

Kaizen Method Training Weekly Journal

改善

Change for Good

Kaizen is a Japanese word which translates to mean “continuous improvement.” It’s a “do better every day and everywhere” philosophy. The focus is on small & frequent improvements to an existing process.

This Journal is a guidebook that follows Kaizen Method Training Program

This journal is Dedicated to all the Strong, Intelligent Women striving to be their best!

And a special thanks to all my lovelies in Victory Pod!

Fruit Party!

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Welcome to Kaizen Method Training

Getting Started

1. Begin with your 30-day onboarding checklist, which can be found in:
 - Your 24/7 support chat on Facebook Messenger (formatted as "[Your Name] 24-7 chat")
 - Pinned messages section of your support chat

First Steps

1. Watch the first five essential guides before your onboarding call:
 - Welcome video
 - How to make yourself a priority
 - Mental viewpoint
 - Women's hormonal balance 101
 - How to find your pod and accountability partner
2. Access the program through:
 - Website: abramskmtp.com/login
 - Optional mobile app (request instructions through 24/7 support chat)

Program Structure

1. Initial Phase:
 - The first two weeks are intentionally information-heavy
 - Designed to create long-term memory retention
 - Implementation begins systematically week by week
2. Microbiome Reset Process:
 - Start in Week 1
 - Document all food and drink with photos in Trainerize
 - Receive personalized adjustment suggestions
 - Follow minimum effective dose principle

Support Systems

1. 24/7 Support Chat:
 - Staff available Monday-Friday
 - Weekend support available (limited)
2. Course Correct Clinics:
 - Live sessions available through Zoom
 - Livestreamed to Facebook
 - Recordings accessible in Facebook group
 - Links found in:
 - Onboarding checklist
 - Facebook support group
 - 24/7 support chat

Important Notes

1. Dietary/Physical Restrictions:
 - Inform support team of any restrictions
 - Don't follow advice that causes discomfort
 - Alternative options always available
2. Scheduling:
 - Verify email confirmation for all appointments
 - Reschedule if no confirmation received
3. Referral Program:
 - 20% discount for referred clients
 - 20% commission for referrers
 - Use designated friends and family link

This program is customized for each individual client, with data-driven decisions guiding your journey to permanent success.

What is Kaizen Method Training?

“Kai-Zen” is a Japanese term that means “change-good” which translates to the English meaning “continuous improvement.” We combine this methodology with the Minimum Effective Dose (MED) to allow for massive improvements to physical, mental, hormonal, and emotional health without adding stress to your life.

An adviser from our team met with you to help you identify what aspect of your life, if improved, would improve every other aspect. This is your “Lead Domino” and you will have recommendations on guides to watch that will help with this. Improving this is your minimum effective dose (MED). Your Lead Domino may change throughout the program.

Kaizen Client Portal:

<https://ifwg4n1uqpnjrzx53w8m.memberships.msgsndr.com/>

Username: _____

Password: _____

Date:_____ Lead Domino:_____

30-Day On-boarding Checklist Sample (Yours may differ):

- ✧ Join Kaizen Method Training Support Group on Facebook
<https://www.facebook.com/groups/kaizensupportgroup>
- ✧ Join Abram's Kaizen Method Training Program Step-by-Step
- ✧ Enroll in Trainerize, post a picture, enter weight
- ✧ Get 24/7 Support Chat setup on Facebook
- ✧ Watch the guide "Welcome To Kaizen Method Training"
- ✧ Watch guide on How to make yourself a priority
- ✧ Watch guide on Mental Viewpoint
- ✧ Watch guide on Hormonal Balance
- ✧ Enroll in a Kaizen Support Pod (watch pod video's and chose which Pod leader fits best with your personality)
- ✧ Watch Week #1 and begin writing in your journal
- ✧ Post your wins to the group
- ✧ Take "Before" pictures for yourself
- ✧ Watch Week #2 (7 days later) and write in your journal
- ✧ Book a call to meet with your health coach
- ✧ Show up to a Course Correct Clinic (times are posted in the Facebook group)

Questions to ask Yourself as you travel your journey:

What would Abram say?

How could I make this so easy, it's hard to fail?

If all I do is improve by 1%, it's impossible to fail!

Whose life gets worse, when my life gets better?

Am I reaching out for help when I need it?

What worked for me last time this happened to me?

Am I drinking 4+ ounces of water before eating anything?

Am I eating foods that look like they came from nature?

Am I weighing myself every day, and entering it into Trainerize?

How is my sleep? Am I using the closing doors method?

How is my stress level? Am I putting myself first?

Have I posted my wins today?

Have I helped someone today?

Have I stayed out of the Gap and in the Gain?

What made me smile today?

How to Journal

- ◆ Speak to yourself like you are your own #1 supporter in life
- ◆ Measure backwards
- ◆ Start from your future to gain clarity on what needs to be taken to get to your next accomplishment

This is how to journal and understand its importance. Let's start by discussing what journaling is for, what it is not for, and how you can actually get the most out of it.

The whole purpose of this is to help you overcome something called the Solomon Paradox, which dictates that the higher your intelligence, the worse you are at taking your own advice. If you feel like I'm talking to you, I am. You wouldn't be in this program if you weren't. One of the major things that stops people from being successful is their inability to take their own advice, and this is going to help fix that.

Keeping a journal is not for complaining, whining, or negativity. If you are doing that, then you shouldn't be writing in a journal. Writing down everything that's bad in your life and focusing on it does not help at all. It should not involve trying to relive the distant past by saying, "This is the trauma that happened to me before," or, "I hated how this person did this to me." This approach only puts you into a gap—a space filled with complaining without solutions. You want to compare yourself correctly. If you're comparing yourself to where you think you should be, such as, "I'm upset because I should have lost this weight by now," or, "I'm upset because I didn't find this program until now," it becomes counterproductive.

No, you're here. You made it. You're in the right place. So that's what journaling is not for: it's not for complaining, negativity, or trying to dig up the past and make sense of it. What it is for is training your mind to speak to yourself like you are someone you love. You need to gain clarity on your future goals by using your intelligence to your advantage, which will help you become your future self by acting from a place of knowing.

Essentially, when you're writing in your journal, you are pretending to be you 20 years from now, having already accomplished all the goals you desire in terms of physical, mental, and emotional health.

Now, that future version of you will journal and give your current self advice on what you should do. This involves separating from your current self, which may have various challenges. I'm not saying you have mental problems—that's not a personal attack.

I'm saying that you have obstacles you haven't yet overcome, whether they are hormonal, related to exercise, sleep, or something else. These are problems that have yet to be addressed.

Years from now, when you have already accomplished everything that you want to accomplish, and then give yourself advice, knowing that you're going to be successful. Like it's someone that you care about. For example, if you wanted your dog to feel cared about, and you wanted them to, lose weight, you would probably have them walk a little bit more. Would you tell them you need to run a marathon or don't run at all? No. You would have them do it incrementally. You'd say, we're going for one walk this week. Let's try two walks. Let's try three walks next week.

And you start to realize that, if all you do is improve, it's impossible to fail. Give advice from a place of caring, and the advice comes across. So, if you want to get the most out of this, speak to yourself like you're your own number one supporter in life, as in that version of you that's already had all the success. You want to measure backwards. Compare your current self to what your previous self would have done in the exact same situation.

Remember, you're journaling as your future self that has already accomplished everything. Alright, what would the past me have done? How is this version of me better than who I was before? If you're going through something traumatic right now, and it's never happened before, you don't have a comparison. But before, when you'd start doing a program, you'd see your weight increase, and that would send you into an emotional turmoil, and you'd eat everything in sight. This time, instead of eating everything in sight, you say, alright, it's impossible to gain 5 pounds a day. That, I know, that has to be water weight. I shouldn't be upset if I lose 5 pounds or gain 5 pounds, I know that's impossible to reach that caloric deficit in a day, so that has to be water weight.

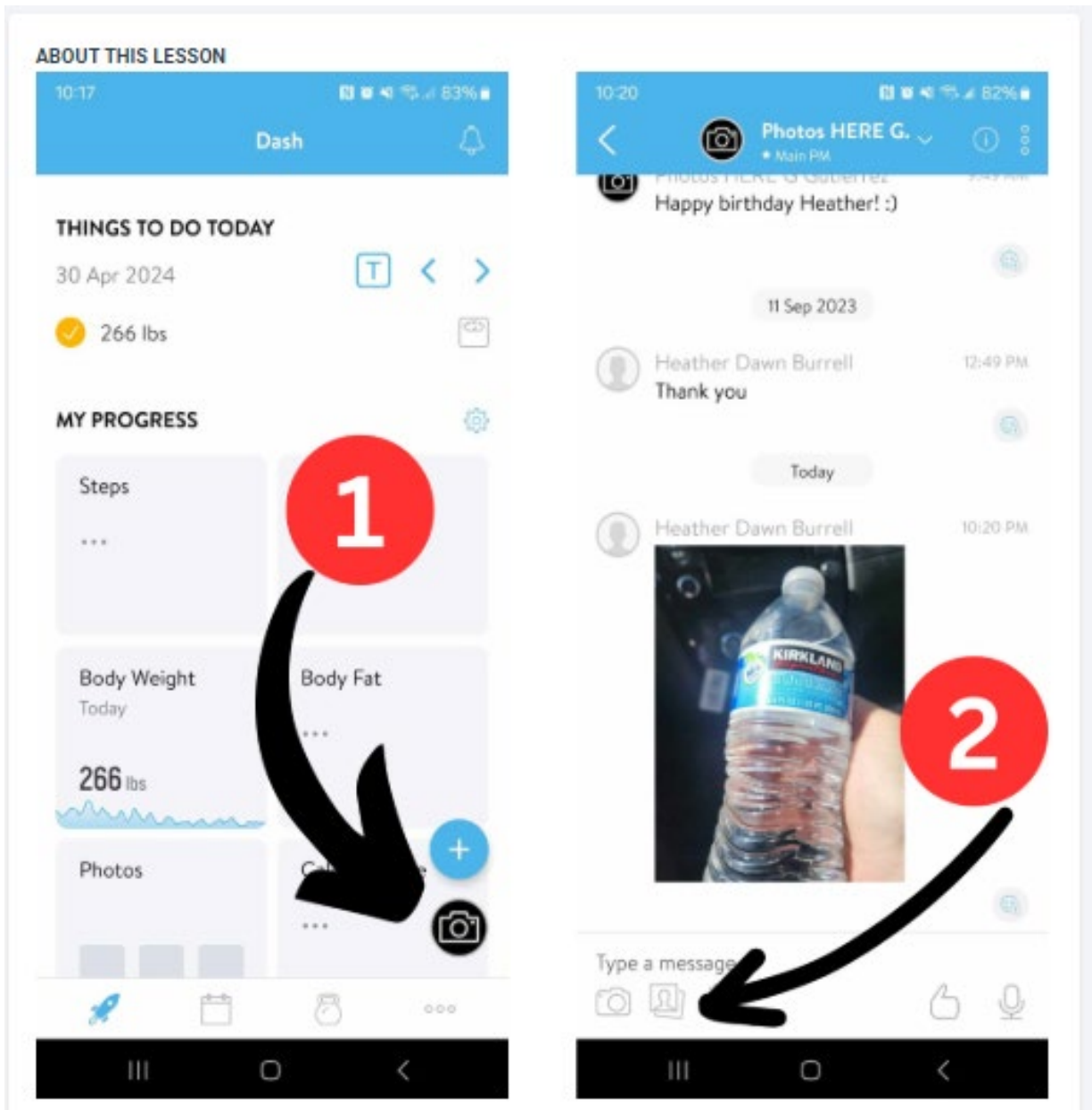
Then that doesn't put you into this emotional tailspin, and instead, you might feel upset in a moment, but you feel better. And compared to your previous self, that is a massive improvement. You want to start from your future and gain clarity on what steps you need to take to get to where you want to be. So, if you don't know how to get to where you want to be, you have to ask. If you're giving yourself advice, what's that advice that you should give to you that would help you be successful?

Ask yourself, alright, what's something I could do that would make it so easy to be successful that it would be hard to fail? You answer that question, and then you're going to be able to give yourself really good advice, but you're not going to give yourself advice that requires willpower. You're not going to say, well, I just need to do it. No, because you know you've already been successful, you're going to say, you know what could work and make it so easy that it'd be hard to fail? What if, you're forgetting to eat an apple before your meals? What if I recruit some help in here? I'm going to tell my kid or spouse, or put a reminder sticky note on my fridge every single time I go to it, that way I always remember to eat that apple.

So, you can start to use that. Use your intelligence to your advantage if you step into this character and journal from that future self. And remember, the key is to act like you care about yourself and journal from that place. It's not a place for negativity, it's not a place for putting yourself down, it's for talking to yourself with kindness, compassion, and the need and knowledge that if all you do is improve, it's impossible to fail!

That's how you journal. So, you stop being in your own way.

Where to post for your microbiome reset



(Make sure you've selected that Rocket Ship at the bottom left so you see this screen)
Click the Camera
Click to upload a picture of your food

This is how to get to the correct chat for where you post pictures of everything you eat and drink so we can make sure we get your Microbiome Reset and can help with your nutrition.

Month One HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

2 _____

3 _____

MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3 THINGS THAT INSTANTLY PUT ME IN A
GREAT MOOD.

1

2

3

GOAL THAT MAKES ME HAPPY.

1

2 THINGS THAT MAKE ME LAUGH.

STEP TRACKER

DAY 1		STEPS
DAY 2		STEPS
DAY 3		STEPS
DAY 4		STEPS
DAY 5		STEPS
DAY 6		STEPS
DAY 7		STEPS
DAY 8		STEPS
DAY 9		STEPS
DAY 10		STEPS
DAY 11		STEPS
DAY 12		STEPS
DAY 13		STEPS
DAY 14		STEPS
DAY 15		STEPS

DAY 16		STEPS
DAY 17		STEPS
DAY 18		STEPS
DAY 19		STEPS
DAY 20		STEPS
DAY 21		STEPS
DAY 22		STEPS
DAY 23		STEPS
DAY 24		STEPS
DAY 25		STEPS
DAY 26		STEPS
DAY 27		STEPS
DAY 28		STEPS
DAY 29		STEPS
DAY 30		STEPS

Week 1

Hey there! It's Abram, and welcome to Week 1 of the Kaizen Method training program – your program now. We're not just learning; we're diving in, and we're going to take it one week at a time, together.

This first week, and the next one too, are super important. I've front-loaded them with the things that'll get you seeing results fast. More importantly, we're starting to fix the why behind the weight – the mental, emotional, and even hormonal stuff.

First up, let's nail your Lead Domino. Remember when we talked about whether your biggest win would come from sleep, stress, diet, or exercise? Think back to that, and let's focus there. If it's stress, maybe revisit that Hormonal Balance Guide – it's all about getting the foundation right.

Next, let's grab those Before Pictures. These are just for you, okay? No pressure, no sharing needed. Just a marker for your journey.

Now, every single day, I want you to post one win in the Facebook support group. Not a "I walked, but...", just a solid, "I walked today!" Acknowledge what you did.

And every morning, let's get on that scale. Weigh yourself first thing – before food, after the bathroom, same clothes. Pop that number into Trainerize. We're making friends with that number, taking away its power.

Okay, this one's simple but effective: drink a cup of water before every meal or snack. It's a mini microbiome reset that'll help with digestion and make you feel fuller.

Next, let's get conscious about what you're eating. I want you to snap a picture of everything you eat or drink and pop it into our Trainerize chat. Think of it as data, not judgment. I just want to see what's going on, find patterns, and help you break any unconscious habits.

I even had a client, just like you, who lost over a hundred pounds by adding just three things to her diet. It's about tweaking things to your needs.

Oh, and let's get you to a Course Correct Clinic. Join me or one of the other coaches on Fridays or Saturdays – it's a group coaching call, and we can work through anything that's tripping you up. You can find the link in our Facebook Support Group.

Remember, this whole thing is about improving, not being perfect. Let's aim for being 1% better than yesterday, okay?

This first week might feel like a lot of changes, but they're all small, manageable ones. Taking pictures, posting wins, weighing in, drinking water – each step is building something great.

If you have any questions at all, hit me up in our 24/7 support chat. You've got this! Now, let's move on to those journaling guides.

Week 1 Journal

- Goal this week:
 - Have your advisor/Abram/Team identify your Lead Domino (Hormonal Stress, Diet, Exercise, Sleep) & watch a guide that correlates with it.
 - Take BEFORE pictures (if you haven't already)
 - Acknowledge the positive changes you've made on a daily basis with no "but"
 - The Gap & The Gain
 - Post in group
 - Weigh yourself every day, in the morning, before you eat, after you use the bathroom wearing the same clothes or no clothes at all.
 - 1 cup of water before eating ANYTHING
 - Take a picture of everything you eat and drink
 - This makes you conscious of everything you put in your body. It is data and not for judgement.

Bonus: Show up to the next Course Correct Clinic (Ex. Wednesday 7pm CST) you can book a time here: www.abramskmtp.com/ccc

Week 1 Journal

What aspect of your health and fitness, if improved, would improve everything else?

Explain my Lead domino, and which videos I have watched.

Exactly How you Should be Eating 2025

Hey there! I want to share with you how to eat while you're in this program. The key guideline we aim for is to make half of your plate whole fruits. These are fruits you can eat with the skin, like apples.

A common misconception many have is that you need to add more food on top of what you're already eating. That's not our approach. Instead, I want you to replace some of the volume of what you'd normally be eating with whole fruits.

Let me give you an example. If I'm planning to eat eggs for breakfast, I would take half of what I normally would eat and replace that portion with a whole fruit, say an apple. At first glance, it might not seem like much food on your plate, right? But once you chop up that apple, you'll see it fills the whole plate! That's the magic of whole fruits—they are incredibly filling.

When you're following this plan, it doesn't have to just be apples. Think about a variety of whole fruits you can eat with the skin—grapes, berries, pears; the options are endless! Just remember to make half of your plate consist of these fruits.

Also, place your entire meal on one plate. You don't want to separate it. So, if you're eating an apple, that should be included on the same plate where you have the rest of your meal.

Before you start eating, take a picture of your plate along with the water you're drinking. Upload this to Trainer Eyes so you keep track. It's important to drink water before your meal. Whether you choose plain water or carbonated soda water that is calorie-free is totally up to you—but follow this order: drink the water, eat all the fruit, and then you can eat whatever else you had prepared.

And that's how you can effectively follow the diet plan in this program!

PLATE RATIO EXAMPLES

Here's an example plate of food you might normally eat!

