'S STORY: PREPARING FOR THE ARMY

When I was preparing to join the Army, I was playing a high level of competitive basketball but the Army wanted me to lose some weight. 17kg in fact! I had a 12 week deadline to meet in order to get on the next intake for basic training. If not, I had to wait another 3 months, something I literally could not afford to do.

My mind was made up. I had a Compelling Vision of becoming a Soldier. I put together a focused game plan of the lifestyle I needed and supported this with Winning Routines (diet, exercise and massive action). Needless to say, I hit my goals and the rest is history. The point

of the story is that although that's an extreme example of being 100% committed, if the mind is willing, the body will perform.

These days I apply the 80:20 rule of healthy eating and exercise habits to maintain good health, energy and body mass. Below, I share with you some Winning Routines that will get you active, eating healthy, loaded with energy and help you a new level of self respect and a healthy vital body.

In other words, you will become **Fit, Focused and Fierce**.

Want to train like a special forces soldier and be a business warrior?

Thousands, if not millions, of successful people around the world from all walks of life have been inspired to put military exercise routines into their daily life to get the kind of body, fitness, mindset and life they desire.

US Judge, Ruth Bader Ginsburg and Hollywood actress, Helen Mirren, swear by the 12 minute Royal Canadian Air Force workout. Chris Pratt took the Colorado Naval Base's gruelling swimming course to prep for Zero Dark Thirty.

And yet, the professionals, top sales agents and business people I coach and mentor often tell me they can't get into a solid exercise routine or they start something and then lose momentum quickly. Or they simply lack the personal discipline to get it done. Sometimes they're up late on their phone or boozing or socialising and this flows on into the next morning, meaning they wake up tired, sluggish and unmotivated.

Using my effective (and fast) Souldier's 6 Routine, I help my clients think and train like a soldier, based on all of the expert training exercises and techniques used by top military commanders around the world.

I call it 'Souldier' because I want you to be a soldier of life and business with heart and soul.

MISSION CRITICAL INTEL: Your body can stand almost anything: its your mind you have to convince.



LET'S TRAIN: THE SOULDIER'S 6 ROUTINE

“The only bad workout is the one that didn't happen.”

A 'Soldier' is purpose-driven and has strength, substance and soul.

One of the ways that you develop that fit, focused and fierce body and mind is through exercise and personal discipline.

That's why I recommend 20 to 30 minutes of physical activity every day. If you can't (or don't want to) go to a gym or a class to train, using your body weight as resistance at home or at the park is powerful alternative.

My 'Soldier's 6 routine' is just that: infused with the right kind of mindset, spirituality and zen to not only make you match fit from a physical perspective but help you become the kind of leader and person you want to be.

THE SOULDIER'S 6 ROUTINE

One set of reps for each exercise with a 30 second rest in-between each exercise and a 400m run or walk. Repeat that cycle 3 times.

Always do 5 minute stretch at the start and finish of your workout.

Sit and meditate and/or pray for 5 to 10 minutes to finish.

- ▶ **Push Ups** – 10 reps (on your knees if you can't support your body weight).
- ▶ **Sit Ups** – Knees bent, hand running up your thigh until your palm touches your knee – 1 minute.
- ▶ **Squats** – Back straight and knees bent to 45 degrees, take a 3 second pause before rising, 20 reps.
- ▶ **Lunges** – Lunge one leg at a time. Make sure you can see your big toe over your bent knee, 20 reps.
- ▶ **Dips** – On a bench, chair or low wall with legs straight if possible, elbows bent to 45 degrees, dip your body weight up and down. 15 reps.
- ▶ **BONUS: Chin Ups** – If you can, lift your self, back grip Stage 1, front grip Stage 2.

NOTE: If you cannot run, step ups or skipping for 3 to 5 minutes is a great alternative and always make sure you consult your medical practitioner before you start a new workout.

FUEL YOUR BODY LIKE AN ELITE ATHLETE



Your body is your temple. It is your Ferrari. You need to fuel it right! If you want to be the rockstar of your own life, you need to respect your body and treat it like you're an elite athlete.

Here's a snapshot of what some of my clients and corporate warriors do when they want to trim down, tone up and get super lean and clean (Commando Stage) and maintain that match fit body and mind in the long term (Match Fit Maintenance Phase).

NB: You should always consult your doctor, expert medical practitioner or nutritionist to get personalised advice about diet and exercise.

COMMANDO STAGE

Meals: 2 protein shakes (for breakfast and lunch) and a nourishing dinner made up of protein, veg and healthy fats. Dinner example: grilled salmon, steamed broccoli and a few slices of avocado.

Morning and afternoon snacks: Piece of fruit, small handful of almonds, healthy protein snack such as a hard boiled egg or carrots/celery with hummus.

