



The 5 Steps On How To Get Your Life Together!



BY JOHAN BERGMAN - FOUNDER OF LIFE NAVIGATION CAMP FOR MEN



Foreword

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By Johan Bergman – Founder and leader of Life Navigation Camp for Men

Im going to keep this very short and instructive. There's books written about this subject, but very few are worth reading. But I will try to give you a practical guide on how to start to get your life together. A couple of years ago my own life was all over the place and I ended up in a depression that almost took my life. I was so broken and rebuilt myself.

My view on getting your life together is to start collecting all the threads you have all over, and get them synced together like a rope. To do that I would say that you have to start with these 5 steps

1. Start Implementing The 4 Essential Life Goals
2. Start To Take 100% Responsibility Of Your Own Life
3. Start To Plan Your Day
4. Find Real Friends
5. Find A Mentor

Let me Guide you through them.



Start Implementing The 4 Essential Life Goals!



The 4 Essential Life Goals 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.



Start Take 100% Responsibility/Ownership Of Your Own Life!



By starting to take ownership and become responsible for your actions, you start to grow.

Stop making excuses and blame your shit on others.

For some people it's always someone else's fault that I am in this shit right now.

I drove too fast so I got a ticket, but that was because... Stop being a boy and start grow up to be a man. Its hard for us all from time to time, but keep up the good work.





Start Plan Your Day!



This is so important to plan your day. When you start to plan the day, it will be easier for you to see what you have to do and what you have done.

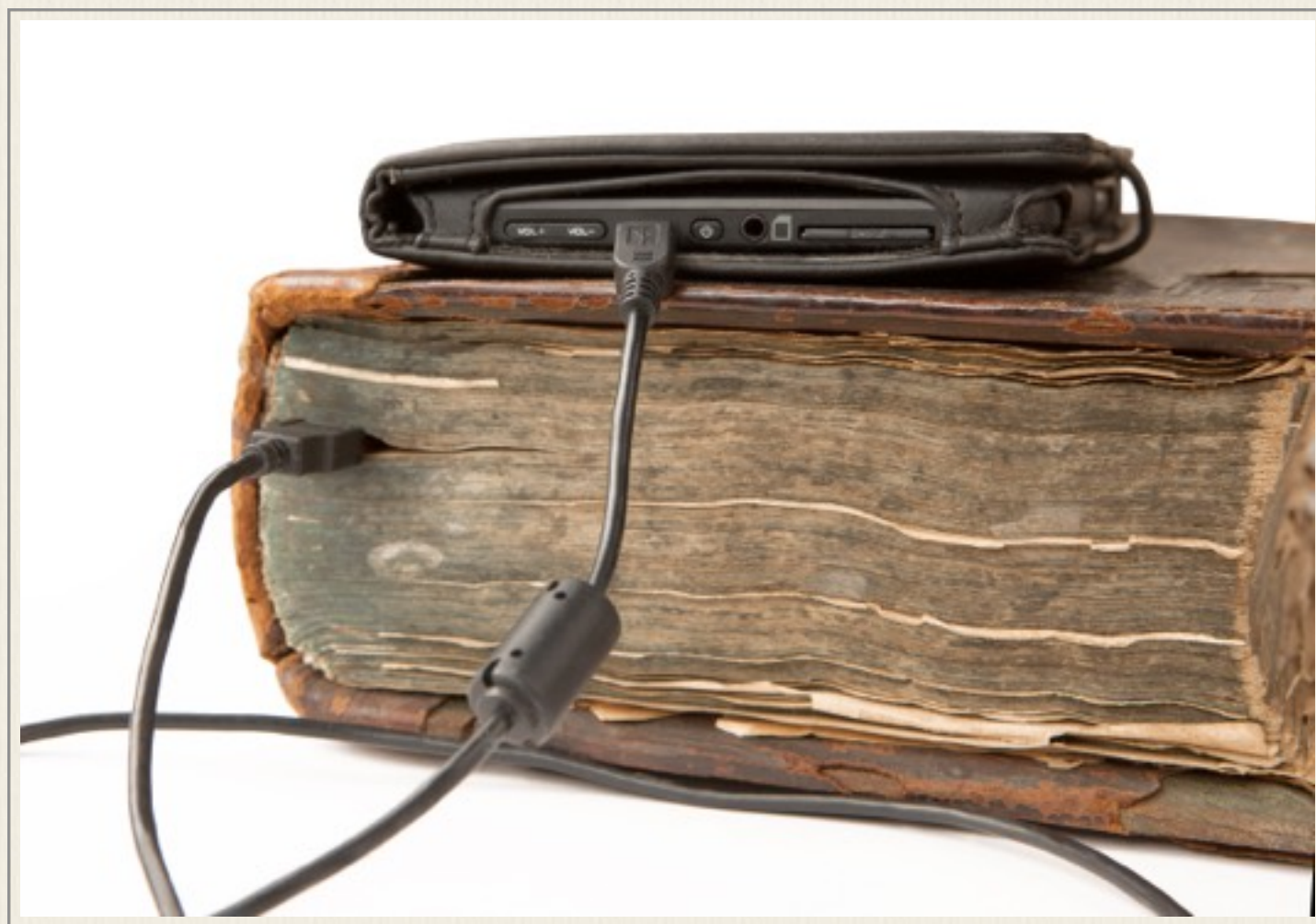
When you can see that you have done what you're supposed to do, you know for sure that you can get home and be present.

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.





Find True Friends!



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 true 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?



Find A Mentor!



Try to find someone who have done what you're about to do.

E.g. if you want to loose weight, try to find someone who already have lost weight, he will know what you have to do when you're not strong or when you have absolutely no clue of what to do next. He will guide you in the right directions.



Conclusion!



By starting to implement 1, 2 and 3 in your life, and start to work on 3 and 4, you will be heading forward.

You will have slip ups but that's just normal, so don't bother, just get back up on the horse again and continue.

When you start to get your shit together its just quite normal that you start wanting to change other things in life.

These 5 steps are to get you out of your rut or the pile of shit you're stuck in.

Promise me! If you get stuck or have any question about the The 5 Steps On How To Get Your Life Together, just send me an email at johan@ThePathAdventures.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.

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