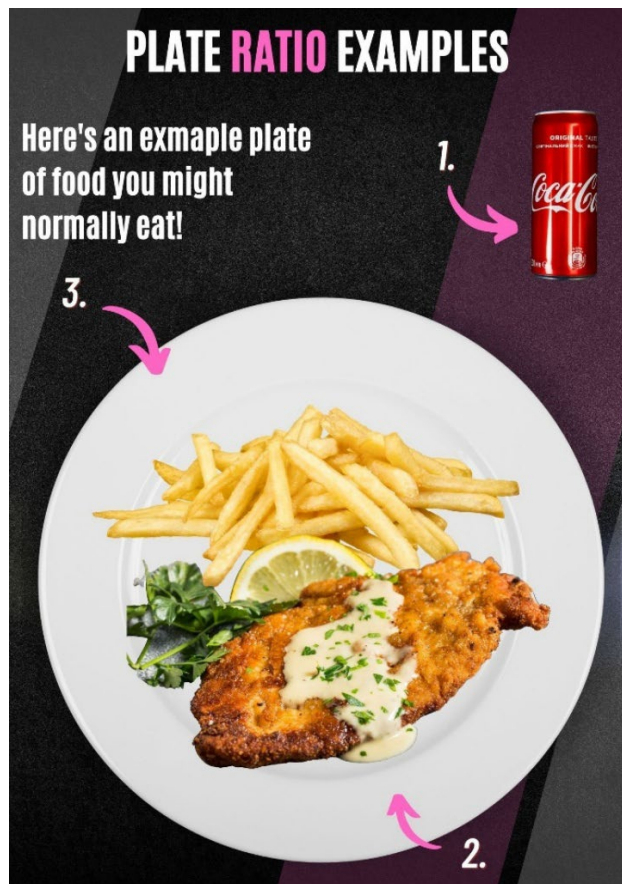


PLATE RATIO EXAMPLES

Here's an example an amount of food you might replace with fruits, vegetables and water.

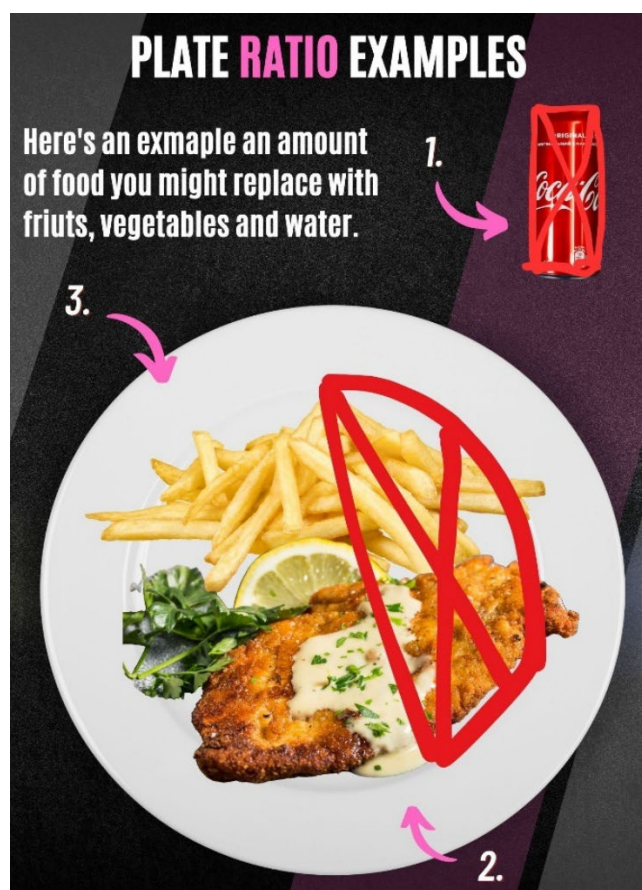


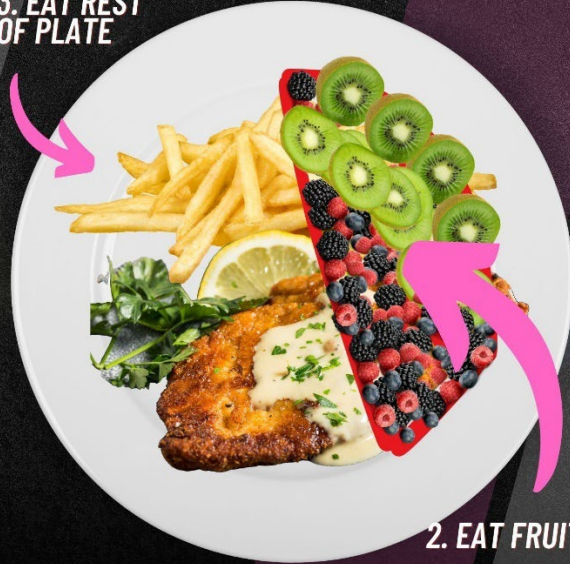
PLATE **RATIO** EXAMPLES

Here's an example plate of how you'll start eating in Week #1!

1. DRINK 4-16OZ WATER



3. EAT REST OF PLATE

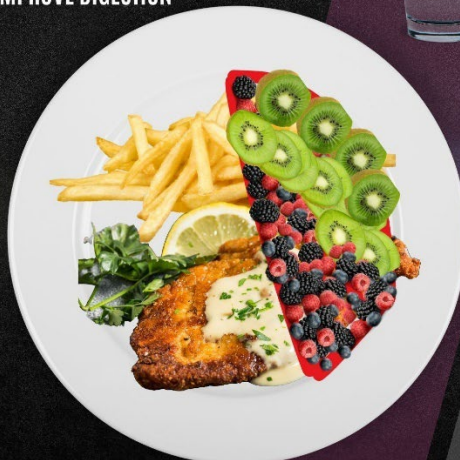


2. EAT FRUIT

PLATE **RATIO** EXAMPLES

THIS PLATE HAS THE SAME TOTAL VOLUME OF FOOD COMPARED TO THE FIRST PLATE BUT WILL:

- HELP CONTROL BLOOD SUGAR
- REDUCE INSULIN RESPONSE
- FEED THE GUT MICROBIOME
- INCREASE SATIETY
- IMPROVE DIGESTION



Meal Prep Made Easy

Core Principles:

The guide emphasizes the importance of consuming foods that resemble their natural state, promoting the idea that the closer food is to nature, the healthier it is. For example, the guide highlights how whole fruits like raspberries and grapes can be enjoyed in large volumes without the high caloric load associated with processed foods.

Meal Structure:

A successful meal prep strategy involves focusing on high-volume, low-calorie foods such as fruits and vegetables. By making these foods half of one's meals, you can effectively reduce caloric intake while still feeling full. The guide advises against overly structured meal plans, suggesting instead that individuals experiment with different foods they enjoy and replace more calorically dense items with those that are closer to nature.

Protein and Caloric Density:

The guide discusses the misconception around protein intake, stating that individuals do not need to heavily concentrate on protein to lose body fat. Instead, being in a caloric deficit is critical. It suggests that many healthy foods, including vegetables, already contain sufficient protein that supports the body without focusing excessively on it.

Cooking Techniques:

Using the right cookware, such as ceramic, is recommended to avoid unnecessary fats and reduce calorie counts. Seasoning plays a big role in making meals enjoyable, while also ensuring they remain healthy. A variety of low-calorie sauces and seasonings can enhance the taste without contributing significantly to caloric intake.

Stress and Hormones:

The guide points out that weight management is influenced not just by food but also by stress and hormonal responses. It encourages tracking food intake to identify how different foods affect individual weight, allowing for more informed decisions regarding dietary habits.

Meal Prep Made Easy Journal

Personal Reflection: What foods do you currently enjoy that are closer to their natural state, and how can you incorporate more of them into your daily meals?

Volumetric Eating: Reflect on your recent meals. How were you able to balance high-volume, low-calorie foods with other items? Consider times when you felt particularly satisfied after meals.

Protein Awareness: How has your understanding of protein intake changed after reading this guide? Do you still feel the need to focus heavily on protein in your meal prep?

Stress and Eating Habits: In what ways do you think stress impacts your eating habits? Have you noticed any specific foods that lead to weight changes based on your stress levels?

Experimentation in Meal Prep: What new low-calorie sauces or seasonings are you interested in trying? How can you creatively use them to enhance your meal prep experience?

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
- MEDITATE FOR [] MINUTES

	WEIGHT	SLEEP	VEGGIES	FRUIT	WATER	EXERCISE	MEDITATION
<i>Monday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Tuesday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Wednesday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Thursday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Friday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Saturday</i>	☐	☐	☐	☐	☐	☐	☐
<i>Sunday</i>	☐	☐	☐	☐	☐	☐	☐

WHAT WORKED

WHAT DIDN'T WORK

WHY DID IT WORK

WHY DIDN'T IT WORK

GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

People I'm grateful for

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

- 1 _____

- 2 _____

- 3 _____

Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
LEARNING FROM THEM.

- 1 _____

What I've learned: _____
- 2 _____

What I've learned: _____
- 3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 2

Alright, what's up? How's it going? I hope you're doing well. I just sent you an email a few minutes ago, making sure I have everyone pulled up here so I don't miss anyone.

Wins of the Week

How has your week been so far? My week has been busy but good. Rachel, I'm glad to hear you're down eight pounds since you started tracking around the end of February or the beginning of March—that's amazing! Holly, great to hear you're doing well too, even while finishing up notes at work. And congrats on getting through those first three assignments.

Focus for the Week: Forcing Functions

Okay, let's dive right into this week. Remember, the goal is always improvement, and we're now in week number two. This week, I want us to focus on forcing functions. These are external motivators that help you get things done. One reason why this program is effective is that the investment creates a forcing function, encouraging people to show up and do the work. I learned this because when I experimented with a completely free program, nearly everyone dropped out after a week due to the lack of investment.

You can use forcing functions to your advantage in your health and fitness program, especially with sleep, stress, diet, and exercise.

- Sleep: Create a challenge where you reward yourself for going to bed by a certain time (e.g., 8 or 10 p.m.) all week. Alternatively, punish yourself for not meeting the goal by giving something you value to someone or something you don't support. For example, donate \$100 to the opposite political party if you don't go to bed before 10 p.m. every night this week.
- Stress: Make plans with other people. This is why accountability partners are so effective.
- Exercise: Hire a personal trainer from this program for \$200 to create a customized workout program. The financial commitment will motivate you to get your money's worth.
- Diet: Use rewards or punishments. For women, chocolate can be a great motivator. If you stick to your diet all week, reward yourself with chocolate at the end.

Think about what forcing function would work for you this week and apply it to sleep, stress, diet, or exercise. These can be used interchangeably. For example, to improve sleep, you could invest in a sleep number badge. To improve stress levels, make an appointment with a therapist. For diet, invest in kimchi or another unusual food. For exercise, find a friend to join you or post in the group to find someone to get 1,000 steps a day with you.

Post your chosen forcing function in the group and, ideally, find someone to do it with you.

Improving Mental and Emotional Health

This week, we're diving into how to improve your mental and emotional health to address the underlying issues related to weight gain. Journal and be brutally honest with yourself; that's the only way this will work.

Consider these questions:

1. What areas of negativity are you currently accepting?
 - This could include passive-aggressive comments or disliking your appearance without taking action.
 - If you let negativity slip in, it can take over. I once did a challenge where I wore a bracelet and switched sides every time I complained without a solution, resetting a 30-day goal.
 - Identify where the negativity comes from. I noticed it came from coworkers complaining in the break room. Instead of feeding into it, acknowledge their feelings or change the subject.
 - Remember, you can't build anything with negativity.
2. What private victories positively impact your subconscious?
 - These are things you do daily that no one else knows about unless you tell them.
 - Don't just focus on public victories; have private ones that set up your day. Acknowledge your biggest win for your physical, mental, and emotional health each day. That's why I encourage you to post it in the group.
 - Other examples include starting your day with a tall glass of water or ending your night positively to ensure a better morning.
3. What are your love languages?
 - Understanding your love languages is crucial for feeling good about yourself regularly. If you don't know them, it's hard to create positive feelings and associations.
 - Think about what your parents or caregivers did to show they cared when you were younger. That's likely your love language. For example, my love language is quality time, which is why I spend so much time with my kids, mirroring what my parents did. My wife's love language is gift-giving, reflecting her parents' behavior.
 - Make sure you're incorporating your love language into your week, ideally daily. This is self-love. For me, it's spending time alone in the morning. For my wife, it's getting herself gifts.
 - If your love language is physical touch, consider getting a pet. If it's words of affirmation, look in the mirror and say something good about yourself.
 - Here is a link to a [free quiz](#) you can take to discover your love language. I'll add it to the description as well.

Required Actions for the Week

1. Add food that looks like it comes from nature to every meal.
 - It doesn't matter if it's processed, as long as it looks natural. Raw or organic is great, but not necessary.
 - For example, steamed green beans still look like they come from nature. Berries and fruits with edible skins are perfect. If you eat meat, choose cuts with the bone and skin still on.
 - Aim for at least one natural-looking item in every small meal, such as a fruit or vegetable.

Bonus: Non-Exercise Activity Thermogenesis (NEAT)

NEAT involves any movement that isn't dedicated exercise. This could be toe-tapping, fidgeting, gardening, or walking the dog.

- Even small movements can help expedite body fat loss and increase your muscles' ability to store glycogen.
- Consciously make an effort to move more throughout the day. You can lose an average of an extra three pounds of body fat a week just by doing this!
- If you can do it for at least 30 seconds before eating, I will start there. If you are looking at like where the studies show the biggest benefit, it was three minutes.
- However, it can be harder to implement because you have to be more conscious. So, as a bonus, just focus on the other changes this week.

Questions?

Alright, I'll open it up to questions. Rachel and Holly, do you have any questions? Judy in the Facebook group suggests using a rubber band if you don't have a ring or bracelet for the no-complaining challenge.

Kimberly, for drinking water before every meal, try adding something to your environment that will remind you. This could be that bracelet, a recurring alarm, a string around your finger, a water bottle at your workspace, etc. As long as you have a reminder, because if you eat, you have to use your hands.

Summary

This week, focus on using forcing functions to motivate yourself in areas like sleep, stress, diet, and exercise. Journal to identify and address negativity, incorporate private victories, and understand your love languages. Also, add natural-looking foods to every meal and consider increasing your non-exercise activity.

I hope this helps, and I'm here if you need anything!

Week 2 Journal

What are areas of negativity that is currently being accepted?

What private victories would positively impact your subconscious?

What is your love language?

What did your parents/people that cared for you show that they care?

The Rule of 3

Hey, it's Abram again!

If one of your goals is weight loss and you've hit a plateau, let's talk about how to break through that using what I call the *Rule of Three*.

In any three-day span, it's completely acceptable to experience a plateau or even gain a little weight, but by the fourth day, you should be seeing a new lowest weight. It's important to remember: it's okay to gain weight if you know why. *Not knowing why is where the problem lies.*

To illustrate, let's look at how the Rule of Three works: your weight can stay the same or increase on days one, two, and three, but by day four, it should be lower than before.

Now, if you've enjoyed a night out, indulging in parties, and drinking, you'll likely know why the scale doesn't reflect a loss. That's fine! But if you don't know why you're stuck, I want to help you break that plateau.

Here's what you'll need to do:

1. **Track Everything:** Take a picture of everything you eat and drink for at least seven consecutive days.
2. **Weigh Yourself:** Every morning, after going to the bathroom, before eating, and in the same clothes (or no clothes at all), then log that weight into Trainerize.

This way, we can make informed, data-driven decisions to discover what aspects of your life need to change in order to kickstart your weight loss again.

Every four days, we'll adjust one variable in your routine until your weight consistently trends downward. We won't jump into extreme diets; *we'll test one variable at a time to ensure it fits your unique needs.*

The beauty of this program is that everyone has a different journey. That's what contributes to our high success rate.

You need to book a one-on-one session every four days until your weight is moving in the right direction. I'm here to help you get where you want to be. If you have any questions, don't hesitate to reach out through our 24/7 support chat.

In summary, reflect on your daily actions to foster pride in yourself, and remember the Rule of Three to break through any weight loss plateaus. You're capable of transformation, and I'm here to support your journey!

Rule of 3 Journal

1. Weight Loss Journey: What patterns have I noticed in my weight loss journey over the last few weeks? Have I encountered any plateaus, and if so, how did I respond?
2. Understanding Plateaus: When I experienced a plateau, do I recall why it occurred? What steps did I take or can I take to understand my body better during these times?
3. Tracking Progress: How comfortable am I with tracking my food and weight? What tools or methods work best for me in staying accountable to my weight loss goals?
4. Adjusting Variables: What is one variable in my diet or exercise routine that I can change this week to test its effect on my weight loss? How will I measure whether the change is effective?

The Best Question to Ask Yourself (How to Get out of a Funk)

Hey everyone, it's Abram.

I wanted to go live today because something's been on my mind that I can't shake off, and I need to share it with you all.

It really hits me how incredibly powerful it is to embrace one simple concept: our minds are designed to keep us alive; they're not wired to keep us happy. *Happiness is not a destination; it's a feeling about the actions you're taking.*

It's fascinating how success in any area of life can trigger self-sabotaging behaviors. To counter this, I've found one effective way of thinking that I urge everyone to adopt right away.

Here's the question you should ask yourself throughout the day: "Will I be proud of myself for this action I'm taking?" If the answer is no, then don't do it.

For instance, let's say you indulge in ice cream and label it as a treat. But if that treat leaves you feeling ashamed afterward, you're heading down a slippery slope. Or think about when you drive past a fast-food restaurant, and the smell tempts you. *Resisting that temptation should make you feel proud*, because it's an action aligned with your goals.

The more you align your actions with what makes you feel good, the better your life becomes. That's why it's essential to celebrate your daily wins. Posting about your accomplishments isn't just for qualifying for guarantees; it's a critical step toward becoming a better version of yourself.

When you take actions you can be proud of, you'll find that the results you seek come faster. This will significantly enhance your physical, mental, and emotional health because you'll feel good about improving your life.

I want to make myself proud, and that pride lifts my spirits when I'm by myself.

I encourage you to try this out— ask yourself this question, and witness how it transforms your life too.

How to get out of a Funk Journal

1. Reflect on Actions: What actions did I take today that made me feel proud? Why do those actions stand out?
2. Self-Sabotage: Can I identify any moments of self-sabotage in my day? What triggered those feelings, and how can I address them in the future?
3. Redefining Happiness: How do I currently define happiness in my life? Have my actions aligned with this definition, and if not, what changes can I make?
4. Celebrating Wins: What are three accomplishments or wins from the past week that I can celebrate, no matter how small? How did acknowledging these wins impact my mood and self-perception?

Making Small Changes

Alright, so listen up. I want to explain why making small adjustments is so important. You see, our most successful clients? They usually only make about ten changes *total* to reach their weight loss goals.

The secret? They only test *one* thing at a time.

In this program, we've front-loaded the changes that work best. So, first things first: drink your water, make half your plate fruits and veggies, weigh yourself, and take pics for Trainerize every single day.

And don't be shy – reach out when you need help and follow the weekly guidance we give you.

Stick to those five things, and I promise you'll kill it because you'll be making decisions based on *data*.

Now, here's what you *don't* want to do: jump in and make, like, 50 changes at once. If you do that, we won't know what's *actually* working and what's not.

