



BERGMAN
LIFE NAVIGATION
FOR MEN

The **5** Biggest Obstacles Men Are Facing Today & how to cope!



Foreword

Today most men are struggling with at least one or two of these 5 obstacles. For some years ago I struggled with all five. Let me guide you thru these five obstacles briefly one at a time.

You may be struggling with one or more of them yourself.

1. How To Find A Work Life Balance
2. Finding Your Purpose In Life
3. Not Having The Friends And Quality Friendship You Want
4. A Constant Financial Worry
5. A Never Ending Work Pressure

Let me Guide you through them.



How To Find A Work Life Balance!



If you just like I did before, always got stressed over work and something called the life outside of the office. Even though I loved my work I got stressed out by never actually feeling free when I was home with my family.

So with this downward spiral nothing good came out of it. I think you get where I'm heading at. So how did I fix it, well I didn't :-). What I mean with that is, when I relax too much this beast will surface, so it will always be an ongoing project.

Heres the three things that made the difference for me, and will for you;

- **Plan The Day.** This is actually the main key, to plan your day. When you start to plan the day, it will be easier for you to drop the bad conscience. When you can see that you have done what you're supposed to do, you know for sure that you can get home and be present.
- **Start Use A Notebook.** I am probably one of the biggest suckers for notebooks. I can't live without it. The two key things with having and using a notebook is first and foremost, use only this. Don't have many different ways to keep your ideas and notes, I had a hard time keeping track of where I could find my notes, on single papers, recipes, post-it notes and many more places. Second find a good system to collect and find your daily planning and ideas.
- **Optimise Your Life With The 4 Essential Life Goals.** Further down on this report you will be able to read a brief summary of what The 4 Essential Life Goals is. By optimising these four different parts of your life, eat, sleep, train and ground, you will give yourself the best start on your way to make these changes permanent.



Finding Your Purpose In Life!



When I found my purpose in life, so many things just fell in place.

But don't get me wrong, your life won't get easy just because of that, because when you find it, you start to wonder why you haven't done it before, and now how do I realise it. And yes I agree, the feeling that life doesn't have a meaning, that it feels like; is this it? Is this all? Working 9-5 and then die, yes this feeling goes away, but now you want to realize your purpose, right?

I have tried many different ways to find out my purpose. People tell me its easy, just see what you're passionate about, yea right, I don't believe in unicorns either, well for me it wasn't that easy.

But... when I was putting in the hard work and was sincere in finding it, and started to look back in my past. When I looked at my heroes I started to see a pattern, and after a while everything was laid out before me, and still years after the discovery its still clear as a bell ringing.

This is how I suggest you do to start find your purpose in life;

- Look Back Into Your Past Heroes. Try to see the connecting dots, is there anything that binds these fellows together? Take your time, this is NOT done in an evening or two.
- And now Im back nagging about that darn notebook. Collect all your notes and ideas in one place and keep it with you at all time. You never know when that hero comes into your head.



Not Having The Friends And Quality Friendship You Want!



Few men have friends where they can be authentic, talk and show emotions. Can you talk about everything with your friends? Without being judged or feeling stupid? Didn't think so.

Believe it or not, but there is men who wants to talk about things that matters, not how you banged someone last weekend and how drunk you were.

Will your friends be there for you, if in need?

To find real friends and have a quality friendship, takes bravery from your part and time from both of you.

But as the British special forces SAS says, Who dares wins, simple but true.

The two things I think is most important in this matter is;

- Be authentic, be yourself. Don't try to be someone you're not, no-one benefits from that, least of all you. For many years I tried to be someone I wasn't and that didn't end well for me.
- Dare to talk and live your values, ethics and morale. By daring to be yourself and live your values, you will attract other people who are authentic. Not that they will be like you and think like you, but honest people. And of course people who only have an image or facade will not find you interesting at all, and you will probably not want to hang around them either, right?



A Constant Financial Worry!



This kind of worry will eat you alive, if you let it. I had a constant worry, sometimes I still do, but now I know how to get up on the horse again.

So here is my point of view, and let me be blunt, do you have the right to be worried? Some men do have the right to worry, but most of us don't.

Why worry if a rugby team will win or not in the world series, if you're not even interested in rugby? This even goes for you economy. No, it's just whining, if you'r not even interested in your own or your families economy, you just whine.

But... here's the funny part, when you do start to take charge, take an interest in your economy, your worry starts to go down. Because then you know how good or bad the economy really is, what measures you have to take, and even if you're not a millionaire you do feel you're on top of the game.

