

OLD MAN STRONG. VOL. 2

MIND.

BY DAVID W BANNICK

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LIFE SIMPLIFIED:

MIND. (VOL. 2)

BREATH. (VOL. 3)

WATER. (VOL. 4)

FOOD. (VOL. 5)

MOBILITY. (VOL. 6)

SLEEP. (VOL. 7)

BY DAVID W BANNICK

**YOU DON'T HAVE A SOUL.
YOU HAVE A BODY.
YOU ARE A SOUL.**

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EXORDIUM

“Complexity is the enemy of execution”. - T. Robbins

To be perfectly honest, I looked up another word for “Prologue” and it was between “exordium” and “prolegomenon” just to make this point:

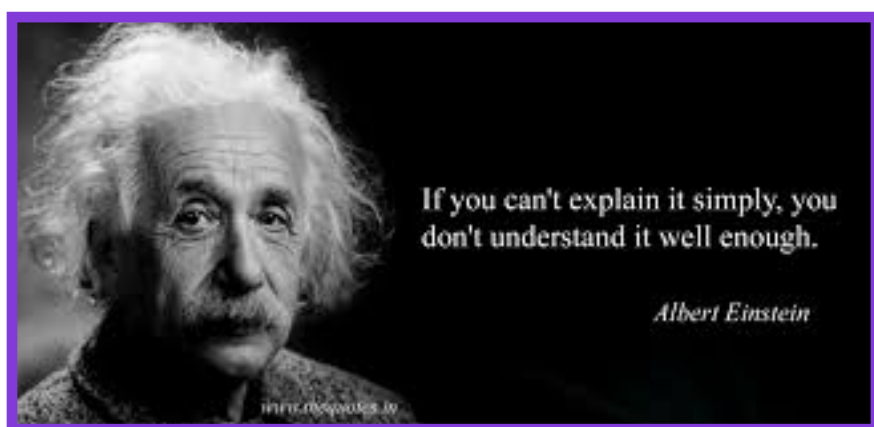
My Point: We like to feel smart. We over complicate things to feel relevant. BUT...couldn't we achieve even greater relevance by simplifying life-changing concordat or politesse so that people could understand?

Sorry...there I go again. I'm not even sure I used the those words correctly, but I sure feel smarterer having used them!

Here's a secret...getting fit is not complicated. Getting healthy is not complicated. Getting peace of mind is not complicated. You just need to know what simple tools to use (then use them). And that's what I'm going to share with you in the pages, videos and links within this “vade mecum”. (Somebody stop me!)

When you boil it all down, **these SIX things are responsible for our very being** and arguably as important, our quality of life. Improve these areas and you'll improve your life and the lives of those you care about most.

Mind. Breath. Water. Food. Mobility. Sleep.



1. MIND

Guard your gates.

What are you watching? Who are you listening to? Does it serve you and how?

What we “take in”, how we allow it to make us feel and what we do about it are all actions we can use all day and everyday to empower ourselves. These three decisions are 100% in our control at every moment throughout life.

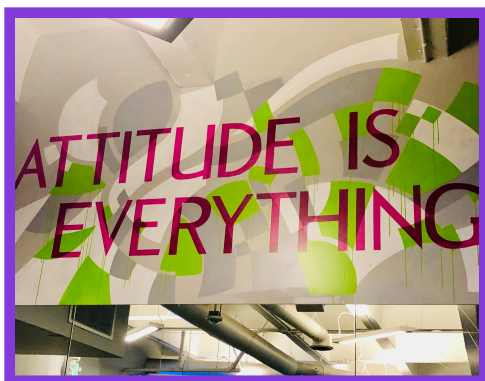
Let’s stay here for a moment...

You’re scrolling the socials and your “friend” has posted something bashing (let’s say) CrossFit. But you (and me) LOVE CrossFit. You notice the first few comments and the trolls are piling on and you begin to feel your heart pound a little harder, blood pressure goes up a bit because in your mind you’ve been personally attacked!