Remember that course prep clinic we did with Mac? That's a perfect example of what happens when you change too much at once and don't keep things simple.

Look, the easier you make your diet, the easier this whole program is going to be. Fewer variables mean less confusion. Change five things, and you won't know which one is making a difference.

Change *one* thing, and you can actually test it. If it works, great, keep doing it. If it doesn't, ditch it and try something else.

Don't keep doing everything all at once. Focus on one thing at a time. You'll see in this video how Shelly stuck to the basics, made one adjustment based on Matt's advice, and started crushing it.

So, watch the rest of this video, and you'll get a much better idea of why small changes are the way to go. Stick to the basics first, then make one adjustment at a time, and you'll see the results you want.

(Video clip with Shelly and Shirley)

Abram: These have been going well, actually.

Matt: Lovely. Well, what have you implemented since we last spoke?

Shelly: Well, I've been doing pretty much the same thing. Last time we talked, I settled on a plate with a couple of different foods and I've been adding variations of it since then. I've added a few new things, and it's all going really well.

Matt: Awesome. Perfect. I think last time we spoke to yourself, Shirley, we've been three or four weeks ago, hey.

Shirley: Right, mm-hmm.

Matt: Yeah, about two months. Awesome. Awesome. And we made some exchanges and you made those implementations and you got some success from it and since you've been progressing from there, which is exactly what I want to hear.

Abram: Let's just check. Yeah, you're done. God bless you, do you have any problems or anything, or do you have anything specifically you wanted to look in today?

Matt: Shirley, is it? Good, very awesome. Right. Is there anything that you wanted to touch on today or do you just wanted to do a quick review?

Shelly: So just kind of a quick review. I told you I'd get back from here and let you know how it's going and it's going really well.

Shirley: I have a weekend of travel that's going to be coming up. I'm a little concerned about altering what I've been doing.

Matt: Oh, look at that change since we made the adjustment. I know, it's amazing. How good is that? It's like if you've seen things or something.

Abram: Quite literally exactly what I picture in my mind when I'm like telling you know how at the beginning. We want to improve these fluctuations from happening.

Matt: It might have to be more, like, more consistent with the, what a barrier will look like. It's kind of exactly what we've seen there.

Abram: So, that's, that's an awesome well done, mate. Can you share with your job? What were the adjustments? I'm curious to know.

Shelly: Well, and I'm on first, go ahead. Sorry, they're exactly what I got yourself to do. Okay. Yeah. I don't think my data quite looks like that, but it, I mean, it's definitely trending down.

Matt: Awesome. We'll go through it. So, Shelly, go on and, we'll go through everything fairly and you can have a quick look, Shelly and Shelly.

Abram: And, we'll get you going as well. I know you already made some improvements to self-Sherry off what we last spoke of.

Matt: So, pretty much the adjustments, just in a nutshell, the adjustments are okay, Shelly. Exactly the adjustments they gave you, Shelly.

Okay. Alright. Shelly, so, do you want to fill us in on what's been going on?

Shelly: Sure, sure. About a month or so ago when we first talked, maybe a little bit longer, you were talking about and consistent with the food choices.

So, I could really see if the day they changed and so I picked a couple of foods and it was eggs and potatoes to start with.

And I had all kind of variations of how I made the eggs and the potatoes and I had sweets and baked potatoes as well.

And then I started substituting, each category, for my protein per egg. Then I would substitute some chicken one time and I did salmon one time.

And the potatoes, I would do sweet potato, baits and fries. And then I added, some grinning to it.

And that's kind of what I've been doing. Awesome. And you're finding that's easily, uh, uh, for you to be consistent with.

Shelly: Oh, yeah. Completely. Yeah.

Matt: It's really easy. See, when your simple fluctuations what happens to girls, the simplicity is the key because it makes it easy to make small adjustments. If you want to have a look, Sherry and also Shirley. Previously, you can see, from the beginning, really good.

Looking really good anyway. So, but it was quite a lot of ups and downs, ups and downs.

Specifically, it was always still trending down, but Sherry was getting quite frustrated with the big ups and downs, right?

Shirley: Sure.

Matt: And then I was like, look. The problem here is the consistent changes in how much you're eating, what you're eating, and that was causing water fluctuations. This causes weight fluctuations to happen. So, by simplifying her food, which is what she's done, it's allowed her to get more consistent with the types of food she eats, but also more consistent with, being in a similar amount of energy balance.

So, there's a similar amount of food coming in versus going out, similar amount of water attention, similar amount of, of calories, protein, carbs, and fats.

Really hone in on what, what's working for her, what's easy for her to actually eat, consistently, and then as, as you can see, it's made a drastic improvement to her, her weight loss trend.

Abram: All right. So, well done. Well done. Tell me anything else. It's still, it's still a lot of food. Yeah. You know, you told me that the goal was to figure out as much food as I could eat, and it would knock out in the game way.

So, it's been a real good variety and I'm full all the time. The other problem I'd had, Sherry, when I first started was that I kept, kept wanting to snack and not- I, and I had more to that.

And so, this is really, can't be really satiated, so. Exactly. This is the week prior, right? Or the month prior, sorry.

Matt: December. So, during the month of December. As you can see, from the start of October, through to the end of December, your weight had gone down, but you can see these large fluctuations.

This can be quite frustrating emotionally for someone to see. Now, doesn't mean she wasn't losing body fat in this time.

It just means it's fluctuating heavily because of the fluctuations in how much she ate versus how much she didn't eat on a day-to-day basis.

Abram: So, I was just wondering, are you eating fruit? Is she eating fruit, too, or no? Oh yeah, half of my plate is always fruit.

Matt: Oh, okay. So, let's go through exactly what you're eating at the moment. Umm, what-let me just double check the date that you started doing it so you can see the comparisons.

So, 11th of February back to, like, the-okay, so basically, we'll go any time in February, January, and then from 11th of February after it was the change you made.

So, let's have a look through, and you can have a look, yourself sharing, and apply the- the same principles of your life.

So, we'll go back first. It's I want to try and find, how you're eating freebies. This change. So, you can see the difference.

But consistency is the most important thing. You know, get to simplify things, get it working, and then find out a way how you can make it easy to be consistent with it.

So, you're satiated, you enjoy eating what you're eating, and you can eat the maximum amount of food possible and still lose weight.

The goal shouldn't be to restrict as much food as possible to lose weight. The goal should be, how can I eat the largest volume of food?

Feel satiated, feel full at a time, feel like I get to kind of piggy out a little bit and still get the result, which is exactly what I need.

And, Shirley, we're talking about, over a fair few calls, actually, it's made a big, drastic difference, a drastic difference.

So now, your body likes it when it gets consistency. It's the same amount of nutrition, same amount of nutrients, same amount of volume of food, calories, protein, carbs, fats.

So, sodium. Like, everything, it's all coming in more consistently, so it's showing us that feedback and the data.

Like, hey, this is working really well for us. Shirley probably feels good about it once I do it even more.

And then, and then she's on that, that part of my mental train, I guess. Alright. Yes, it's very encouraging to keep going.

Shelly: Also, the other thing you'd mention one time about, it's just so easy to prepare for because when I go shopping, I know exactly what I'm going to buy. And if I bring home, I know there's a variety of ways to cook it.

Matt: And so, it just simplifies everything. Absolutely. It simplifies everything. Simplifying things makes it easier to cook for, easier to shop for, easier to budget for, and saves you time and, and energy in, also I've just thought space.

You don't have to think about so much stuff. There's a lot going on. I've got a lot to consider and stuff.

So, the more that we can simplify things, it'll go cool. This is all I need to order, or buy, or what have you.

This is how I cook it each time. And, it's just really helping Shelley, bash that aspect of it.

Abram: So, what if you- I think of the other things that you had mentioned was because I was really- really worried about the snacking and stuff at night.

And, you know, I was never really hungry. I did two meals, but I- I would make those later in the day because that's when I actually got hungry.

And then my evening meal could eight o'clock. And because always before I thought I had to have everything eaten by six o'clock in order to- I don't know what.

But anyway, but once I stopped worrying about that- and I just ate my last meal

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Daily Commitment

- WEIGHING DAILY
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	WEIGHT	SLEEP	VEGGIES	FRUIT	WATER	EXERCISE	MEDITATION
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Tuesday	☐	☐	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐	☐	☐

WHAT WORKED

WHAT DIDN'T WORK

WHY DID IT WORK

WHY DIDN'T IT WORK

GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

1 _____

2 _____

3 _____

4 _____

5 _____

People I'm grateful for

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

1 _____

2 _____

3 _____

Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
LEARNING FROM THEM.

1 _____

What I've learned: _____

2 _____

What I've learned: _____

3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 3

Alright, let's dive into week three of the Kaizen Method training. Remember, the core idea is simple: improvement. Focus on getting just 1% better each day. If you're constantly improving, you're never getting worse, and you *will* reach your goals.

This week, I want to share a lesson I learned from a book about prisoner-of-war camps in Japan. The Japanese were effective at getting information because they were kind and got the prisoners to gradually change how they spoke and thought about themselves and their country. They would have them write about positive things, then subtly introduce negative aspects, and offer kindness in exchange for information. This gradual shift in perspective, combined with kind treatment, was surprisingly effective.

The takeaway here is to be kind to yourself and careful about how you think and write about yourself. Our minds shape who we become.

This week, let's focus on the difference between training versus exercise. *Training* is working towards a specific goal, like tracking your streak, running faster, lifting heavier, or completing the program. *Exercise* is great, but training keeps you motivated long-term because you're moving towards something.

My goal is to be active every day. For the last seven years, I've maintained that (except when sick). It doesn't have to be a full workout, just something active. Focus on building a streak or achieving a goal.

Also, I want you to try a new fruit or vegetable each day this week. I'm always trying new things; just found a pepper that burns my mouth, but I love it! Find something you like to add to your Micro-biome Reset. As you go through the reset, your tastes will change. Post a picture of what you try and tell us how it tastes.

For journaling, I want you to consider a few things:

- How can I change my morning state? Change your *emotional state* first thing in the morning. I recommend Mel Robbins' "High Five Habit". The idea is that changing your physical state alters your mental state. Try forcing a big smile, clapping, yelling "woo," or doing some exercise. Even try high-fiving yourself in the mirror to kickstart a positive mindset.
- Affirmations: Use affirmations that attribute your self-esteem to things you fully control. For example, instead of saying "I am a millionaire," say "I am someone who offers massive value to people in exchange for money". Record yourself saying these affirmations with excitement and play them in the morning to motivate yourself. Repeating these affirmations can change your default mindset.
- If you were taking care of someone you love in your position, what would they want to hear right now? This helps you identify what you need to tell yourself.
- What does your ideal day look like? This helps align your priorities. Then, think about what aspects of that ideal day you can implement this week to increase fulfillment in your life.

This week's challenge focuses on improving insulin sensitivity. Studies show that walking the same path multiple times a week and focusing on improvement is the best way to do this.

Here's how:

1. Walk a specific path and time yourself.
2. Walk at a normal pace without speeding up.
3. Try to beat your time by just one second on subsequent walks.

The key is gradual improvement. As long as your last walk of the week is faster than your first, you're improving. This increases insulin sensitivity, helping your muscles use glycogen instead of storing fat.

Does anyone have questions? Let me know if you need any help.

Week 3 Journal

How can I change my morning state change: smile, clap, woo, exercise, high five, affirmations?

If you were taking care of someone you love in your position, what would they want to hear right now?

What does your ideal day look like?

What aspects of that can you start implementing this week?

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 4

Alright, welcome to week four of the Kaizen Method training program! This week is super important as we're really going to dial in your hormonal system by taking concrete steps to get your hormones functioning better.

Taking Control of Hunger

First, I want you to start taking control of your hunger. Watch (or re-watch) my guide, *Changing Your Relationship with Food and Hunger*. There's a lot of good information in there that will help change your relationship with food and hunger, and it correlates with the hormonal stuff I'm talking about.

Consistent Bedtime Routine

Next, create a consistent bedtime routine. This is important for two reasons: closing doors and hormonal functioning.

- Closing Doors: Imagine you're in a hallway with many doors, each letting in light and sound. To fall asleep, you need to close all those doors. The more steps you have in your bedtime routine, the better this works, as long as you can do it consistently.
- Hormonal Functioning: When your body can predict what's going to happen, your hormones function more optimally. Make your body expect sleep, don't let it guess.

Here's how to set it up:

1. Trigger: Start with something you do every night. For example, if you have pets, let them out.
2. Consistent Order: After letting the dogs out, lock the doors. Then, share your biggest win for the day in the Facebook group (more on this later).
3. Routine: Use the bathroom, do your normal nighttime routine, and then go to bed.

The key is the order; doing the same things in the same order each night helps your body predict the end result—sleep. You'll close one of those "doors" each time something happens. By the time you hit the bed, you'll be so ready for sleep that you'll get a higher quality of sleep. This will drastically help with the amount of deep sleep you get.

Shifting from Hard to Easy

I've noticed that many people still struggle with thinking that losing weight or getting out of depression is hard. It doesn't have to be! Shift from thinking things are hard to thinking they're easy.

- **Big Goals:** Keep those big goals.
- **Small Actions:** To get to that goal, all you need to do is take small actions done consistently. Small actions over time will lead to massive results. Remember, Kaizen is about 1% positive improvement.

Big goals are phenomenal, but break them down into small, doable steps. That's what will lead you there. Don't think it's going to be hard to lose weight or get out of depression; sometimes, time just takes time. You have to do it long enough for your body, your hormonal system, and the physical structures of your mind to change.

Journaling

Here are some things I want you to journal on this week:

1. **Biggest Gains:** What have been the biggest gains for your physical, mental, and emotional health since you started? Acknowledge the concrete positive changes you're making.
2. **Reasons for Success:** List all the reasons why you *will* be successful in reaching your goals this year and post it to the group.

I only accept intelligent women into this program because intelligence can work for or against you. If you don't acknowledge your progress, your motivation will die. If you're intelligent, you're good at solving problems, but you can become a problem-finding machine, using your intelligence to find reasons why things won't work. Instead, use your intelligence to your advantage and look for reasons why you *will* be successful.

By listing out all the reasons why you will be successful, you're going to find them and get excited. If all you focus on is improvement, you're going to see the results you want to see.

Challenges (Optional)

Here are some optional challenges to help you take control of your hunger and dial in your hormonal function:

1. **One Bite Rule:** Leave one bite of food on your plate every time you eat and throw it away. Don't save it for later; the point is to change your mindset around food.
2. **Fasting:** Try fasting for 16 to 20 hours at least one day this week. If you're already doing 16, try 17, and so on. You're going to realize that you can control your hunger.

True hunger is when you could look at a raw vegetable and want to eat it. If you don't look at a steamed piece of broccoli and think, "I want to eat that," you're probably not actually hungry. Change your relationship with food.

If you're going to be fasting longer and you're having spikes in hunger, have a complex carb the night before. I have a food list in the group with high-fiber carbs.

Add one of these to your dinner to help regulate blood sugars for the next day:

Food	Notes
Brown Rice	Better option
Barley	
Buckwheat	
Quinoa	Probably the best option
Lentils	
Beans	Pinto beans, kidney beans, chickpeas
Sweet Potatoes	
Yams	
Black-eyed peas	

Key Points:

- Take control of your hunger and create a consistent bedtime routine to improve hormonal functioning.
- Shift from thinking things are hard to thinking they are easy by breaking down big goals into small actions.
- Journal about your progress and reasons for success to stay motivated.
- Consider the optional challenges to further control your hunger.

That's what I want you to do for week number four.

Week 4 Journal

What have been the biggest gains in your physical, mental, & emotional health since you've started this program? (intelligence working for/against)

List all the reasons why you will be successful in reaching your goals this year and post it to the group (bonus points to the person with the longest list)

Challenge options:

Leave 1 bite of food on your plate every time you eat and throw it away

What are my Big Goals for 6 months?

What are my Big Goals for 9 months?

What are my Big Goals for One Year?

What is my Huge Long-Term Goal?

Why will I achieve them?

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GRATITUDE LOG

Celebrate gratitude

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Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
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What I've learned: _____

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What I've learned: _____

3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Month Two HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

2 _____

3 _____

MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3 THINGS THAT INSTANTLY PUT ME IN A
GREAT MOOD.

1

2

3

1 ONE GOAL THAT MAKES ME HAPPY

2 THINGS THAT MAKE ME LAUGH.

STEP TRACKER

DAY 1		STEPS
DAY 2		STEPS
DAY 3		STEPS
DAY 4		STEPS
DAY 5		STEPS
DAY 6		STEPS
DAY 7		STEPS
DAY 8		STEPS
DAY 9		STEPS
DAY 10		STEPS
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DAY 26		STEPS
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DAY 30		STEPS

Week 5

Let me share something powerful with you about the Kaizen Method. It's built on making just a 1% improvement daily. When you compound this over a year, you're not just 365% better - you're nearly 3,800% better. That's the magic of compounding improvement.

This week, I want to shift your perception about weight control. Here's the truth: your weight is 100% within your control. Let me teach you how to handle this, starting with stress management.

Key Strategy #1: Managing Stress Through Movement Research has revealed something fascinating about lateral eye movements. When you walk, watch TV, or read, your eyes move side to side. This lateral movement actually disrupts the brain's stress-response pattern and prevents negative thought spirals. Walking is particularly effective because it naturally forces these lateral eye movements.

Key Strategy #2: Strategic Weigh-ins Weigh yourself after each meal. This isn't about obsessing over numbers - it's about collecting data. You'll discover exactly how different foods affect your body. Some people have surprising reactions to certain foods. This knowledge gives you power over your weight management.

Action Items for This Week:

1. Journal about why achieving your goals is possible now
2. Focus on your lead domino (stress, sleep, diet, or exercise)
3. Set up your environment for success by:
 - Removing friction from healthy choices
 - Adding friction to unhealthy choices
 - Making good options easily accessible

Environmental Setup Example: Instead of relying on willpower, stock your environment with better choices. If Cheetos are your weakness, don't keep them in the house. Instead, fill your space with healthy alternatives you enjoy. Yes, some fruit might go bad, but that's better than having temptations around.

Remember: The goal isn't perfection - it's improvement. Focus on being just 1% better each day. If you do this consistently, it's literally impossible to fail. Let's make these small changes that lead to massive results."

Week 5 Journal

Why is it possible to achieve something you've never achieved before?

Examples include: Long term weight loss, better mental health, getting & staying out of depression:

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 6

For Week 6, we're focusing on transforming a good day into a good week, then into a great month, and ultimately an incredible year. The key is to find happiness in your current situation rather than always chasing future happiness.

Here's what I want you to understand: The human condition drives us to always want more, but true fulfillment comes from improving the mundane aspects of daily life. Whether it's:

- How you spend your free time
- The way you interact with loved ones
- Your daily routines and habits

Try this powerful exercise: Journal from your future self's perspective. Imagine yourself 20, 30, or 50 years from now, looking back at today. What would you appreciate? What would you do differently? What moments would you savor?