Even if you qualify to worry about your finances, action is the key. Because by only worry and not taking action everything will only get worse.

Here's my three things for stop worrying about your finances.

- Start taking an interest in your economy. Start by bringing in all the information, statements, loans, debts etc. Bring in all your debts and assets. Now when you have all this you start to get the full picture of your finances. Now you have your starting point.
- Take Action. What do you want? Set a goal, and start work on that. Find books, get classes, search the Internet, find the information you need to fulfil your goal or goals.
- Yes I'm back with my notebook. In this notebook you will scoop up all the good ideas, so you will have them later.



A Never Ending Work Pressure!



An unhealthy work pressure, no matter what, will never be good for you.

As far as I see it there is two different kinds of work pressure.

First the one that is real, you have a hell of a burden from your boss, and it never eases down.

The second one is the work pressure that comes from you. It isn't that much of work pressure but you are so unstructured and chaotic that because of that you get

sooo overwhelmed and nothing gets done, and the work pressure just gets bigger and bigger.

Here's my way to solve it;

- Start plan your day. If you plan out your day, and still got quite a big work pressure, talk to your boss. If you do that and he doesn't listen to you, quit your work. Sorry to say but it's simple as that. A never ending work pressure will never do you any good in the long run. Start plan your day in the morning and in the evening plan the next day, and repeat.
- Use your notebook to write down your planning and there are great ways out there to even use it as your calendar.
- Optimise your life with The 4 Essential Life Goals. In the long run a never ending work pressure will stress you out, and bad stress for a long time will move you closer to the wall. So by eating well, sleeping 7-8h a night, train at least 3 times per week and do some breathing and/or relaxation exercises every day, you will get more energised and won't be taken down as easily as you would without.



The 4 Essential Life Goals!



It consists of eat, sleep, train and ground. These are the 4 Essential pillars of you and your body.

By optimising these 4 you give yourself a sporting chance to succeed in whatever you want to achieve.

By missing out on one to four of these life goals you won't be working at your best. You won't be as intelligent as you could be, or feel as good as you could do.

1. Eat healthy and nutritious. I know you know what to do, we all know if we eat or drink too much, if we eat crap most of the time. To let your body work at an optimal level, your body needs hundreds to thousands of chemical reactions, fuelled by the right kind of food. This is the problem with food containing empty calories, they cannot fuel your body the right way.

2. Sleep 7-8 hours a day. Most optimal is during night between 02:00 - 05:00, when your whole body is shutting down, for some rest. These 7-8h of sleep doesn't have to be in a row. And NO you are probably not among the 1% of the world's population that only need a few hours of sleep.

3. Train 3 times a week for 45min at 70% of your HRmax. Our body is made to work, sorry all couch potatoes(me included). Not only will your brain grow bigger, you will become more intelligent too. Just like with food you know what to do, just fucking do it.

4. Ground or grounding for me is how to let your body relax, calm down and get rid of all kinds of tension. This doesn't have to be spiritual, but if you are that's OK too. Try meditation like TM or something else. There is all kinds of relaxation exercises. Mark Divine at SEALFIT taught me Box Breathing, check it out. Do it 1-2 times a day for 5-10min each time.



Conclusion!



If you feel that you have problem with one or more of these obstacles men are facing today, you **MUST** start doing something to sort it out.

By not addressing these issues in life you will probably end up more stressed and depressed.

So please start change your life to the better, use what you think is useful from this report. Find out what works for you.

If you want a 1 page print-out page with the obstacles and how to fix them, for your refrigerator etc, just shoot me an email and I will send it to you. Write me at Johan@BergmanLifeNavigation.com

Promise me! If you get stuck or have any question about the The 5 Biggest Obstacles Men Are Facing Today, just send me an email at Johan@BergmanLifeNavigation.com

I read and answer my email personally, and I want to help you.

Who Is Johan Bergman?



For more than 30 years I have chased adventures, I have seen the rare Philippine Crocodile in the wild, I ended up in a survival situation in the jungles of the Philippines. I have made numerous jungle expeditions into “the last wilderness” of the Philippines. I have trained with kettlebells with a Russian Master inside Russia. I was initiated a Cossack not far from the Black-sea and Caucasus. My life experience includes a divorce, bankrupted my company and a depression that almost ended my life! I was broken and rebuilt myself.



Johan Bergman

Founder and Lead trainer of Life Navigation Camp for men

See if there is a 1 day Life Navigation Workshop near your town at;

<http://bergmanlifnavigation.com>