MATCH FIT MAINTENANCE PHASE

Similar to the above program, however stick to the 80/20 rule. If you can stick to the above 80% of the week and 20% you are a bit more relaxed, that's all good. Just don't go crazy with carbs, sugar or processed foods (sweets, bread, fries, pasta, soft drink etc). You can switch up a protein shake for a full meal if you like. Ie, scrambled eggs with tomato and avocado for brekkie or a chicken salad for lunch with some sweet potato.

Everything in moderation during your 20% time.

Other Warrior Rules For Life:

- ▶ Don't eat anything out of a packet
- ▶ Abstain from alcohol Monday to Friday so you're charging on all cylinders (give it up entirely if you need a break)
- ▶ Stop eating and drinking by 7:30pm (you can try fasting overnight too – have breakfast the next day at 9:30am)
- ▶ Drink 2 litres of water every day
- ▶ No caffeine after midday
- ▶ No tech 30 minutes before going to sleep
- ▶ Bed by 10pm
- ▶ Go for 7 hours of uninterrupted sleep
- ▶ Rise at 5am every day

“When we eat mindfully, we consume exactly what we need to keep our body and our world healthy.”

Nhat Hanh



CULTIVATE THE MINDSET OF A MONK

“Don’t let the noise of others opinions drown out your own inner voice.”

Steve Jobs

Like the warrior monks you have seen on documentaries (however not quite that extreme), being a Souldier requires commitment to mind, body and spirit.

We’ve touch on the mind and body already so that leaves the spirit. This is not a religious mantra – **it’s more about becoming centred and connected.**

Everything is connected by energy. Both science and spiritual experts agree on this. Aligning to the positive growth energy that flows through all things is the goal. When we do this, our life enters a state of flow as our personal energy and universal energy become one, removing resistance and stopping us from swimming against the current of life.

Some find this alignment through meditation. Others pray. Some just like to sit quietly and disconnect from a world full of distractions or be still in nature. There is no one right way, just as long as you do it.

MISSION CRITICAL INTEL: There are many wells drinking from the same source.

We are constantly overwhelmed by many external voices: parents, mentors, friends, strangers, media. Becoming centred, aligned and connected is critically important. When we stop, we become silent. We hear our gentle, authentic voice which can be found in those quiet times when our mind is still and open.

The other side effect of an undisciplined and unfocused mind is that our mind wanders and we will find ourselves in a constant state of flux, torn between our past successes or failures and our future goals and anxieties. We become indecisive. Moving through life without certainty and at the mercy of the loudest trend. It manifests in our inability to make a confident decision. For example, do we buy or not buy. Do we eat this or not eat it. Our life energy becomes depleted through inefficiency.

Finally, when we don’t listen to our own gentle inner voice, we are often influenced by other opinions. This means we move away from our authentic self and it leads to a life of duplicity. We become one person in front of one person and another in front of another. This ultimately affects our self-respect and self-worth.



MAKE MORNINGS COUNT

THE 60 MINUTE HEALTH HACK

Make the most of your mornings: try this 60 minute health hack (ideally at 5:00am):

▶ 20 to 30 minutes:

Move your body every morning. You can do the Souldier's 6 Routine as explained above or walk the dog, go to the gym, ride your bike. Anything that gets your heart rate up (to a safe level for your age and fitness level) for a sustained period. Resistance training is really important for maturing men and women.

▶ 10 to 20 minutes:

Get centred, disconnected from distractions and connect to yourself, to source, to nature, to God if you are a believer. You do this by either sitting still, meditating (as explained above), praying or by walking through nature.

▶ 5 to 10 minutes:

Write in your journal. I use these 4 headings: "What went well yesterday", "Today I'm grateful for", "My intention for today is", "My goals for today are." If that's too much, just start by setting your goals for the day. Write down 3 things you want to get done so you can make those a priority before the busy-ness takes over.

“The morning breeze has secrets to tell you. Don't go back to sleep.”

Rumi



WE ARE WHAT WE REPEATEDLY DO

“*We are what we repeatedly do. Excellence, then, is not an act, but a habit.*”

Aristotle

A FINAL WORD:

**PEOPLE DON'T PLAN TO FAIL
THEY FAIL TO PLAN.**

People rarely fail in strategy, they fail on execution and logistics. They fail to follow through.

I want you to take pride in your morning starts and your training routine. I want you to enjoy it and love it and own it!

I can't wait to see you unleash your warrior rituals, start becoming a Souldier and see how it improves your business life and long-term success.

Here's to unleashing your full potential,

Shane Kempton

Coach – Speaker – Mentor

Founder of the Best Version of You Bootcamp

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