To combat stress and feeling overwhelmed, you need to:

1. Create a daily "light at the end of the tunnel" - something small to look forward to
2. Plan weekly highlights - bigger experiences that cap off your week
3. Work toward meaningful life experiences - not just material goals

This week's challenge: Reach out to someone who positively impacted your life and thank them. It costs nothing but can mean everything to both of you.

Remember, our lives are made of experiences and connections, not just achievements. When dealing with stress, we're fighting a chemical imbalance. By adding things to look forward to and practicing gratitude, we can tip that balance in our favor."

Key Focus Points:

- Daily improvement
- Present-moment appreciation
- Future self perspective
- Creating positive anticipation
- Meaningful connections

Week 6 Journal

Being your future self today.

- 20 years from now, act if you could experience what you have today again. What would you do with the people/pets/loved ones you care about?

- What would you say to yourself?

- The ones you care about?

Adding a “light at the end of the tunnel” - What is something you can look forward at the end of the day?

Take time to figure out an experience you’d like to have in life and start making progress towards that.

WEEKLY HEALTH CHALLENGE

Daily Commitment

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RECALL AND WRITE YOUR FONDEST MEMORIES

Week 7

Let me teach you about gaining complete control of your life through psychological framing. The key concept I want to share is post-traumatic growth - using challenging experiences to fuel positive change.

I'll share something personal to illustrate this. I grew up with six brothers, and I've lost three of them - one to an inoperable brain tumor, one to suicide, and one in a motorcycle accident. These were objectively devastating events. While it's completely normal to experience PTSD or feel terrible about such losses, I've learned that who I become isn't determined by my past. Instead, I choose to frame these experiences constructively.

Rather than living in constant fear of losing others, I've chosen gratitude for the time I had with my brothers. This isn't about denying pain - it's about consciously choosing how we interpret and use our experiences.

Here's what I want you to understand about controlling your future:

- Your past self is not your current self
- Your current self should not define your future self
- Who you're becoming is what matters most

Stop saying things like 'I've always been this way' and start saying 'I was that way before.' This shift in language - what I call generative language - shapes everything.

To create the life you want, follow this Be-Do-Have principle:

1. Be - Identify and embody the characteristics of your ideal self
2. Do - Take actions aligned with that identity
3. Have - The results will naturally follow

Your homework:

1. Journal about what your future self needs physically, mentally, and emotionally
2. List the routines, habits, and beliefs necessary for that transformation
3. Set one ambitious goal - even if it seems impossible
4. Focus on daily 1% improvements

Remember: If you consistently focus on improvement, failure becomes impossible. It's not about who you were - it's about who you're becoming.

Week 7 Journal

What would my future-self need in order to be who I want to be physically, mentally, and emotionally?

What routines, habits, beliefs would I need?

How can I implement this this week?

WEEKLY HEALTH CHALLENGE

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RECALL AND WRITE YOUR FONDEST MEMORIES

Week 8

Let me tell you about self-sabotage, also known as the upper limiting problem (ULP). I'll explain it through a powerful story.

Picture a woman walking through the forest of life. She hits a thorn bush, and a thorn gets stuck in her arm. It's incredibly painful - red, swollen, and getting worse. She starts avoiding it and adjusts her entire life around this thorn:

- Changes how she sleeps
- Modifies her clothing choices
- Loses intimate connections because people might bump the thorn
- Eventually finds someone willing to work around her limitation

But here's the thing - she's not truly happy because she's just coping rather than addressing the real issue. The obvious solution? Remove the thorn.

This thorn represents our self-sabotage, often planted during childhood. The key to overcoming it is raising your healthy deserve level - truly believing you deserve good things in life.

Many of us were conditioned early on with messages like:

- 'Don't dress like that'
- 'Play it safe'
- 'Don't take risks'
- 'Don't show off'

When good things happen, we subconsciously feel we don't deserve them, so we self-sabotage to return to our comfort zone. Think about this: you've survived everything life has thrown at you so far - that's a 100% success rate. Why wouldn't you continue succeeding?

Self-sabotage often strikes when we achieve something great:

- Landing a dream job
- Starting an amazing relationship
- Reaching fitness goals
- Making significant progress

This week's challenge is to:

1. Journal about times you've self-sabotaged your health progress
2. Answer honestly: Do you deserve to be healthy and happy?
3. List who benefits when your life improves
4. Write down your worst-case and best-case scenarios for achieving your goals
5. Post in the support group all the reasons why you deserve great things

Remember: You deserve to be happy. You deserve to be loved. You deserve to become the person you want to be. Until you truly believe this, lasting change can't happen.

Week 8 Journal

Have i reached progress in my health only to self-sabotage?

Do i deserve to be healthy and happy?

Why do I deserve great things to happen in my life?

Whose life gets better, if my life gets better?

If I'm progressing towards my goal - what's the worst thing that can happen?

What's the best thing that can happen?

Challenge: Post to the support group a list of why you deserve great things to happen to you

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Month Three HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
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MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3

THINGS THAT INSTANTLY PUT ME IN A
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1

2

3

GOAL THAT MAKES ME HAPPY.

1

2

THINGS THAT MAKE ME LAUGH.

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Week 9

Welcome to Week 9 of Kaizen Method Training. This is honestly one of my favorite weeks, because it focuses on becoming the kind of person you feel proud to be—especially when no one else is around. It's all about building integrity with yourself and setting up long-term success.

Here's the core idea: **make promises to yourself—and keep them.** That's how you build trust in yourself. Even if they're small, keeping those promises changes the way you see yourself. You start identifying as someone who follows through, and that has a huge ripple effect on your mindset, your results, and your life.

This week, I want you to **set some small, achievable goals—and complete 100% of them.** Don't set too many. Don't go big. Keep it manageable. These should be things you can do even on your worst day. The point is to build consistency and self-trust. Here are some examples to choose from:

1. Make Your Bed Every Morning

Simple, but powerful. This habit comes straight from the military—starting your day with a win, and creating a clean, organized space, sets the tone for the rest of the day.

2. Say Your Mantra Daily

You've already created your mantra in a previous week—now it's time to speak it aloud every single day.

3. 5-Minute Daily Meditation

Find a quiet space—your car, your office, a bathroom, wherever. Set a timer for five minutes, close your eyes, and just sit. Let your thoughts come and go. No need to redirect your focus or "do it right." Just be still. It's incredible how much clarity surfaces when you create space for your mind to wander.

4. Walk Daily

Doesn't matter how far or how long. Just move. Dress for the weather and get it done.

5. Post Your Wins to the Group Every Day

This is huge. When you acknowledge your progress—**without any "buts"**—you build momentum. Wins fuel motivation. Motivation fuels results. Results bring even more motivation. That's the loop we're after.

6. Stretch Every Night

Doesn't need to be complex. Sit at the edge of your bed and reach for your toes. Or do something like the Lunar Flow. Just stretch—consistently. It improves sleep and gets your body into recovery mode.

7. Report Wins to an Accountability Partner

This adds a layer of external accountability. Even I have someone I check in with daily—I report my wins and set intentions for the next day. It keeps me grounded and sharp. You can start a group chat with one or more people. Just commit to sharing your win before midnight every night.

8. Declutter Every Day

This is more powerful than people realize. A clean, organized space leads to clearer thinking and better decisions. Research shows it reduces cravings and improves mental clarity. One of my clients focused only on decluttering—she lost weight without changing her diet or exercise. That's how impactful this is.

Journal Prompt:

If you were to **keep just one promise** to yourself this week—just one—what would be the most meaningful?

What's the one thing that, if you followed through, would make you feel proud and aligned with your goals?

And just a reminder: **You're not competing with an ideal. You're just improving compared to your previous self.** That's the only comparison that matters.

If you do that—day in, day out—it becomes impossible to fail. Sure, sometimes progress takes time. But time is going to pass anyway. Keep showing up. Keep improving.

Also, don't diminish your wins with "buts." Saying, *"I walked 20 minutes, but it started raining,"* discounts the progress you made. That habit comes from anxiety, from depression, from old patterns. You deserve to feel good about your progress—**you've earned it.**

Let that sink in this week.

You've got this.

Week 9 Journal

If I only kept 1 promise to myself this week, what would be the biggest win?

What would make me feel the best about myself?

Remember the goal is improvement compared to your previous self - not an ideal!

Goals for this week:

1. _____

2. _____

3. _____

4. _____

WEEKLY HEALTH CHALLENGE

Daily Commitment

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RECALL AND WRITE YOUR FONDEST MEMORIES

Week 10

Welcome to Week 10 of Kaizen Method Training.

The theme this week is simple: **get back on track**.

Now, let's be real. We don't live in a perfect world, and none of us are doing everything perfectly. I'm not, you're not, and that's okay. The habits we're trying to change have been ingrained in us for decades. These old patterns are like deep rivers in the mind, carved out over time. Trying to re-route them isn't easy—and slipping back into old habits can happen fast.

That's why it's so important this week to **objectively look at the improvements you've made**. Don't compare yourself to some ideal version of who you "should" be. Compare yourself to your **previous self**. Look at where you were ten weeks ago. If you're even 1% better each day, it's literally impossible to fail in the long run.

This program isn't designed for people who need to be told what to do every second. You're smart. You know what you should be doing—but sometimes we don't do it. And when that happens, we tend to beat ourselves up for not hitting the mark we *think* should be easy. But again, the goal isn't perfection—it's **progress**.

So here's your challenge for this week:

1. **Pick your lead domino**—sleep, stress, diet, or exercise—and then **intentionally choose a hard goal** in that area. Why? Because whether you hit it or not, you're still pushing yourself forward.
 - If it's **exercise**, aim to move twice a day, every day.
 - For **sleep**, set a consistent wake-up time and don't hit snooze for the next 7 days.
 - For **diet**, make sure everything you eat looks like it came from nature. Yes, even snacks—grab some raspberries or something real.
 - And if it's **stress**, do something that brings you a **disproportionate amount of joy**. Buy a silly dog outfit. Pick up that gadget you've had your eye on. Or plan a trip—just pay for it ahead of time, even if you haven't figured out when you'll go. Give yourself something to look forward to.

The point is to do something that breaks up the usual pattern and reminds you what you're working toward.

Set your goals high this week, and remember: even if life gets in the way, **track your progress**, compare it to where you were, and give yourself credit. That's what creates real motivation.

Alright, let's make Week 10 count. Get back on track, challenge yourself, and celebrate your progress—no matter how it shows up.

Week 10 Journal

Set goals high this week. Life can come up but even if you are off from being perfect as long as you measure the progress and improvement compared to your previous self, you'll notice the progress you're making.

Goals for this week:

1. _____
2. _____
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4. _____

WEEKLY HEALTH CHALLENGE

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Week 11

This week, we're turning up the dial on fat loss—but more importantly, I want you to see that it's *totally* in your control. That sense of control? It's powerful.

To help with this, I've got a couple guides I want you to check out—or revisit if you've already seen them:

- **Best Strategies for Guaranteed Weight Loss**
- **Changing Your Relationship with Food and Hunger**

There are some solid, proven strategies in there to reinforce that your body weight is something you *can* influence directly.

For this week only, I want you to choose **one new change** to implement. Here are your options:

- Be active **twice a day**
- Make **75% of your plate** whole foods that look like they came from nature
- Replace a meal with **broth**, or use **broth + vegetables + shirataki noodles**
- **Weigh yourself after each meal** to track how specific foods affect your weight
- Do **intermittent fasting**—choose between 16, 20, or 24 hours

If you're already doing one of these, *add another*. If you're already doing two, pick a third. The idea is to push yourself just a bit more this week—to prove that faster results are possible *when* you choose to take action.

Now, we're not trying to maintain this level forever. This is a **psychological boost** to remind you how much control you really have. We're about 25% through the program—there's still a lot ahead—but this is a good moment to double down on belief and momentum.

I want you to **journal a few things this week**:

1. **What are the biggest improvements you've made—physically, mentally, and emotionally—so far?**

No qualifiers. No “buts.” Just the wins. You've been showing up, sharing in the group, and doing the work—acknowledge that.

2. **What do you want to achieve in the next 9 months?**

Be specific. What *experience* are you working toward? Maybe it's waking up and feeling amazing in your body. Maybe it's looking in the mirror and loving what you see. Maybe it's finally feeling in full control of your life. Define that experience.

3. **How can you make your success inevitable?**

Let's say it was life or death—not just for you, but someone you love. What would you do differently? What small, daily changes could guarantee that outcome? Because if you identify and stick to *those*, everything else starts to fall into place.

You have my guidance, but this is also about building your internal compass. Your job is to keep improving—even if it's just 1% better each day. If you do that, it's literally impossible to fail.

So go all in. I'd love to see your reflections—your biggest wins from the last 10 weeks, and your vision for the next nine months.

You've got this.

Week 11 Journal

Knowing that you don't get in life what you deserve, but what you believe you deserve:

What are the biggest improvements you've made physically, mentally, emotionally with no "buts" allowed?

What is the most important outcome you'd like to achieve in the next 9 months of Kaizen Method Training?

What experiences are you working to achieve and how can you make your success inevitable?

Remember the goal is improvement.

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
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WHAT DIDN'T WORK

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GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

People I'm grateful for

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

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- 2 _____

- 3 _____

Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
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What I've learned: _____
- 2 _____

What I've learned: _____
- 3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 12

Hello! Welcome to Week 12 of the Kaizen Method training. This week, just like every other week, our goal is improvement.

If you focus on improving by just 1% daily compared to your previous self, you literally cannot fail. This week's emphasis is on launching your success plan for the next nine months, which involves regulating something called dopamine.

Dopamine is related to epinephrine and norepinephrine; they share the same chemical pathway and origin. Regulating this neurotransmitter will help you stay motivated and happy, preventing you from derailing your progress.

We are shifting our mindset from avoiding the past to pulling ourselves toward our future selves. Last week, you set your nine-month goals; now we will implement them concretely.

Dopamine is essentially our "feel-good" hormone, and past research incorrectly attributed the feel-good sensation to specific achievements. Instead, it can be harnessed in our pursuit of goals rather than from the achievements themselves. High achievers often skip celebrating their wins and chase the next goal instead.

This issue mirrors behaviors seen with substance use or extensive social media engagement, where effort is minimal to experience dopamine release. Without a larger future goal, people tend to become avoidance-oriented.

We need to employ positive psychology to be motivated by our future. Our focus should shift to that significant goal we established last week, ensuring we stay motivated daily to achieve it.

To optimize our dopamine release, the rewards we seek must require effort. If you're currently sitting on the couch endlessly scrolling through TikTok or using substances to help your mood, I'm not saying you must stop immediately. Instead, recognize these activities won't contribute to your goals. Gradually, making changes that push you into uncomfortable situations will stimulate personal growth.

It's essential to build your mental and emotional strength to face challenges that come your way. A great method for regulating this is through intentional delayed gratification. For instance, parking backward, setting big goals, and taking small steps as per the Kaizen Method will help.

Be careful not to engage in mindless dopamine triggers all the time. For example, if you smoke weed throughout the day, it may lose its effectiveness and turn into a self-medication mechanism. The same applies to TikTok; it becomes a gamble, searching for that next entertaining video without putting in effort.

Regulating your dopamine means allowing time between these stimulating activities. After a high, give yourself time to come down rather than immediately seeking another high. Focus on taking small steps and delay gratification regularly.

I encourage you to set challenges for the day, the week, the month, and the year. Create a guiding question to help you assess your decisions. An excellent example is, "Is this action better than what my previous self would have chosen?" By consistently asking this question, you'll continuously improve.

This week, journal how you can delay gratification and identify small steps that lead to significant rewards. Another useful reflection is: *What habits should you stop that prevent you from becoming your future self?* Ask yourself what you might be doing that you should eliminate to feel better about who you are.

Lastly, think about what you will gain by pursuing your nine-month goal, even if you don't achieve it. Reflect on the physical, mental, and emotional benefits that come from the journey itself.

Remember, as long as you improve by just 1% each day, success is inevitable, and failure is not an option. Thank you for being part of this journey, and keep pushing forward!

Week 12 Journal

What are some ways you can delay gratification?

What things can you stop doing that are preventing you from becoming your future self?

What will you gain in life that you don't currently have by being in pursuit of this 9-month goal?

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
- MEDITATE FOR [] MINUTES

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Month Four HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

2 _____

3 _____

MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3 THINGS THAT INSTANTLY PUT ME IN A
GREAT MOOD.

1

2

3

1 GOAL THAT MAKES ME HAPPY.

2 THINGS THAT MAKE ME LAUGH.

STEP TRACKER

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DAY 3		STEPS
DAY 4		STEPS
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DAY 6		STEPS
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DAY 25		STEPS
DAY 26		STEPS
DAY 27		STEPS
DAY 28		STEPS
DAY 29		STEPS
DAY 30		STEPS

Week 13

Hello! This is Abram, and welcome to week 13!

As always, our goal is to improve by at least 1% each day. If you do this, failure becomes impossible. Remember, the focus this week is the 80-20 rule, also known as the Pareto Principle. This principle is incredibly accurate in every aspect of our lives, and we'll specifically apply it to your physical, mental, and emotional health.

By now, you may have reached your target weight or not lost weight at all. Either way, what got you here won't take you further. Now that we're in week 13 and transitioning into the next phase of the Kaiser Method training, we need to think about what you could do if you only focused on 20% of your current efforts to achieve your goals.

The Pareto Principle states that 80% of your results come from just 20% of your efforts. Interestingly, this idea also holds true within that 20%. So, if we break down that 20%, we see that 80% of those results will drive further success. To put it mathematically, if you think of that 20%, and find 20% of it, you're left with 4% overall.

It's critical to identify the 4% of your decisions that will have the biggest positive impact on your health. We can call these your bright lines — clear and straightforward standards that you can easily measure your success against. Ask yourself: if I could make a 4% change in my life, what would it be?

For me personally, each morning I aim to be active. This sets my day up for success far better than anything else. If I wake up feeling lazy, that laziness tends to extend throughout my day. Conversely, if I engage in physical activity, it helps my mental, emotional, and physical health immensely.

You might find your 4% differs from mine. Here are some common examples of bright lines you might consider implementing:

- Avoid eating out: If faced with the choice, say 'I'm not hungry' or opt to fast.
- Only drink water: Eliminate all other beverages, including milk, soda, and alcohol.
- Be active every day: This is my personal standard.
- Create forcing functions: Join workout programs or find an accountability partner.

- Practice fasting: Consider a 24-hour fast once a week.
- Eat more natural foods: Aim to consume 75% of your meals made from whole, natural ingredients.
- Don't let a bad meal ruin your day: If you indulge in one unhealthy meal, ensure the rest of your day and week remains positive.
- Take cold showers: This can be beneficial for your mental health.

These examples can help you determine what your own bright lines might be.

Deliberate on what 20% of your actions will lead to 80% of your desired results for physical, mental, and emotional health. Then, pinpoint the 4% that you'll commit to every day. For me, daily activity is my guiding rule; if I accomplish that, I've already secured a win.