Or have you? How you respond to that (or ignore that) is the difference between being your mind’s master or being its servant. How did it make you feel? Attacked, offended, ridiculed or weak? What did you do about it? Well, scrolling by would be too easy, wouldn’t it? So you post a picture of your bloody, callous torn hands after destroying a CrossFit Open workout with the words “Free 7 Day Trial” in the comment box. Close App. Way to go! You win. (I did this!)

At **Studeo Beverly Hills** we have the words “ATTITUDE IS EVERYTHING” adorning a wall painted by renown L.A. artist **John Park**. It’s a universal truth.

The mind is supremely powerful. As in, life or death powerful. This is why “Mind” is first subject I cover in this series. If you want to get the most out of your body and your life, having a few tools to help yourself get into a better frame of mind is paramount.



BE AN OUTLIER

Outlier (noun) - a person or thing situated away from the main body or system or all other members of a particular group or set.

What are you really great at? What sets you apart? Take 60 seconds or so and list 'em out, BELOW. As many as you can. I'll wait....

Whoa. Feels pretty good to see a list like that doesn't it?

I bet you've thought of a few more...go ahead and add those. They're yours. You earned them.

While you do that...

Here's where my greatness lies:

Caring, compassionate, confident, athletic, highly experienced trainer, healer, mentally tough, strong leader, skier, vegan pancake maker, vacuum...er. (Ok. That last one kinda...sucks.) COME ON!

Keep your list close as we're going to use it again. Expand on it all you want. The list can be a specific or broad as you like. Like you, it's all perfect.

Please look at that "quick list". Did you achieve that greatness because you mindlessly followed the pack towards that greatness? Of course not. It's because you took actions that most others simply didn't. You outworked, out lasted, out produced, out earned, out practiced, out studied or out rehearsed the masses and became an...**outlier**.

“THE NEW SHAVING MACHINE whereby a number of persons may BE DONE at the same time with expedition EASE AND SAFETY” — Late 19th Century



HEREUNDER LIES MY GREATNESS LIST

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

TAP INTO WINNING MOMENTS

it's important to understand and accept that **Significance/Relevance** is a fundamental and primal human need.

When we achieve something/anything (like getting a promotion, winning an award or championship, or closing a deal) it feels great doesn't it?

Let's work! This is gonna feel awesome, I promise!



DIRECTIONS:

- 1) Choose a favorite “WINNING MOMENT” in life.
- 2) Sit comfortably & close your eyes.
- 3) Take 3-5 **DEEP** breaths. Inhale and exhale through the nose then breath normally.
- 4) Reflect deeply about how your greatness led to the achievement of that WINNING MOMENT and all dynamics wrapped into that achievement. Allow yourself to recapture all the positive and powerful emotions and sensory stimulus that are/were present.

NOTE: Use that powerful mind of yours. Make it real and don't stop until you've tapped into those feelings of greatness, significance and relevance. Whenever you feel satiated by that journey you're done. If you want to speak, thump your chest, jump around, pump your fists that's awesome too. Just be free to feel the WIN your greatness has created.

PERSONAL EXAMPLE: When I began this exercise a few years ago, I'd put on a bunch of medals I had won and even jogged around the house high-fiving my kids and wife! The medals are a reminder of my GREATNESS for the “leadership, athleticism, mental toughness and confidence” I possess. GREATNESS CREATES AN ELEVATED EMOTIONAL STATE.

OUR IMAGINATIONS ARE INFINITE, YET WE ARE ALL CAPABLE OF SO MUCH MORE THAN WE DARE TO IMAGINE.

No matter how many times I see this clip, I get goosebumps. This is one one heckuva life changing “Winning Moment”. (Facing The Giants, 5 minutes)

.....
**DONT GIVE UP
INSPIRATION
- FACING THE
GIANTS
SCENE**
.....