Remember, simply striving for 1% improvement compared to your previous self in similar situations guarantees success. If you have any questions, feel free to reach out! I hope you enjoy this week's lesson. Thank you for listening!

Week 13 Journal

What 20% of what I'm doing lead to 80% of the positive aspects of my health/fitness?

What is the 4% of what I do that I should keep doing in order to stay on the right track?

If all you do is improve by 1%, compared to your previous self, you're guaranteed to see success.

Pareto principal - 80% of success comes from 20% of effort.

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 14

Hello! This is Abram, and welcome to week 14!

As always, our focus is on achieving 1% improvement each week. This week, we're working on creating a better meaning of your past. Understanding our past helps us break free from negative habit loops formed by previous experiences.

We want to leverage *positive psychology* rather than dwell on the past. It's important to understand that while bad things can happen, we often assign negative meanings to them. These meanings can linger for years and prevent our growth. Our goal is to reframe our past to serve our future self better.

Think of your past as a springboard for a brighter future. You may have experienced significant hardships, like the loss of a loved one or traumatic events, but that doesn't mean you need to dwell on the pain. Instead, recognize that your experiences can catalyze your growth.

Take inspiration from historical figures like Nelson Mandela, who endured long imprisonment yet continued to strive for a better future. Also, consider Victor Frankl, who wrote *Man's Search for Meaning* after surviving a Nazi concentration camp. Despite losing everything, he found purpose in rewriting his manuscript and helping others. His survival stemmed from embracing the future rather than fixating on past trauma.

You have a choice: you can live in fear of the past, or you can be pulled forward by a vision of your future. But to move forward, you need to establish a larger purpose that inspires you.

This week, I want you to start rewriting your narrative. Use this *diffusing phrasing* technique:

1. Acknowledge a negative trait you associate with your past, e.g., "I have a fear of driving on the highway."
2. Reframe it positively: "I love that about myself because it teaches me caution."

This reframing breaks the negative emotional loop and helps cultivate a positive mindset. For example, "I struggle with binge eating, and I appreciate that because it shows me where I need to improve."

It's crucial to believe that a better future is possible. If you don't believe in that possibility, you'll struggle to make it happen. Remember, you don't need a perfect past to achieve this. Instead, generalize your past experience while making your future goals specific.

For instance, instead of detailing your trauma, you might say, “I’ve had challenging experiences in my life, and I love that about myself because it increases my empathy and desire to help others.”

This week, I challenge you to journal:

- Reflect on traits from your past you can appreciate without specifics, ending with, “and I love that about myself because...”
- Define specific ways your future self will leverage your past for personal growth.

Additionally, I challenge you to repeat these phrases daily for the next seven days. This practice will help form new habits.

Whenever someone mentions your past, respond with something like, “Yes, I’ve had a tough journey, but I appreciate my resilience because it makes me stronger and more capable of facing challenges ahead.”

Let’s work together to create a narrative of growth and purpose. If you have any questions or need support, let me know. Enjoy this week’s focus, and thank you for being here!

Week 14 Journal

What are qualities about your past self that you can thank yourself for?

Without using specifics, frame past trauma ending with “and I love that about myself because...”

Using specifics, what ways will your future self use the past to become stronger physically, mentally, or emotionally?

Challenge: can you say this every day for 7 days?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 15

Hello! Abram here. Welcome to week 15 of the Kaizen Method Training. This week, just like every week, our focus is on improvement.

If you consistently improve, even by just 1% compared to your previous self, you'll find it nearly impossible to fail. This week, however, we will concentrate on detachment from emotional ties, especially regarding lagging indicators of success. Understanding the difference between leading and lagging indicators is crucial, as is recognizing how our emotions relate to these metrics.

It's essential to detach from how you feel about your weight, energy, and other metrics. Remember, achieving balance is about managing our hormones. This week is all about keeping that balance to ensure long-term success in our program.

To achieve our goals, we need to prioritize our actions first. Those actions shape our behaviors, and over time, our behaviors will influence our emotions. By focusing on our actions—the leading indicators—rather than on outcomes—the lagging indicators—we can maintain a healthier mindset.

Think of weight loss as a lagging indicator. It's an outcome we want, but we achieve it through consistent actions. Each day, aim for that 1% improvement in your actions rather than comparing yourself to an ideal.

Now, let's get into some practical strategies. If your weight isn't trending downwards, there's likely a hormonal imbalance at play. Identify which aspect of your health—be it sleep, stress, diet, or exercise—needs improvement. Focus on this lead domino, and you'll start seeing results.

For emotional low points, consider a simple state change. Hold your breath until you feel the need to gasp for air, then change your environment or focus. This will help reset your mindset. And if you can't physically leave your space, distract yourself with activities like reading, playing games, or watching movies. It's important to actively shift your thoughts instead of passively waiting for inspiration.

When motivation runs low, consistently share your wins with the group without adding any "buts." You can revisit your posts later to remind yourself of your progress, which will help boost your motivation.

This week's journaling prompt is crucial: If I were caring for someone I love, what advice would I give them if their lagging indicators weren't going as planned? Detaching from yourself can provide perspective and help you find practical solutions.

By focusing on leading indicator actions, many individuals in this program have lost significant weight—20, 50, 100 pounds or more. Aim for that 1% daily improvement compared to your past self, and remember, it is impossible to fail if you keep making progress.

Thank you for being part of this journey, and I hope you find value in this week's lesson!

Week 15 Journal

If I was taking care of myself like someone I loved, what would I tell them if the lagging indicators aren't going exactly as planned?

See the positive changes in your life, ways you've changed to a better life.

State changes for increased focus on leading indicators of success:

Weight trending upward?

Low emotionally?

Motivation lacking?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 16

Alright, this is Abram, and welcome to Week 16 of the Kaizen Method Training program. Just like every week, our focus is on making a 1% improvement compared to your previous self in similar situations. You don't have to implement all these changes at once; small improvements lead to success.

This week, I want us to take control of our energy levels. Energy is crucial because without it, accomplishing anything becomes challenging. Good energy helps you feel productive and engaged throughout your day without constant crashes. It doesn't mean you have to be hyper; rather, it's about maintaining a steady flow of energy.

To generate unlimited energy, we need to understand its sources. Our bodies exist in two primary states: *rest and adjust* or *fight or flight*. Sometimes, we go into a freeze response, but for this discussion, we'll focus on the first two. Energy is released based on what your body predicts will happen.

Here are some ways to increase your energy:

- Physical movement: Engage in activities like walking, standing, or even jumping.
- Nutrition: Consider your salt intake about 30 minutes before physical activity.
- Caffeine is a well-known energy booster.
- Set time-based activities to prompt energy activation.

These will trigger your fight or flight response, increasing energy levels. Here are some specific actions you can try:

1. Exercise - even a brisk walk counts.
2. Clap your hands or yell, which can help release tension.
3. Challenge yourself with a date or a stimulating video game.
4. Engage in time-based puzzles or breath-holding exercises—just not while driving!
5. Listen to energizing music or use a Pomodoro timer to manage your focus.

The Pomodoro technique involves working for 20 minutes followed by a 5-minute break doing something different. Repeat this cycle to maintain your focus and energy.

Now, let's talk about the *importance of winning*. Seeing progress motivates you. When you measure your successes, no matter how small, you build momentum. Instead of focusing on an overwhelming goal, like losing 100 pounds, celebrate your improvements—better sleep, increased activity, etc. Measuring 'backwards' shows how far you've come, boosting your motivation.

This week, your key takeaway is control over your energy levels. You have that energy within you. It's not just about caffeine; simple actions like hopping, shaking, or clapping can energize you.

Journal your biggest wins from the past week. Reflect on how you can replicate these successes in the future. Consider incorporating a sense of urgency into your routine.

For example, if you're studying, set a timer. If you walk, challenge yourself to reach a landmark by a certain time. Incorporating this pressure helps you stay focused and active.

So, let's journal on that. If you have any questions or need assistance, feel free to send me a message. I'm here to help! Thanks for tuning in.

Week 16 Journal

What are your biggest wins from the last 7 days?

How can you repeat that type of success in the future?

How can I add in the fear of running out of time to my leading indicators of success?

Goal this week is to take control of energy levels

What is good energy?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Month Five
HAPPINESS ASSESSMENT

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WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

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THINGS THAT INSTANTLY PUT ME IN A
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1

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THINGS THAT MAKE ME LAUGH.

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Week 17

Hello! This is Abram, and welcome to Week 17 of the Kaizen Method training program. This week, we'll continue our journey of becoming 1% better every day. Remember, as long as you compare yourself to your previous self and make continuous improvements, failure is not an option.

Today, we'll discuss the difference between coping just to get by and coping to thrive. Many people struggle with this mental barrier, but we can overcome it through neutral thinking.

Let me illustrate this with a story about a successful public speaker. In high school, they were nearly failing but promised their mother to take the SAT to see if they could get into college. When the score came back, it was an impressive 1480 out of 1600, a score indicative of immense potential. Instead of being proud of their accomplishment, they were suspected of cheating. After the score was verified, the teachers treated them differently, assuming they were just under-challenged. This realization shifted their mindset from doubt to confidence.

They began participating more, graduated high school, excelled at a community college, and eventually enrolled in an Ivy League university. They became a successful entrepreneur. Years later, it was revealed that they actually scored a 700, not a 1480. However, the belief in their intelligence and capabilities propelled them to victory.

The key takeaway? Act as the person you want to become. If you want to thrive rather than just survive, start embodying that identity today.

Let's clarify our thinking patterns:

- Positive thinking: "I can do anything."
- Negative thinking: "This is pointless; I always fail."
- Neutral thinking: Facing facts as they are without embellishment.

Positive thinking doesn't always encourage positive outcomes. Sometimes, simply getting through tough times is all we can do. Think of grief or trauma – we can't just wish them away with positive thoughts. On the other hand, negative thinking leads to more negativity. *For instance, venting frustration can lead to snapping at loved ones, perpetuating a cycle of negativity.*

What we need is neutral thinking. Instead of identifying yourself as a 'picky eater' or 'stressed-out', reframe your internal dialogue. If you want your kids to eat more diversely, don't label them as picky; instead, reward them when they try new foods.

To shift your mindset, start by detaching from negative labels. For example:

1. If you're an "all-or-nothing thinker," realize you can start small.
2. If you're a "picky eater," commit to trying new foods weekly.
3. If you don't handle stress well, believe you can and start taking action.

Just think: *What does someone who handles stress well do?* They seek help, access resources, and implement coping strategies.

To foster this change, practice the "Bracelet Challenge." If you complain without proposing a solution, switch your bracelet to the other wrist and reset your progress. Aim for at least seven days (or thirty for a real challenge) without complaining unless you offer a solution.

As for activity, I want you to exercise twice daily. Break up your routine or add five minutes to your current activities. This repetitive motion helps release pent-up stress and contribute to mental well-being.

Remember, the goal this week is to increase your awareness and take small actionable steps toward better habits. If you have any questions, feel free to ask.

Thanks for being part of this journey, and I wish everyone the best!

Week 17 Journal

This week's goal is to go 7 days in a row without complaining out loud without a solution

Choose an Activity:

Example: Exercise twice a day, every day. Either break up workout into 2 parts or add in repetitive exercise like walking, rowing, for at least 5min on top of normal activity routine.

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
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GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

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2 _____

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People I'm grateful for

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

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Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
LEARNING FROM THEM.

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What I've learned: _____

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What I've learned: _____

3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 18

Hey there! Welcome to Week 18!

This week, like every other, our goal is to improve by just 1% compared to your previous self. However, our main focus this week will be on becoming future-focused.

I want to share something powerful from Victor E. Frankl, a man who survived a concentration camp. He said, *“Ever more people today have the means to live but no meaning to live for.”* In other words, they can survive physically but lack the will to truly live.

This reminds me of how *anxiety* stems from fearing the future, while *depression* arises from losing hope for it. If you believe your future will be worse, you're unlikely to improve or look forward to life. That makes it impossible to thrive.

Frankl could predict with startling accuracy who would survive and who wouldn't in the camp—often, it was those who lost their sense of purpose or hope for a better future that perished. People were saying things like, “We'll be out by Christmas,” then that day would come and go, and nothing would change. After multiple disappointments, hope faded, and many gave up.

Frankl found purpose by committing to publish his manuscript, which he believed would carry him through those horrific experiences. This concept is similarly used by the military: recruits run without knowing for how long, causing immense uncertainty and anxiety, leading many to drop out because they can't envision a better future.

When long-time couples lose a partner, one often follows soon after due to lost hope. The stress of feeling hopeless can take a serious toll on health.

Now, let's shift gears and get motivated for this week. Creating a bigger future is essential for overcoming depression. Remember the *big goal* we discussed a few weeks ago? I want you to envision the future you'd love to live in and cultivate your belief that it can become a reality.

It's crucial that we feel we can achieve our goals; they must resonate with us. Journal about the experiences you desire. Think about who you want to be and the actions that person takes. This is part of the *be-do-have* philosophy: To be what you aspire to be, you need to start by acting like that person now.

If you wish to be mentally and emotionally strong, identify who that person is and what they do. You don't have to wait to become this future self; you can start embodying it today. Ask yourself, "What advice would my future self give me right now?" By visualizing your life, you'll find it easier to work toward those goals.

This week, I'd like you to:

- Define what experiences you want. Whether it's trips, relationships, or personal achievements, be specific.
- Consider how to set up your life to facilitate those experiences. For instance, if you want to bike around your city, what do you need? A bike? Training? Think it through.
- Determine small, manageable steps so you can make progress even on tough days. If your goal is emotional resilience, start by consuming inspirational content like a motivational podcast for just five minutes a day.

You don't have to be perfect overnight; just aim for progress. Remember, as long as you keep making strides, success is inevitable.

If you have any questions, feel free to reach out. I'm excited for you this week!

Week 18 Journal

What experiences do you want?

Who do you want to be?

What are things that person does? (Be, Do, Have)

If you were your future self, what advice would you give yourself today?

Long term goals:

Mid-term goals:

Short term goals:

WEEK HEALTHLY CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 19

Hello, this is Abram, and welcome to Week 19 of the *Kaizen Method* training program. This week, we're focusing on hormonal functioning. As we've progressed, it's essential to remember that many of our feelings—hunger, self-perception, energy levels, and sleep quality—are influenced by our hormones.

We're going to revisit the foundational information to ensure your hormonal system is functioning properly. This includes aspects of digestion, mood, sleep, and energy.

So, how does the hormonal system operate? For a more in-depth guide, check out my resource, [*Balancing Your Hormones 101*](#). This week, here's what I expect from you.

Hormones are released based on predictions. For instance, if I told you to stand on a highway, your body would instinctively produce energy to escape. That energy was always inside you; it just needed a trigger. The same principle applies when you catch a whiff of something delicious; suddenly, you're hungry. Or when it gets dark and quiet, your body prepares for sleep.

We often engage in activities that provide immediate pleasure, but overindulging can lead to a numbness in life, making you feel neither good nor bad. This happens when your body expects constant rewards from feel-good hormones, leading to reliance on those spikes. This is where drug addiction can stem from, highlighting the importance of regulating your hormonal system.

To support your hormonal health, focus on establishing consistent bedtime routines. If you've drifted from your nighttime habits, it's time to get back on track. A consistent routine helps signal your body that it's time to sleep, promoting the release of sleep-inducing hormones.

Here are some steps to enhance your sleep routine:

1. Brush your teeth.
2. Plan your next day.
3. Say goodnight to your family.

The more you repeat these actions in a set order, the stronger the signal to your brain that bedtime is approaching.

When it comes to physical activity, consistency is critical, regardless of whether you exercise in the morning, evening, or right before bed. Your hormonal system thrives on predictability, so regular exercise will help maintain balanced hormone levels.

To manage hunger spikes, consider the role of stimulants like coffee. If you consistently drink coffee every morning, keep that routine; your body will adapt and regulate energy production accordingly.

Your hormonal system also includes two primary states: fight or flight and rest and digest. Activities that stimulate your mind—like video games, deadlines, or even caffeine—can help regulate hunger and energy levels. If you tend to eat just one or two meals a day, incorporate some stimulating activities to keep your energy balanced.

Be cautious, though; overuse of stimulants can lead to adrenal fatigue, where even caffeine fails to invigorate you. To maintain predictable energy levels, integrate non-stimulant methods into your routine. Simple practices like controlled breathing, adequate hydration, and cold exposure can significantly enhance your energy without overstimulating your adrenal glands.

Next, we need to focus on regulating dopamine levels. To ensure you feel good consistently, incorporate a sense of delayed gratification into your daily life. For example, if you enjoy puzzles or a favorite TV show, stop partway through and save the rest for later. This gives you something to look forward to and can significantly enhance your motivation and enjoyment.

Beware of quick dopamine fixes, like scrolling through social media. These fleeting pleasures can diminish your satisfaction with solitude. Instead, find activities that yield gradual rewards and allow room for anticipation.

Moreover, introducing novelty into your life can combat boredom and keep your dopamine levels balanced. Aim to try something new each week, whether it's a different stretch, a new recipe, or exploring a new hiking trail. This approach fosters engagement and new experiences, making life more fulfilling.

All these strategies will help regulate your hormonal balance, aiding in issues like PMS, anxiety, or depression. Each aspect of this program complements medical advice, fostering a healthier hormonal system as a byproduct of positive lifestyle changes.

Reflect on your journey thus far. In the Facebook group, review your past posts through your profile. Identify your proudest accomplishments and share with the group. This is your space to celebrate your progress without comparison to an unrealistic ideal.

Remember, improvement is about comparing yourself to your previous self, not an unattainable perfect state. If you've made progress—even small steps—celebrate that! Continuous improvement, no matter how minor, ensures your success.

Keep measuring your progress, acknowledging your achievements, and striving for growth. That's how success becomes inevitable. Thank you for being part of this journey, and I hope you find value in this week's focus.

Week 19 Journal

Look back at all of your wins you've posted in this program so far.
What aspects are you most proud of?

Challenge: Dial in hormonal functioning (Re-watch Women's Hormonal Balance 101)

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 20

Hello, this is Abram, and welcome to week 20 of the Kaizen Mentor Training Program! This week, we're focusing on how to get out of the gap and stay in the gain.

This isn't just about wishing for things to be okay; it's about maintaining the right mindset. It's crucial not to let depression pull you back and derail your progress. We need to recognize triggers of self-sabotage, one of which can ironically be *success*.

Often, we get bogged down in unnecessary details, like obsessing over protein intake, or fixating on our goals to the point of inaction. It's essential to shift our focus from reaching an ideal to improving ourselves compared to our past selves.

Let me share a story about a client who overcame these hurdles. Years ago, during the merger of Miller and Coors, she was a top executive who decided to enroll in this program as her wedding approached. Despite her initial struggle, not losing any body fat in the first two months, we kept addressing her primary issue: stress.