GRATITUDE

Humans don't seem to be naturally wired to reflect, express or appreciate Gratitude. We tend to focus on "lack". Gratitude is not the same as saying "thank you" or "giving thanks". A grateful child shows gratitude with a beaming smile or unbridled enthusiasm. It's obvious even when they forget the obligatory "thank you". It's emotional. The practice of gratitude is a life changing, perspective shifting skill!

Here's what we're building...a mindset protocol or "hack" to elevate our emotional state on demand.

...And here's where we are at!

- ✓ Embraced being an **Outlier**
- ✓ Revealed areas of **Greatness**
- ✓ Tapped into **Winning Moments**

Can you see how each of these has led to the next?

DIRECTIONS:

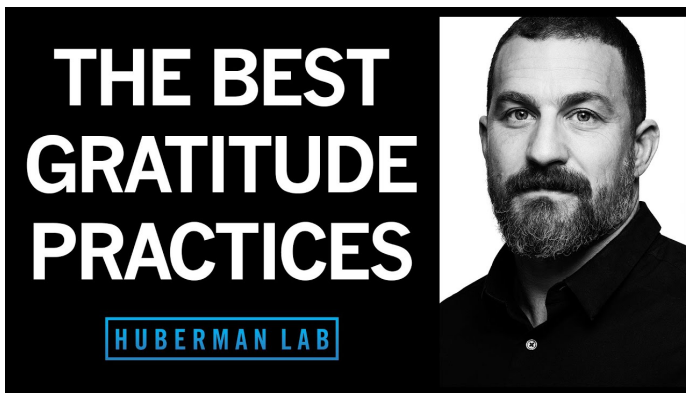
This is a super simple yet super powerful step.

Add **gratitude** ("grace" if you prefer) for that greatness, be still and think about how your greatness impacts those around you, how much appreciation others have expressed about your greatness and how incredibly wonderful it is that you possess so much it! Greatness never leaves you. It's a critical part of who you are.

Feels REALLY good doesn't it? But it gets even better!

For a (95 minute) deep dive, here's a link to:

Dr. Andrew Huberman's podcast. He is a neuroscientist at Stanford University as well as the person behind the Huberman Lab. He's among the most note-worthy neuroscientists in the world today.



“The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see.” - Dr. Robert Holden

ARE YOU POSITIVE?

Remember, we get to choose exactly what (positive or negative energy) we “consume”, who we surround ourselves by, how we allow it to make us feel and what we do about it. When you seek and utilize tools to experience more “Positive” energy or to genuinely see the world in a positive light, you will instantly attract more creativity, love, inspiration, certainty and you’ll begin to exude more positive energy. (People like that. It’s good for business.)

Conversely, negative energy attracts more negativity. (Mob mentality, riots etc.) When we consume angry, divisive, violent, destructive and hateful content, OR are around people who exude, purport or teach these characteristics you’ll begin feel the damaging effects of that. How does that shape the way you view and interact with the world?



Sadhguru is a Yogi, Mystic and Visionary. Named one of India’s 50 most influential people, Sadhguru’s work has touched the lives of millions worldwide. (15 minutes)

It takes only seconds of negativity to destroy what takes years, decades and centuries to build or create. Be it a relationships, sky scrapers or forests. Thoughts become words, and words become actions and what we allow ourselves to consume becomes the conduit of the energy we project.



Its worth repeating...

Guard your gates.

ZENITH

“THE TIME AT WHICH SOMEONE OR SOMETHING IS AT IT’S MOST POWERFUL OR SUCCESSFUL.”

When you possess a few tools, habits, rituals and protocols that GREATLY heighten your ability to reach your most powerful state, you will be a positive, productive and proactive outlier. You are systematically tapping into your victorious past to motivate and create a positive, proactive, confident psychological and emotional state.

This isn't about viewing the world through rose tinted glasses. This is about tapping into the emotions of the real life “greatness” that you have earned and using that energy and confidence to reach your **ZENITH**.



Think of it as a PREGAME PEP RALLY for the soul.