When her counterpart got fired, she absorbed the responsibilities of two departments. While pressure seemed to drive her, she was silently overwhelmed. Her workouts and diet seemed fine on the surface, but her stress levels were through the roof. She found herself on the verge of quitting—everything felt unbearable.

What we needed to focus on was her mental health and the process. As you go through this program, you may face your own intense stress. The key is to remember that the goal is self-improvement. Focus on making even 1% progress regularly; it makes failure impossible.

After two and a half months, she decided to take time off before her wedding—four weeks, the longest vacation she ever had. When she asserted her need for time off, her employer responded positively, recognizing her value.

That decision marked a turning point. In the two weeks leading up to her wedding, she lost 18 pounds—she was energized, well-rested, and more focused than ever. She went down two dress sizes, which is about 20 pounds of body fat loss; she looked stunning.

Now, as we move forward, I encourage you to journal your insights. Imagine giving advice to someone you love in a similar situation you faced ten years ago. Reflect on the top one to three pieces of advice you would want to share.

Next, think about how to transform any unhealthy coping mechanisms into healthy ones. If you're a perfectionist, for example, practice *dopamine regulation* by delaying gratification. If you enjoy a show, try watching just half an episode and saving the rest for later to build anticipation.

Consider if you frequently put others first. Frame your personal wins as benefits to them. If your workout boosts your energy, share how it enables you to be more present with your kids.

If you're feeling discouraged because you haven't hit your ideal goals, remember that nobody reaches a perfect ideal. Instead, compare yourself to your past self. Reflect on how far you've come, recognizing improvement as your main focus.

Lastly, do you reach out for help when you need it? It's vital to know that no one succeeds alone. As soon as you become comfortable asking for help, new opportunities will emerge.

For this week's challenge, find a win from someone in our group and provide them with a genuine compliment. It's amazing how uplifting others can positively affect your own mood and self-worth.

That wraps up week 20! I hope this message resonates with you, and I appreciate your commitment to your journey. Thank you for being here!

Week 20 Journal

If I were giving advice to someone I loved on my key to success. What are the top 1-3 things I would tell them to do in order to be successful?

What traits can you use to your advantage? (perfectionist = delayed gratification, putting others first = list wins that benefits them, feeling discouraged when you aren't seeing ideal results = habit loop trigger to focus on improvement vs perfection)

Challenge: Look for someone else's win in the group and give a genuine compliment and see how improving their self-worth improves yours.

WEEKLY HEALTH CHALLENGE

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 21

Hello! This is Abraham. Welcome to Week 21 of the Kaizen Method training program. This week, we're focusing on the theme of courageous action.

As we've discussed before, setbacks and struggles are common as you progress. You might be facing significant challenges in your life or self-sabotaging behaviors that hold you back. Instead of trying to control your external circumstances—which are often out of our hands—let's focus on becoming mentally, emotionally, and physically strong. This strength will help you handle whatever life throws at you, and the key is to take action, even when it feels intimidating.

You may wonder why some people seem to thrive even in difficult times, while others with everything to gain make harmful choices. This discrepancy often comes down to deep-seated *mental, emotional, and hormonal* factors. This week, we are diving deeper into those underlying reasons.

Remember the upper limit problem? It's like hitting a thorn in your side—a belief that you aren't deserving of success. Holding on to these unhealthy beliefs can keep you from becoming the person who can control their hunger, exercise regularly, or manage their emotions. Change takes time, and it's easy to lash out at others when we should focus on fixing our own underlying issues.

We often cope with trauma or anxiety in ways that keep us alive but not thriving. The saying goes, "What got you here won't get you there." If you maintain low standards, whether through relationships or work, it will reflect how you view yourself and your worth. If you're settling for less, you'll start to believe you don't deserve better.

It's crucial to measure your progress accurately. Compare yourself to your past self, not someone else's journey. Many in this program have lost over 60 pounds, but that doesn't diminish your accomplishments. Remember, achieving a goal often leads to an empty feeling because we fixate on the next ideal instead of appreciating what we've done.

If you hold on to limiting beliefs—for example, saying, "I'm a picky eater," or "I've always been this way"—you're bound to stay stuck. Shift your focus from your past, which you can't change, to your future, where you hold the power to make changes.

Think about the person you want to become. Picture yourself 10 years from now, having achieved your goals. Talk to that future version of yourself. You'll learn what actions you need to take to get there.

This week, reflect on this question: *What if I was willing to feel fear of change and still take action toward becoming my future self?* Write down your best-case scenario in detail and consider why it's still possible for you to succeed in improving your physical, mental, and emotional health.

Lastly, think about how you would encourage someone you love during their setbacks. Use that same advice for yourself when you face challenges. Remember, setbacks can either be obstacles or opportunities for growth.

That's it for Week 21! Thank you for being here with me, and I hope you find this insightful!

Week 21 Journal

If I was willing to feel the fear of change and take actions towards becoming my future self, what is the best-case scenario?

Why is it still possible for you to be successful in drastically improving your physical, mental, and emotional health?

When setbacks happen to someone you love, what do you tell them? What should you tell yourself?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Month Six HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

2 _____

3 _____

MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3 THINGS THAT INSTANTLY PUT ME IN A
GREAT MOOD.

1

2

3

1 GOAL THAT MAKES ME HAPPY.

2 THINGS THAT MAKE ME LAUGH.

STEP TRACKER

DAY 1		STEPS
DAY 2		STEPS
DAY 3		STEPS
DAY 4		STEPS
DAY 5		STEPS
DAY 6		STEPS
DAY 7		STEPS
DAY 8		STEPS
DAY 9		STEPS
DAY 10		STEPS
DAY 11		STEPS
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DAY 22		STEPS
DAY 23		STEPS
DAY 24		STEPS
DAY 25		STEPS
DAY 26		STEPS
DAY 27		STEPS
DAY 28		STEPS
DAY 29		STEPS
DAY 30		STEPS

Week 22

Hello and welcome to Week 22 of the Kaizen Method training Program! This week, we're diving into the concept of the gap, where we compare ourselves to our ideal selves, and we'll ensure that we're set up for long-term success.

We often discuss self-sabotage, which everyone experiences. If you're intelligent—and you are, as you're part of this program—you can either use that intelligence to highlight reasons for failure or to find reasons for success.

At this point, you should identify a big, exciting goal for the remainder of your year in this program. When you set ambitious goals, it's easy to feel disappointed or face setbacks and lose control. Let's reclaim that control! Much of what affects your progress is entirely within your power.

To achieve this, we need to implement habit loop triggers that keep you consistent. For example, if you feel like skipping the gym, remind yourself, *"I make progress even when I don't feel like it."* Remember, any small progress contributes to your success.

Another common thought is, *"I'm a picky eater."* To counter that, tell yourself, *"I try new things every week."* Even if you only try one new item, that's progress!

If you often say, *"I don't feel like it,"* or *"I've always been this way,"* remind yourself, *"I can change by one percent every day."* Focusing on improving just a little each day makes it impossible to fail.

Focus on improvement—it's what truly counts. Even if you've only completed ten percent of your tasks this week, what matters is your effort to improve. If you stay dedicated to this mindset, success will follow.

Remember, *"What got you here won't get you there."* If you want to learn more about managing anxiety, PTSD, and stress, check out the guide in the accelerated section.

To maintain consistency, concentrate on your lead domino—what aspect of your health, if improved, can positively affect everything else? This could change over time—perhaps you're feeling stressed, your diet isn't great, or you've faced an injury.

If you find yourself unable to run anymore, instead of complaining, think, *"I can use this time to focus on my sleep, stress, and diet."* Explore new foods and ways to improve your nutrition.

This week, challenge yourself! Aim to work out twice a day—combine cardio and strength training or spread them out. Additionally, try a 24-hour fast at least once. If you're curious about fasting, watch *Changing Relationship with Google*—it offers great insights.

To manage hunger during fasting, keep busy with activities you enjoy, like work or exercise. Consider adding something to look forward to daily—delaying gratification can regulate your dopamine levels. For instance, one of my clients found joy in coloring, which they intentionally delayed each day.

Finally, use your love language to create anticipation. Whether it's planning time with loved ones or treating yourself to something special, add a light at the end of your week.

This week, I want you to reflect: *Do I need to reassess my big goal?* Setting goals comes easiest when you're in a peak state, excited and motivated. Revisiting these goals can help ensure they remain compelling.

Ask yourself: *Am I excited about the potential of this goal?* Your future should inspire you, as that excitement will foster happiness today.

If you discover you need to reassess, think about how to incorporate forcing functions to stay on track. You could find an accountability partner, commit financially to a goal, or create social pressure by sharing your plans on social media.

Ultimately, think about what motivates you—getting scolded or rewarded. Reflect on your experiences and find what drives you.

That's what I have for you this week. I hope you find this helpful—thank you for being here!

Week 22 Journal

Do I need to reassess my big goal?

Am I excited about the potential upside of my goal?

How can I stay on track? (accountability partner, POD, monetary, social pressure, punishments etc.)

How can I add forcing functions to stay on track (accountability partner, social pressure, monetary, punishments, etc.)

Challenge yourself with at least one of these:

- Workout twice in one day: cardio + strength or cardio + cardio

- 24 hour fast at least once this week (watch Fasting 101)

- Add something you can look forward to everyday and delay gratification for that thing

- Use your Love Language to add a light at the end of the tunnel and celebrate your success you've made so far

WEEKLY HEALTH CHALLENGE

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 23

Hello, this is Abram, and welcome to week 23 of the Kaizen Method training program. This week, our main focus is learning to be okay with ourselves when we're alone.

We often face various triggers for self-sabotage, and it's essential to address these issues before they escalate. We need to differentiate between *escaping* and *coping*, and understand the difference between what works for us versus what we idealize.

If you're in this program, you're likely dealing with past trauma, current stress, or depression, which can make daily life challenging. It's important to recognize that life doesn't necessarily get easier; it tends to become more complex. Therefore, we must strengthen our mental, emotional, and hormonal resilience to handle whatever comes our way.

When facing acute trauma, it's okay to turn to temporary escapes. These could include using substances like caffeine or alcohol (legally, of course) or engaging in activities like video games or social media to cope. However, these should not be permanent solutions.

To truly learn to be okay with ourselves when alone requires several strategies. First, determine if you're under acute stress or if you're still dealing with past issues.

Next, it's crucial to shift from *push motivation*—focusing on avoiding past pain—to *pull motivation*, where you are drawn toward a better future.

Here are some key steps to being comfortable with yourself:

1. Establish a Bigger Why: Your goals need to be significant enough to propel you into a positive future. A lack of a substantial "why" can lead to feelings of misery.
2. Be Approach-Oriented: Focus on moving toward your goals rather than retreating from past traumas. Remember, helping others starts with helping yourself. When you prioritize your well-being, it enables you to assist others more effectively.
3. Actions Influence Emotion: Understand that emotional change comes from consistent actions, not instant gratification. To endure trauma, stress, or anxiety, commit to long-term actions that promote your desired behaviors. Over time, as you adopt these behaviors, emotional transformation will follow.

To enhance your routine and deal with stress, consider introducing novelty into your life. For example, each week you could:

- **Identify Your Accomplishments:** Reflect on your achievements to recognize your progress.
- **Explore How Your Health Affects Others:** Write down 21 reasons why improving your mental, physical, and emotional health positively impacts those around you.
- **Incorporate New Activities:** Think about how you can add something fresh to your daily, weekly, or monthly routines.

Example Strategies

- **Sleep:** Try eating a few pistachios before bed or incorporating apple cider vinegar into your nighttime routine.
- **Stress Relief:** Plan enjoyable activities based on your love languages, such as spending quality time with loved ones or trying new hobbies.
- **Diet:** Each week, commit to trying one new food or drink to add excitement and variety to your meals.
- **Exercise:** Mix up your routine by trying a new workout or increasing your activity frequency.

As you implement these changes, remember that feeling okay with being alone hinges on believing in the potential for a brighter future. You have the power to transform your life, and with deliberate actions, you will foster emotional wellness.

Thank you for joining me this week. I hope these insights resonate with you—let's keep pushing forward together!

Week 23 Journal

What are my biggest accomplishments that happened this week?

What are 21 ways improving my physical, mental, emotional health benefits the people around me?

What actions can i take to add something new to my day, week, or month?

WEEK HEALTHLY CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
- MEDITATE FOR [] MINUTES

	WEIGHT	SLEEP	VEGGIES	FRUIT	WATER	EXERCISE	MEDITATION
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<i>Sunday</i>	☐	☐	☐	☐	☐	☐	☐

WHAT WORKED

WHAT DIDN'T WORK

WHY DID IT WORK

WHY DIDN'T IT WORK

GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

1 _____

2 _____

3 _____

4 _____

5 _____

People I'm grateful for

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

1 _____

2 _____

3 _____

Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
LEARNING FROM THEM.

1 _____

What I've learned: _____

2 _____

What I've learned: _____

3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 24

Hey there! This is Abram, and welcome to Week 24 of the Kaizen Method training program. This week, we'll be focusing on *unlocking and rethinking hidden beliefs*. We briefly discussed this in earlier weeks, and it's crucial we revisit it to shift our default thinking patterns for lasting change.

It's one thing to achieve success; it's another to maintain it long-term. Remember, I encouraged you to set big goals so you could envision and pull forward your future self. Knowing you can become that person is key to your journey, but preserving that success requires altering your hidden beliefs and default thoughts.

Let's challenge your perspective on hunger. Just because your stomach rumbles, it doesn't mean you're hungry; it simply means food is moving through your system. Healthy eating? It should be about consuming more foods that resemble nature rather than comparing yourself to an ideal diet. Forget the notion of a "perfect" meal; instead, focus on making choices that improve upon your previous self's habits. You're not training like an Olympic athlete; your goal is gradual improvement.

As long as you compare your current self with your past self, you can confidently affirm you're making a positive *one percent* improvement—and that's significant! Now, let's work on uncovering and rethinking those hidden beliefs. I have a few questions for you, and I want your immediate answers:

- Is eating healthy hard to stick to?
- Is losing weight a challenge?
- What do you think are your chances of success?

Think carefully about your default answers. If you're saying it's hard to eat healthy or lose weight, those are hidden beliefs that can lead to self-sabotage. It's vital to shift your mindset. If you believe you'll be successful, you're right; if you believe you won't, you're also right. Use your intelligence to empower yourself instead of dwelling on potential failures.

Many people, especially those of you with natural giving tendencies, create unrealistic expectations—*ideal comparisons*—that don't exist. Completing a goal doesn't mean instant euphoria; oftentimes, you might feel pressured to achieve the next milestone right after. So, let's focus on improvement rather than perfection.

This week, I want you to engage with these journal questions:

1. What does a healthy diet look like for you? Think about healthier alternatives and how you can incorporate more natural foods into your diet compared to your previous choices.
2. Out of the four pillars of health—sleep, stress, diet, and exercise—what is your "lead domino?" Identify this aspect that, if improved, will positively impact all areas of your health.
3. What actions are you taking to improve this lead domino by just one percent? Regularly reassess this; it can shift throughout the program.
4. Lastly, what would your future self say to you if you knew, without a doubt, you would be successful? Picture that future version, thriving and deeply caring for you, and take notes on that advice.

That wraps up Week 24. I hope you reflect on these deeper thoughts and notice your default thinking patterns. You're absolutely on the right path. Thanks for tuning in!

Week 24 Journal

What does a healthy diet look like?

Out of the 4 pillars of health (sleep, diet, stress and exercise) what is your lead domino and what are you doing to improve it by at least 1%

What would your future self say to you if they knew with 100% certainty, you'd be successful?

Now to discover, unlock, and rethink hidden beliefs we need to learn your default terminology to what you're trying to accomplish by answering these questions:

Is eating healthy hard to stick to?

Is it hard to lose weight?

What are the chances you'll be successful?

What was your default (hidden belief) response?

If you believe you'll be successful you're also right. If you don't believe you'll be successful you're right.

WEEKLY HEALTH CHALLENGE

Daily Commitment

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GRATITUDE LOG

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 25

Hello, I'm Abram. Welcome to Week 25 of the Kaizen Method Training Program. This week, we'll discuss the difference between *freedom to* and *freedom from*.

Remember, the essence of this program is rooted in positive psychology, which emphasizes focusing on the future. The future is entirely under your control, while your past isn't. It's crucial to cultivate the right mindset.

When we experience anxiety or depression, we often engage in *confabulation*, making up realities that don't really exist. This isn't a sign of being 'crazy'; rather, it's simply how an anxious mind can work.

There are two ways to live: a life of needing and a life of wanting. *Needing* something diminishes your internal locus of control — your belief in your ability to change your life. On the other hand, wanting something maintains that control.

Let's clarify what we mean by a locus of control:

- Internal Locus of Control: You believe you can change your life.
- External Locus of Control: You feel life happens to you, with nothing you can do about it.

The aim isn't to make life easier but to embrace the power you have over who you can become. This is vital.

I've prepared a guide on overcoming anxiety, PTSD, and past trauma, which you can access if you're interested.

It's important to understand that what brought you here won't necessarily get you to where you want to go. Anxiety and overthinking can lead to compulsively analyzing every detail to justify decisions or understand the past. While your intelligence can serve you, it can also hinder your progress.

If you find yourself asking, "Why do I always do this?" or "Why is this so hard?", you're leveraging your intelligence against yourself. These negative questions will lead to negative answers, which won't help you grow or achieve your desired future.

To shift your mindset, we need to focus on *gaining the freedom to become* our future selves instead of getting stuck in analyzing our past conditions. If you dwell on past trauma, asking "Why me?" only leads you down a harmful path. Let's change our thought process and be mindful of how we phrase our desires.

Here's an exercise: make a list of statements where you say you need something versus wanting it. For example:

- "I need to eat healthy food to lose weight" vs. "I want to eat healthy food to lose weight."
- "I need to be active to improve my blood sugar" vs. "I want to be active to improve my blood sugar."

Notice how one small word change can have a massive impact on your mindset. By framing your desires as wants rather than needs, you ensure your future remains in your control.

You want to feel happy, not because of past traumas but just because you want to. That's perfectly fine. There's no need to relive past pain to justify your desires.

Reflect on when you say "I need to do something" versus "I want to do something," particularly related to your physical, mental, emotional, and hormonal health. Write down those instances and reframe them into positive wants.

Remember, we always act on what we want. No one forces anyone to eat healthily or improve their well-being. Those are choices made by the individual.

So, as you go forward, question who really controls your future. Write down moments of need versus want and see how empowering the shift can be. Use your intelligence to your advantage.

Thank you for joining me this week!

Week 25 Journal

When are all the times are you saying that you NEED to do something vs WANT?

Who is in control of your future?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Month Seven

HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

2 _____

3 _____

MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3

THINGS THAT INSTANTLY PUT ME IN A
GREAT MOOD.

1

2

3

1

GOAL MAKES ME HAPPY.

2

THINGS THAT MAKE ME LAUGH.