DIRECTIONS:

1) Stand up strong like a superhero! Start with your fists on your waist and your Greatness List in front of you. Powerful and confident. Chin up.

2) Once you stop giggling and begin to feel strong, begin vocally cycling through your list. Make it audible. “I am a great....I am great at...THIS is my greatness...” This doesn’t necessarily have to be loud, your soul can hear you.

3) Build on it. Feel the absolute certainty and truth of your greatness in your heart. Stay tall, powerful and strong. Sound too wacky to be true? Here’s a link to an Ivy League “Power Pose Study”.

<https://dash.harvard.edu/handle/1/9547823>



PUTTING IT TOGETHER

Here's my personal snapshot:

- 1) When my alarm goes off at 4:44 A.M. every morning, I begin by NOT HITTING THE SNOOZE BUTTON...EVER. This puts me on “offense”. I’m in charge of my day. (4:44 is arbitrary and funny to me)
- 2) I always start the same way. I take a few seconds and tap into the moment when I met my wife and we both instantly recognized we were soulmates.
- 3) From that powerful energy, I think about the lives we are building together and with our 3 incredible children.
- 4) That loving energy expands to include family members and friends. To clients past and present and to whom I am blessed to help today.
- 5) I think about “Winning Moments” like climbing the western face of Pikes Peak (14,110 ft) when I was 9. Or the day we bought our family home. Or the times I contributed to team victories or won a big race.etc.
- 6) Then I take a few deep breaths and recognize how grateful I should be to possess the **outlier/greatness** qualities that allow me to have such great events in this life.
- 7) While in the car, I listen ONLY to content that enriches or empowers my mindset. It can be uplifting music, informative podcasts or courses but never the news.

“MIRACLES AVAIL THEMSELVES TO THOSE WHO TRULY BELIEVE IN MIRACLES.” - D. BANNICK

It's a skilled mindset. **It doesn't happen by accident.**
This is a good place to repeat “Attitude is Everything” and that when you can confidently “guard your gates” and courageously turn away your sources of negativity and, instead, seek sources of “positivity” you're certain to avail yourself to the endless miracles of life.



Miracle On Ice (2 Minutes) - 1980 Olympic Games.
The youngest USA team of all time defeats 6x Olympic Champions USSR in one of the greatest upsets in athletic history and would go on to win the Gold Medal beating Finland 4-2.

“DO YOU BELIEVE IN MIRACLES?! Yes!!” - Al Michaels

THE COUNCIL

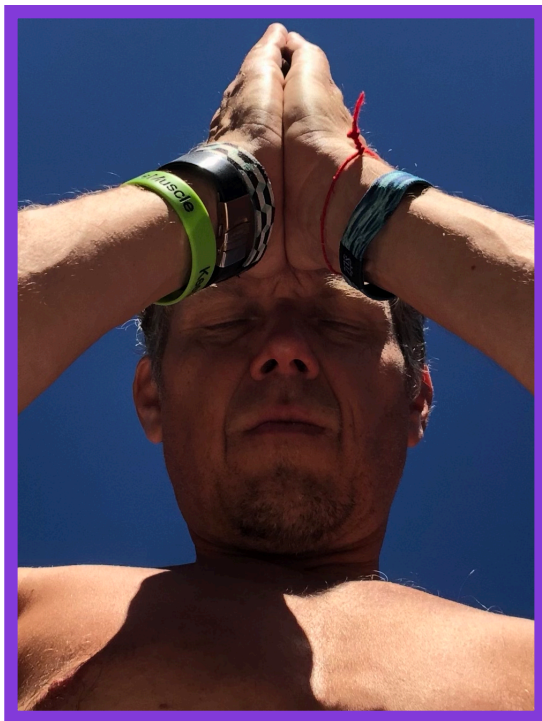
I was never into meditation until I really got into meditation! For those who struggle with it like I did, might I make a few recommendations:

- 1) Always begin with a few deep, calming breaths.
- 2) Play full out. As with all things in life, you get out of it what you put into it.
- 3) Its ok if your mind wanders or you don't recognize the answers you sought. Keep trying. Sometimes the answers you seek are given later.
- 4) Once you connect, you'll have an invaluable tool for which to help you navigate this life.