STEP TRACKER

DAY 1		STEPS
DAY 2		STEPS
DAY 3		STEPS
DAY 4		STEPS
DAY 5		STEPS
DAY 6		STEPS
DAY 7		STEPS
DAY 8		STEPS
DAY 9		STEPS
DAY 10		STEPS
DAY 11		STEPS
DAY 12		STEPS
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DAY 19		STEPS
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DAY 21		STEPS
DAY 22		STEPS
DAY 23		STEPS
DAY 24		STEPS
DAY 25		STEPS
DAY 26		STEPS
DAY 27		STEPS
DAY 28		STEPS
DAY 29		STEPS
DAY 30		STEPS

Week 26

Hello! This is Abram. Welcome to Week 26 of the Kaizen Method training program. This week, we're diving into discipline—what it means and how you can cultivate unbreakable discipline. Imagine the possibilities if we all had that kind of discipline.

The good news is that you can develop it. Discipline enables you to achieve extraordinary success and accomplish things you never thought possible. To reach this level of discipline, we'll focus on three key components.

1. **Eliminating Willpower:** We've discussed this before, but I'll recap. You want to avoid decision fatigue. Aim to make 100% committed decisions, rather than 98-99%. Even a tiny allowance for doubt can undermine your resolve and create the need for willpower. Set up your life so you don't have to ask yourself, "Should I do this?" Instead, simply decide, "This is what I'm doing" and follow through.
2. **Believing in Possibility:** You must believe that achieving previously unattainable goals is possible. It's vital to think clearly and avoid confabulation. Often, anxiety and depression can distort our reality, making us focus on unfulfilled dreams rather than current actions. Remember, if anyone in history has achieved something, so can you. If you believe it's possible, you are right; if you don't, you're also right.
3. **Consistency in Action:** Focus on continuous improvements rather than perfection. The goal is to become better than your previous self in similar situations. When you integrate these three components, you can essentially forge a new version of yourself—consistently disciplined.

Now, let's talk about applying this in your life for long-term success.

First, create an environment conducive to success without relying on willpower. You can do this by adjusting the friction in your lead domino habits. For example, if improving your sleep is your lead domino, consider these strategies:

- **Add friction to bad habits:** If watching TV disrupts your sleep, unplug the television. You'll need to physically plug it back in to watch, which introduces friction.
- **Remove friction for good habits:** Make your bed every morning. A tidy bed makes returning to it for rest inviting.

You can apply this principle to other areas like stress management, exercise, and diet. Here are some ideas:

- For exercise:
 - To remove friction, schedule workouts at times when you're free.
 - To add friction, make plans to meet a friend for a workout. You wouldn't want to let them down.
- For stress:
 - Add friction by scheduling therapy appointments or having an accountability partner.
 - Remove friction by including short, enjoyable activities in your day that take less than five minutes.
- For diet:
 - Add friction by signing up for a meal service, making prepared meals more convenient.
 - Conversely, prepare easy-to-cook meals ahead of time to remove friction from eating healthy.

Next, start journaling as your future self. Imagine yourself 5, 10, or 15 years from now—someone who deeply cares about you and believes in your success. Ask yourself: What would that person do in your current situation? This approach helps you embody the *be-do-have* principle. To create your ideal life, act as the successful version of yourself.

Additionally, document your accomplishments without qualifiers—just the wins. This practice prevents confabulation and helps you acknowledge your progress. *What gets measured gets improved.*

Finally, constantly compete with your past self. Assess your actions against what your previous self would have done in the same scenario. Are you making even a 1% improvement? Life is always going to be a challenge; the key is to become resilient enough to face it.

This is how you set yourself up for long-term success. I hope you enjoyed Week 26, and thank you for joining me!

Week 26 Journal

What aspects of your environment are adding friction to your ability to be successful?

How can you remove friction from the healthy habits you'd like to form?

Set up your environment for success without the need for willpower to be successful adding or removing friction to your lead domino

Journal as your future self, act as that person you want to become, and you'll have what they have. Then write down your accomplishments with no buts or anything that takes away from accomplishments.

Constantly compare your current self to what your previous self would do in the exact same situation and focus on improving and it will be impossible to fail.

WEEKLY HEALTH CHALLENGE

Daily Commitment

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WHAT WORKED

WHAT DIDN'T WORK

WHY DID IT WORK

WHY DIDN'T IT WORK

GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

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People I'm grateful for

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

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Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
LEARNING FROM THEM.

1 _____

What I've learned: _____

2 _____

What I've learned: _____

3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 27

Hello! This is Abram, and welcome to Week 27 of the Kaizen Method training program. This week, we're focusing on *taking full responsibility* for both your accomplishments and your life.

I once read a powerful book by former Navy SEAL Jocko Willink called *Discipline*. It was an eye-opener for me: you can't take responsibility for what's going right in your life without also owning what's going wrong. To fully control your life, you must embrace complete responsibility. Avoiding this responsibility is an unhealthy coping mechanism.

You're part of this program because you're the type of person who seeks growth. If what I'm saying resonates with you, it's meant to—this is not a personal attack. But if you're constantly taking on the responsibilities of others, that's a coping strategy that helps you escape immediate discomfort. It may feel easier to handle others' problems, but remember, no one's life gets worse when your life gets better.

Always recognize your free will. Even in tough situations, you have the power to choose. For example, if a guard tells you to walk down a hallway, you can say no—you just have to be prepared to face the consequences. Your belief in your free will defines whether you will act on it.

Consider these situations:

1. When someone asks you to do something you shouldn't take on, do you agree, fearing discomfort? If so, you'll find yourself saying, "I always take on too much and don't set boundaries." How long will that be true?
2. When you indulge in food you know you shouldn't, do you justify it by saying you "deserve a reward"? Stress is often at the root of these behaviors.

Setting boundaries can be tough, but it must start with taking full responsibility for both your successes and failures. Imagine a work scenario where someone asks you to complete a task by week's end. If you know it's not possible, you could say no directly, but let's be honest—that can be confrontational.

Instead, you might say, "Sure, I can do that, but it will take away from my ability to handle my core responsibilities. Is this new task more important?" This approach focuses on how it benefits them. People are naturally tuned into *What's In It For Me?* (WIIFM).

Setting boundaries becomes easier when you recognize this fact about others. Be clear: if you take on too much, you'll end up overloaded.

Now, let's talk about self-sabotage. If you find yourself binge-eating, recognize it as emotional eating. Stress eating is real; indulgent foods relieve stress in the short term but lead to regret later. If you claim you handle stress well, that's a warning sign you're internalizing too much.

Ask yourself: are you wearing a mask to please others while neglecting your true self? Do not reward yourself with unhealthy food. Instead, consider whether it's genuinely rewarding to indulge in something that harms you in the long run, like feeding your dog chocolate—it's bad for them, just as unhealthy food can be bad for you.

Consider journaling this week on your self-talk. Ask yourself what your future self would say about your present choices. Would they attribute their success to poor eating habits?

If you're taking 100% blame for your life, how much credit do you give yourself for your progress? Even a small achievement deserves recognition. If it takes years to reach your goals, that's okay. What matters is focusing on consistent improvement.

In this program, we aim to make progress sustainable. I hope you found value in Week 27!

Week 27 Journal

What self-talk are you perpetuating that your past self would say that your future self can re-frame?

If you are giving yourself 100% of the blame for your life then how much credit should you give yourself for the 1% progress you're making?

If you keep in mind that your goal is to be the best version of you for the rest of your life - and it takes you 2 years to reach your goal, should you be upset?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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- 3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 28

Hello! I'm Abram, and welcome to Week 28 of the Kaizen Method Training Program. I hope you've felt a surge of motivation and witnessed significant progress by now.

It's common, though, for motivation to wane as life gets in the way. That's why it's crucial to stay consistently motivated if you want to achieve your long-term goals. Remember, motivation doesn't always come first; it often stems from seeing progress.

If you're feeling like you're not making the progress you expected or if negative thoughts creep in, don't worry—this is completely normal. Our default mindset can lean toward negativity, so we need to actively engage in actions that keep us motivated and in the right frame of mind.

Let's discuss how to gain, maintain, and boost your motivation at this stage. We don't always start out motivated; motivation is typically a result of progress.

Let me share a powerful story about Ernest Shackleton. He embarked on a typically manageable 100-mile journey across the Arctic in 1914 but got stuck in a freak blizzard that froze their ship in place. Initially, the crew tried to break the ice, but it just kept refreezing and threatening their ship with collapse.

Instead of fighting the ice, they wisely opted to begin unloading the ship to reduce its weight, achieving some early wins. However, after 100 days, they found themselves 300 miles away from their destination and feeling hopeless.

Despite this, they kept pushing forward. After 497 days, their situation worsened, leaving them 900 miles away and determined to go on foot. They gathered their sled dogs and equipment and faced countless challenges, including frostbite and dwindling food supplies.

Eventually, even when they could see their destination just 10 miles away, they still encountered hurdles that delayed their arrival. After two long years, they secured a rescue boat, and astonishingly, they lost no one on this journey.

The key takeaway here is that they kept moving forward, one step at a time. Even in the face of setbacks, they understood that as long as they were making progress, they were on the right path.

I want you to apply this same mindset. Keep in mind that progress can be slow; it might take one month, six months, or even a year to reach your goals. What truly matters is that you maintain a focus on progress.

To help boost your motivation and track your progress, I encourage you to become your own version of Ernest Shackleton. Go to our group, click on your name, and find your biggest wins from the past 28 weeks. Journal about your top 1-3 accomplishments from a future perspective, and share them with the group.

This reflection will not only reinforce your motivation but also highlight how far you've come. Thank you for being a part of this journey, and I hope you enjoyed this week's session!

Week 28 Journal

Click your name in the group. Go back in time and pick out your 1-3 biggest wins since you've been in the program and write why these 1-3 are the wins mean the most to you.

You want to write these from the perspective of your future self. (re-watch the guide "How To Journal" if need be)

WEEKLY HEALTH CHALLENGE

Daily Commitment

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GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

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LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

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Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
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What I've learned: _____

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3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 29

Hello! This is Abram. Welcome to Week 29 of the Kaizen Method training program. This week, we're focusing on insulin sensitivity and how to improve your activity levels—specifically through steps and other exercises.

In previous weeks, we've addressed ways to boost insulin sensitivity. The most effective method? Increasing your step count. The more steps you take, the better your results. However, this week, I want to shift your mindset to see that you can enhance insulin sensitivity through various activities beyond just walking.

Think about why increasing insulin sensitivity is crucial. When you exercise, your muscles store energy as muscle glycogen—essentially sugar in your muscles. During workouts, this glycogen gets burned for energy, causing your blood sugar to drop. While low blood sugar might seem negative, it's beneficial because improved insulin sensitivity allows you to consume the same foods while storing less fat and burning more calories. Everything about your life improves when your insulin sensitivity is higher!

Let's broaden our understanding of how to achieve this. Cardiovascular fitness is linked to significant health benefits. Did you know that being cardiovascularly fit can make you seven times less likely to die from any cause? This is especially true if you incorporate regular weight training, as it offers excellent heart health benefits. In fact, if you smoke, staying active can counteract some of its negative effects—offsetting the increased risk of death by five times.

To dial in your hormonal balance and get in shape, regular activity is essential. While walking is easy to track and beneficial, remember that good heart health comes from various forms of exercise. Think about activities that get your heart pumping, such as carrying heavy items or climbing stairs.

So, aiming for at least 4,000 steps a day is essential, but there are other ways to boost insulin sensitivity, and I want you to embrace that mindset. The best activities for enhancing insulin sensitivity are those you enjoy and can do consistently with a challenge.

Here are some great examples:

- Gardening: This involves a lot of movement and variety—bending, reaching, and more.
- Hiking: Choose different trails and terrains to keep your body challenged.
- Weighted walks: Consider carrying a child, pushing a stroller, or wearing a backpack during walks to increase the effort.
- Play with kids: Engaging with little ones is invigorating and tiring, as they have endless energy!
- Weight training: Aim for progressive overload in your workouts. Continually challenge yourself to keep improving—your sessions should feel a bit tough each time.

This week, I invite you to journal about ways to increase your effort in the activities you already do.

Leverage your intelligence! Think about your favorite healthy foods. How can you incorporate more fruits and vegetables into your diet? For example, if you love pickles, try to include more of them; they are delicious and low in calories. Ask yourself how you can get more of the foods you enjoy into your daily meals.

Finally, reflect on this: Whose life improves when you take time to get in better shape? This is a critical question for you to ponder.

I hope you enjoy this week's focus and find it valuable. Thank you for being here!

Week 29 Journal

What ways could you increase your effort in activities you do?

What are your favorite healthy foods and how can you get more into your diet?

Who's life gets better when you take time to get in better shape?

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 30

Hello, this is Abram. Welcome to week 30 of the Kaizen Method Training Program. We're entering a crucial phase where we begin to solidify everything we've learned. The goal for weeks 30 through 34 is to lay the groundwork for your long-term success. Each week will build on the previous one, so let's dive in.

This week, we're focusing on identifying the best self-care techniques for you. Self-care looks different for everyone, but in this program, it's about prioritizing yourself. Remember, your life doesn't get worse when you make it better.

Self-care can often slip away, especially if you struggle with issues like depression, anxiety, or ADHD. It's vital to raise your Healthy Deserve Level (HDL), a term coined by Gary Pylar. If you don't believe you deserve to take care of yourself, you won't make the effort. This week, let's focus on actions that alter our behavior and foster positive emotions.

You'll want to reflect on these questions:

1. What did your parents do to show they cared for you, or what do you do for your kids? This will help identify your love language, which is essential for rewarding yourself effectively.
2. Which foods make you feel best? For me, it's kimchi—having it always improves my mood. High-quality fish oil boosts my mental wellness too. Maintaining good gut health is crucial, as it directly impacts how we feel.
3. What activities leave you feeling amazing afterward? Personally, strength training and outdoor activities make a significant difference for me.
4. Is there someone in your life you want to support because you want to see them thrive? Engaging in activities together can be an effective way to uplift each other, especially when battling depression.
5. Do you need to reach out for help? The answer should be yes. No one navigates life alone. I continue to seek professional help and support from friends and family when needed.
6. What actions leave you feeling physically or emotionally drained? Understanding what drags you down can help you avoid those behaviors. For example, if I stop communicating with clients or prioritize junk food, I feel terrible.

7. If you could see your future self, twenty years from now and love what you see, what advice would you give your current self? Consider what you would need to hear to help you grow.
8. What would achieving your goals look like if it were easy? This mindset shift can help you confront challenges without feeling overwhelmed.
9. What small, daily actions can you take to improve your life? This could include simple pleasures like reading, playing with a pet, or taking a short walk—identify what brings you joy.
10. Are you drinking water before meals? Staying hydrated can significantly influence your physical and emotional health.

Lastly, consistency is vital. Establish a bedtime routine that signals your body it's time to sleep, and keep your daily stimulants consistent to help your body predict energy needs better.

Remember, the goal isn't to make life easy; it's to become strong enough to handle its challenges. Reflect on these questions thoughtfully, and we'll build from here. Thank you for being part of this journey!

Week 30 Journal

1. What do you do for your kids to show you care? Or what did your parents do for you to show they cared about you?
2. What foods make you feel best about yourself?
3. What activities make you feel like you're amazing after completing them?
4. Is there anyone in your life that you can do things with because you want to see their life improve? (hiking, doing classes, spending time together, etc.)
5. If life is getting hard, do you reach out for help?
6. What is the best way to make you feel like garbage physically and emotionally?
7. If you could transport yourself 10 years from now and freaking love who you see in the mirror, what advice would you give to your current self about what it takes to get to that place?

8. Knowing that you can use your intelligence to your advantage or let it hinder your progress, ask yourself, “what would this look like if it were easy to get to where I want to be physically, mentally, emotionally, and hormonally?”

9. The future-you is 100% in your control - what actions can be done in 5min or less daily for yourself you-time”?

10. Hormonal balance happens with prediction - are you constantly drinking water before you eat anything?

11. Do you need to go back to taking pictures of everything you eat and drink?

12. Do you have a bedtime routine that you follow?

13. Are you having stimulants (workout, video games, caffeine, etc.) around the same times daily?

The goal isn't to make your life easier, it's to become strong enough to handle whatever life throws at you.

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Month Eight
HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

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MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3

THINGS THAT INSTANTLY PUT ME IN A
GREAT MOOD.

1

2

3

1

GOAL THAT MAKES ME HAPPY.

2

THINGS THAT MAKE ME LAUGH.

STEP TRACKER

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DAY 23		STEPS
DAY 24		STEPS
DAY 25		STEPS
DAY 26		STEPS
DAY 27		STEPS
DAY 28		STEPS
DAY 29		STEPS
DAY 30		STEPS

Week 31

Hello, this is Abram. Welcome to week 31 of the Kaizen Method training program. During weeks 30 to 34, our goal is to solidify what you need for long success.

In week 30, you did some soul-searching to discover effective self-care techniques. Now, in week 31, it's time to implement those insights. Ensure you've reflected on questions 1 through 10 from week 30, as this week focuses on doing the bare minimum to foster happiness.

Discovering what constitutes your *minimum effective dose*—the least you can do with those self-care techniques to lead a fulfilling life—is crucial. When you look in the mirror, you should love who you see, not just for who you were, but for who you are becoming.

Remember, the goal is improvement. Aim to identify the minimum actions required to have a good day. Ask yourself: What's the smallest step I can take to avoid feeling negative about myself?

For example, if I were to simplify my meals and make exercise enjoyable, I'd consider activities like martial arts, plyometrics, or exploring new places with my family. The goal is to make these experiences convenient and fulfilling.

If you can take just five minutes to journal about your day and share your successes, it creates a positive trend. Journaling helps you avoid negative thinking by reflecting on reality instead.

And yes, drinking water before meals is part of maintaining a predictable hormonal routine. Even during times of transition, you can establish a regular routine.

To implement your self-care techniques, identify your daily minimum effective dose. For instance, commit to fostering quality time with loved ones, consuming fermented foods, and engaging in physical activity to enhance your mood.

By taking ownership of your plan, you bolster your likelihood of success. If you need help developing your plan, feel free to reach out. Remember, your success requires that you determine what minimum actions can make you feel better when times are tough. I hope you found week 31 valuable—thank you for watching!

Week 31 Journal

What is your daily MED?

Journal on how my day went and share my wins with someone that cares about me?

Do I post / share my wins most of the time?

I do need to get back into a regular routine to really optimize things?

How do I Implement my MED?

If all of these are implemented, I know I'm living my best life.

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 32

Hello, this is Abram. Welcome to week 32 of the Kaizen Method training program. These weeks leading up to the final one focus on setting you up for long-term success.

This week, we'll focus on eliminating toxic people from your life. While we can't control many aspects of our relationships—like those with family—we can control who we choose to surround ourselves with. Building strong, positive relationships is key to thriving in life.

Your goal this week is to cut as much negativity as possible from your surroundings. Relationships significantly impact our lives, leading to both our best and worst experiences. Research shows that ending negative relationships often leads to positive outcomes in the long term.