I believe (with absolute certainty) in ghosts. Ok...I said it. The magnitude, frequency and various ways in which I have experienced this other realm has greatly impacted my perception of the world as well as my spiritual life and also the way I view death. My experiences are so profound that I sought guidance and help from rabbis, and multiple spiritual teachers. I learned and adopted spiritual tools in which to help disassociate from their energy (That which causes harm). Broadly, my take away from this sporadic "ability" is that there is MUCH MORE to life than the existence we share together in this form and that having a spiritual connection is paramount to get the most out of this life.

Whether you connect to your “higher power” in a house of worship, during meditation, in nature’s infinite beauty or by some other method, I’ve stumbled upon a simple meditation that may be helpful as you navigate through this life.

This meditation is short, specific, focused and practical. I call it “The Council” (6 minutes).



The **Zenith** version of yourself is already part of who you are. It's the elevated part of you that turns self doubt into confidence, complacency into action, and reactive negativity into empowering positivity.

Strive for progress over perfection. We are all capable of achieving a Zenith state and, in turn, bringing the very best version of ourselves to everything we do and everyone we meet. However, we're human so we're not going to be perfect.

We may already have human "Zeniths" in our lives that we can count on. They make us feel better about the world and ourselves. They are always there for us with strength, kindness and honesty. Those individuals are like our living angels that help relieve us of emotional burdens like fear, self doubt, anxiety, remorse and regret. Make sure to tell them how grateful you are! **Expression and acknowledgement of gratitude will fuel your Zenith state.**

In closing, I want to express my gratitude for allowing me to share **OLD MAN STRONG Vol. 2 - MIND**. This humble project is a way for me to be of service to those of you seeking to improve your own lives and the lives of those around you. That's what I am here for...that's my journey.

DAILY QUICK LIST

Keep things simple. Complexity is the enemy of execution.

Guard your gates. You are in charge of what you “take in” and how it affects you.

Own your greatness. Build on it and share it. This builds confidence.

Protect your confidence. Your quality life depends on it.

Practice gratitude.

Distance yourself from sources of negativity, hate and gossip.

Surround yourself with positivity, love and integrity.

OLD MAN STRONG **VOL.2 - MIND.** RECOMMENDATIONS & LINKS

THE PLAYLIST: <https://open.spotify.com/playlist/5c2jJ19d5j8W4lyilyrPX5?si=18ac9d25ecb1412a>

THE GYM: WWW.STUDEOGYMS.COM

THE WEBSITE: WWW.LIFELABUSA.COM

THE CONTACT: david@LIFELABUSA.COM

THE **MIND ZENITHS:**

SADHGURU - <https://www.youtube.com/user/sadhguru>

HUBERMAN LAB - <https://www.youtube.com/c/AndrewHubermanLab>

TONY ROBBINS - <https://www.youtube.com/user/TonyRobbinsLive>

The **MIND Stuff:**

The Oura Ring - www.ouraring.com

The Calm App - www.calm.com

The **MIND Books:**

Can't Hurt Me - David Goggins

Endure - Alex Hutchinson

Atomic Habits - James Clear



Captain “DB” - 2008 - Buenos Aires, Argentina - USA v Brazil

ABOUT THE AUTHOR

David “db” Bannick is among the most experienced personal trainers and nutrition consultants in the world today. He is a partner at Studeo Gyms (Beverly Hills CA and Vancouver BC) and is an avid endurance cyclist these days.

DB wears barefoot toe shoes, is a student of Kabbalah, a Jewish convert, rides single speed mountain and gravel bikes, became a first time father at 46, follows a plant based diet, takes cold showers and ice baths. DB's on a quest to one day become the oldest living human on Earth.