Be honest with people and frame your reasons in their best interest. For example, when dealing with narcissists, they often can't see beyond their personal experience. Your responses should be thoughtful and deliberate.

Practice setting boundaries, even if it takes just five minutes a day to rehearse your responses. Additionally, think critically about how much mental energy you want to invest in managing toxic relationships—do you want to minimize it, or do you want it to consume you?

Consider what advice your future self would give you five years from now. If you were in a happy, thriving place, would you want to continue investing in a toxic relationship? Trust that these individuals often won't change, and make decisions that align with your own happiness. This week's reflection is essential; write down your thoughts and create a game plan for your emotional well-being.

I hope you find value in week 32—thank you for joining me!

Week 32 Journal

How much mental energy do you want to put towards dealing with toxic relationships?

In 5 years from now, what would you do to be happy?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 33

Hello, this is Abram, and welcome back to the Kaizen Method training program. This is week 33, wrapping up a four-part series that sets you up for lifelong success.

This week, we'll emphasize the importance of becoming future-focused. It's essential to add positive elements to your life that ensure long-term success. As we discussed in previous weeks, you need to establish a life that's designed to thrive without relying solely on willpower. This can be achieved through *forcing functions*.

Avoid falling into confabulation, where you focus on all the reasons you won't succeed. Instead, use your intelligence to identify reasons why you *will* succeed. This shift in your mindset will cultivate excitement for life with tangible, incremental goals.

This week, reflect and journal about your next productive actions. Your focus should be on planning an exciting future that doesn't require constant willpower.

Consider investing heavily in personal development, whether that's by enrolling in this program or investing in your health and fitness. Creating a structured plan that compels you to take action is key.

Reflect on how improving your mental, emotional, and physical health can positively impact those around you. Self-improvement can create a ripple effect that benefits others you care about and helps you avoid depression.

Thank you for embarking on this journey with me during week 33!

Week 33 Journal

Journal on the next productive actions to take:

How can i actively add good people into my life? (post to group for accountability partner(s), join a mastermind, pay to join club that has activities, etc.)

What is the maximum amount that I can invest in myself? Includes trips and educational classes.

Am I regularly measuring backwards?

Who determines the type of life I live?

If all I do is improve, even by 1% a week, what are my chances of failure?

What is a way that I can create a massive forcing function so I do not need to use willpower to accomplish my goals? (invest heavily into personal development, health & fitness, mental/emotional health, vacations, photo shoots etc.)

By drastically improving my own mental, emotional, and physical health whose life can I drastically improve? How can I make my self-improvement benefit them directly?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 34

Hello, this is Abram, and welcome back to the Kaizen Method training program. This is week 34! Over the next few weeks, we will explore specific psychological techniques that help you remove willpower from the equation.

This week, we'll discuss *plus one, minus one thinking*. This technique simplifies your daily decisions and actions. Life is made up of small moments, and if we improve each one by just 1%, we can't fail.

Set your sights on a big goal while focusing on making each moment enjoyable. This week is about identifying those small decisions that lead to your success: each time you choose to improve your habits; you are making a *plus one* choice.

Take note of these decisions: Whether it's staying hydrated or completing an additional rep in your workout, each positive action counts. Conversely, opting for the negative choice detracts from your progress.

Ultimately, every decision either helps you move closer to your goals or pulls you away from them. Keep track of your successes and reflect on the string of victories you've created.

I hope you found value in week 34. Thank you for engaging with the program, and I look forward to seeing your progress!

Week 34 Journal

If you were to put it on a scale of 0-100, how far do you feel you are from achieving your big goal for your health? (0 being you don't have to change and 100 being change everything)

Now with that number in mind. All you need to do is make a 1% improvement daily to reach that goal so how many days would that take for you to implement enough changes to make your success inevitable?

Challenge this week:

For the next 7 days write down each time you consciously make a +1% improvement or a -1% to sleep, stress, diet, and exercise.

Sleep

Stress

Diet

Exercise

Day 1. _____

Day 2. _____

Day 3. _____

Day 4. _____

Day 5. _____

Day 6. _____

Day 7. _____

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Month Nine
HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

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MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3

THINGS THAT INSTANTLY PUT ME IN A
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1

2

3

1

GOAL THAT MAKES ME HAPPY.

2

THINGS THAT MAKE ME LAUGH.

STEP TRACKER

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DAY 23		STEPS
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DAY 27		STEPS
DAY 28		STEPS
DAY 29		STEPS
DAY 30		STEPS

Week 35

Hey! This week, we're diving into the PAW method and the Never Zero approach. Last week, you should have identified what plus one or minus one percent improvements you can make in your life. This week, we'll speed things up using that same method.

The Never Zero approach means being aware that you're either getting better or worse at everything related to your health and fitness: sleep, stress, diet, and exercise. Whenever you face a decision, like whether to drink tonight, always ask yourself how you can make a positive one percent improvement.

The results of this compound effect are astonishing. Improving just one percent in each area can lead to significant changes over time—up to 3,800 percent in a year! Focusing on continuous improvements across the board will help you make remarkable progress throughout this program.

This week, I want you to apply the PAW method: focus on Attention and Willpower. Ask yourself, "What's the smallest possible improvement I can make that requires no willpower?" For instance, if you're walking, could you take a couple more steps past your house before turning back? That still counts as progress without feeling overwhelming.

As part of your journaling task, I'd like you to reflect on which of these methods seems the easiest to implement this week. Ask yourself: if I push myself to be one percent better every day in all aspects, how would that improve my life and the lives of those around me?

Remember, the more you improve, the greater the positive impact on those you care about—pets included! Hope you found this helpful, and thanks for tuning in!

Week 35 Journal

Which of these methods will I try this week?

Which one sounds like it would be the most doable?

If I pushed myself to be 1% better on a daily basis then how would this improve the lives of those I care about?

How would it improve my life?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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LIST THREE CHALLENGES AND WHAT YOU'RE
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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 36

Hello! Welcome to week 36 of the Kaizen Method training program. This week, we'll focus on creating *focus time* to keep progressing toward your goals.

Our course correct clinics meet daily, but it's crucial that you establish this habit in your life permanently. Things in life will likely get tougher, and that's a good sign because it means you're capable of overcoming more significant challenges.

Remember, every problem you've faced has led you to where you are today. As you tackle more significant issues, it prepares you for even greater success in the future. Don't view hard times as setbacks; think of them as necessary tension that drives your growth.

To ensure steady progress, you need to schedule time in your calendar for self-reflection. Set a weekly alarm that gives you at least five to ten minutes—a time when you can prioritize yourself.

Once you establish this habit, your mind will improve its ability to identify areas for improvement. Schedule this during a time that works for you.

Ask yourself key questions during these sessions. Instead of asking, "Why can't I be successful?"—which leads to negative thinking—ask the right questions that will facilitate your growth.

For journaling, consider this prompt: "If I could improve one aspect of my health this week—be it sleep, stress, diet, or exercise—what would have the most impact?"

Week 36 Journal

If I just improved one aspect of my health and fitness this week, what would make the most impact?

How can I make that so doable it's hard to fail?

Challenge this week:

Schedule this time on a weekly basis, ideally in an automatic reminder setup in a calendar or alarm during a time that you have at least 5-10min to make yourself a priority.

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 37

Woo! Welcome to week 37 of the Kaizen Method training program! This week, we're doubling down on the Winning Formula.

So, what's the Winning Formula? Many participants in this program fall prey to shiny object syndrome—chasing after new methods instead of sticking with what works. The key is to double down on your effective strategies rather than reinventing the wheel.

We've previously defined your *minimum effective dose* (MED). Now, it's time to fine-tune that and increase it slowly to achieve more fat loss on demand. Think of it as having a plan to drop some weight after a holiday.

Consistency is vital. If you work at 8 a.m. every day, stick to that. If you drink coffee at 10 a.m., keep that routine even on weekends. This maintains your hormonal stability and optimizes energy levels.

Additionally, don't make drastic changes with your meal timing or exercise intensity. Gradually increase your activity—like adding a thousand steps or one extra rep—and refine your diet similarly.

For journaling, identify your MED across sleep, stress, diet, and exercise. Document ideas on how you can slightly enhance your routines without overwhelming yourself.

Thanks for participating, and see you in the next session!

Week 37 Journal

Challenge: Re-watch Women's Hormonal Balance 101

Knowing what your MED is for different aspects of your life. How can you slightly increase it without it taking up too much additional time or energy?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Week 38

Hello! Welcome to week 38 of the Kaizen Method training program. This week, we're focusing on *creating key experiences*.

In earlier sessions, we discussed how our lives are composed mainly of mundane activities. It's essential to cherish every day and hold onto the good moments while letting the bad ones pass without dwelling.

Creating peak experiences opens your mind to the potential for new possibilities. I have clients who have done incredible things, like walking on fire or visiting beautiful resorts. You can achieve anything you desire, but it requires planning and action.

Your goal this week is to define experiences you want to create—moments that will stick with you. And remember what Henry Ford said: “If you believe you can do something, you’re right. If you believe you can’t, you’re right too.” Change is possible with the right mindset.

Week 38 Journal

What can I add into my life, that's something I want to experience but I haven't recently?

Is there anything on my bucket list that I can plan and commit to?

If I were to choose to make myself a priority and create a new peak experience like this, in what ways could this benefit the people I care about?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Week 39

Hey there! Welcome back to week 39 of the Kaizen Method training program. This week, the focus is on building mental strength.

Mental strength is something you can intentionally cultivate to enhance every area of your life. The goal is to become more resilient and embrace discomfort. This concept, known as *embracing the suck*, involves facing the toughest tasks first.

By intentionally choosing to tackle hard things, you reclaim control over your life, helping to mitigate stress. Think of tasks that might feel challenging—do them head-on, as this sense of agency enhances your mental toughness.

When confronted with tough decisions—be it delivering difficult news or discussing uncomfortable topics—always opt for face-to-face interactions. It fosters connection and clarity.

I also want you to focus on two critical aspects: detachment from outcomes and deliberate practice. Remember, it's not about perfection but about gradually building your resilience.

For your journaling task, consider the following: “If I improve my conflict-handling skills, how will it positively affect my life?”

Reflect on these concepts, and I hope you find this week helpful! Thanks for joining me.

Week 39 Journal

If I am better able to handle conflict...

How will this improve my life?

How will mental toughness make my life easier?

How can I make practice easy?

Challenge:

When there is something hard that must be done choose to do that thing or nothing. If you choose nothing then sit there until you can't take it anymore and get back on track.

Look for the uncomfortable conversation or decision that needs to be made and look for ways to face it head on so that the most uncomfortable part of it is on your shoulders.

Create detachment from the outcome and instead focus on building mental strength by doing something that can feel hard.

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Month Ten HAPPINESS ASSESSMENT

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THINGS THAT INSTANTLY PUT ME IN A
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Week 40

Hello! This is Abram. Welcome to Week 40 of the Kaizen Method Training Program. This week, we'll focus on a methodology to help you visualize your future self in greater detail.

It's common to struggle with picturing a fulfilling future, but we must aim high rather than settle for lesser goals. To do this, reflect on the best moments of your life. Write down your highlights from childhood to today, and ask yourself:

- Why were these moments significant?
- What can you do to recreate those feelings?

Consider whether you could have imagined where you are now a decade or two ago. Your ability to picture your future self will empower you to achieve more than you think. Every small improvement, even just 1%, is a step towards success. So, take time to journal on this—believe in your potential to accomplish the extraordinary.

Week 40 Journal

Why were those the highlights of my life?

What ways can I experience that same feeling?

20 years ago, could you have imagined that you've accomplished what you have today?

What trials and obstacles have you overcome that surprised you?

Can you accomplish so much in the last 12 weeks that you surprise yourself?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 41

Hey there! Abram here, and it's Week 41 of the Kaizen Method Training Program. This week, we're focusing on surrounding ourselves with the right people.

In previous weeks, we've discussed the importance of eliminating negative influences. Now, let's highlight how you can attract the people you want in your life. To do this, embody the qualities you seek in others. As James Allen said, "You do not attract what you want, but who you are."

Consider the traits of those you admire—be friendly, engage in positive activities, and connect with people who inspire you. Also, ask yourself: *Who can help you achieve this objective?* Look for groups or individuals, like those in the Kaizen pod, who can assist you.

Remember, fast-tracking your growth is often about finding the right connections. The most successful people are usually surrounded by other achievers, and by investing in that network, you'll enhance your own success.

Week 41 Journal

What types of people would you like to have in your life?

How can you embody the qualities that they have?

What are the things that they do?

Who can help you accomplish this faster?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Week 42

Hello again! This is Abram, and welcome to Week 42 of the Kaizen Method Training Program. This week, we'll discuss how to make fundamental adjustments to improve your identity.

Consistent actions shape your self-image. If you tell yourself limiting stories, such as "I'm not a runner" or "I dislike vegetables," these beliefs become your reality. It's essential to challenge these thoughts— *do you want to keep these limiting beliefs?*

To change your identity, you must act as the person you want to become. A useful strategy is to add the word "yet" to your thoughts, such as "I'm not a happy person *yet*." This adjustment opens the door to future success.

Additionally, reflect on positive affirmations that are both true and future-oriented. Remind yourself of the good things happening in your life, as this reinforcement is crucial for maintaining motivation.

Week 42 Journal

Where are you fundamentally setting yourself up for failure that can be adjusted with better terminology?

Where can you add “yet”?

What can you tell yourself on a regular basis that’s both the truth and reinforces a better future?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Week 43

Hello! Abram here, and welcome to Week 43 of the Kaizen Method Training Program. In this week, we focus on identifying the 4% of changes that can yield 96% of your desired results.

In the final ten weeks, we'll ensure you have the right tools to be successful—mentally, emotionally, physically, and hormonally. This week, we're emphasizing hormonal balance, particularly the importance of sunlight.

To enhance your hormonal health, consider adjusting your screen time. Use your phone's blue light filter and try to get natural sunlight in the morning. Your sleep quality hinges on creating a conducive environment, so consider using warmer lights in the evening.

For your journal this week, think about what specific milestones need to be reached for you to become your future self. As long as you're improving by at least 1% compared to your previous self, you cannot fail.

Week 43 Journal

In order to become your future self what must be true?

What specific milestones should be met at what time?

As long as I am improving compared to my previous self, what are my chances of failure?

Challenge:

Get either sunlight or an artificial sunlight (10,000 LUX lamp) to hit your eyes for 20min when you wake up in the morning.

Then 2 hours before bed turn off all overhead lights, put electronics into "Night-Mode", or switch to warmer colored lights.

WEEKLY HEALTH CHALLENGE

Daily Commitment

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Week 44

Hey! Abram here, and it's Week 44 of the Kaizen Method Training Program. This week, we are concentrating on the significance of a consistent bedtime routine, also known as the "closing doors" technique.

To ensure quality sleep, establish a routine that you follow exactly each night. Imagine walking down a hallway and closing doors until you reach total darkness—this represents your preparation for sleep. The key is to keep the same order of activities to promote the release of sleep-aiding hormones.

No matter when you go to bed—whether at 9 PM or midnight—focus on the routine. Incorporate 5 or more activities into your evening routine, spaced out appropriately, to maintain consistency.

Week 44 Journal

What are the benefits of intentionally staying up late?

What can you add into your bedtime routine that will help make tomorrow better?

How can you setup your bedtime routine so you are as consistent as possible?

Challenge: Bedtime Routine (Closing Doors)

Create consistent bedtime routine with 5 steps or more (ex. pets, doors, biggest win, bathroom, bed) order matters!

WEEKLY HEALTH CHALLENGE

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DAY 27		STEPS
DAY 28		STEPS
DAY 29		STEPS
DAY 30		STEPS

Week 45

Hello! This is Abram, and welcome to Week 45 of the Kaizen Method Training Program. We're nearing the end, and this week, we're covering the strategic use of stimulants and gaining complete control of energy levels.

Understanding your energy management opens doors to feeling motivated and productive. Even if you're fatigued, remember that energy exists within you. Situational factors, like urgency, can unlock more energy than you might realize.

If you consume caffeine, use it strategically—monitor its impact on your body and adjust your intake accordingly. If caffeine isn't helping, it might indicate a need for a lower intake. Additionally, if you're experiencing chronic low energy, consider my guide on adrenal fatigue.

In summary, focus on the strategies that help you manage your energy and optimize your wellbeing. Thank you for joining me in this week's session!

Week 45 Journal

What aspects in life would benefit from a boost in energy?

When would be the best time to use caffeine or a natural stimulant?

What foods/drinks make you feel like crashing?

What foods/drinks don't make you crash?

Challenge: Strategic use of stimulants and gaining control of energy levels

Energy is already in you, just need to unlock it. Make caffeine intake used strategically and boost energy naturally

Caffeine intake up to 100mg at a time, no more than 300mg/day taken at the same times everyday

Boost energy naturally with breathing technique, activity, video games, and time-bound tasks(work)

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
- EAT [] SERVINGS OF FRUIT
- DRINK [] ONCES OF WATER
- EXERCISE FOR [] MINUTES
- MEDITATE FOR [] MINUTES

	WEIGHT	SLEEP	VEGGIES	FRUIT	WATER	EXERCISE	MEDITATION
Monday	☐	☐	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐	☐	☐
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Friday	☐	☐	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐	☐	☐

WHAT WORKED

WHAT DIDN'T WORK

WHY DID IT WORK

WHY DIDN'T IT WORK

GRATITUDE LOG

Celebrate gratitude

LIST FIVE THINGS YOU'RE GRATEFUL FOR.

- 1 _____

- 2 _____

- 3 _____

- 4 _____

- 5 _____

People I'm grateful for

LIST THREE PEOPLE THAT MADE YOUR LIFE HAPPIER.

- 1 _____

- 2 _____

- 3 _____

Hard lessons I've learned

LIST THREE CHALLENGES AND WHAT YOU'RE
LEARNING FROM THEM.

- 1 _____

What I've learned: _____
- 2 _____

What I've learned: _____
- 3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 46

Hello, this is Abram. Welcome to week 46 of the Kaizen Method Training Program. This week, we're discussing dopamine regulation.

Dopamine is not just a hormone released during good times; it's actually the pursuit hormone. It motivates us to chase our goals. To maintain motivation and enjoyment in your journey, regulating dopamine is key.

We don't want too much or too little. Spending hours scrolling TikTok, for example, can lead to a lack of delayed gratification, making you feel empty rather than fulfilled.

Set a big, achievable goal that takes time, allowing for delayed gratification. This helps you find joy in the process, maintaining happiness throughout your journey rather than just at the finish line.

- B - Belief
- K - Kaizen
- A - Action

BKA!

Week 46 Journal

What is something I would like to accomplish that makes other aspects of my life better?

Has anyone in history achieved what I am trying to achieve?

Do they have books, pod-casts, training's, etc. to shortcut the process?

What is the smallest improvement I can make towards my goal that if accomplished I will feel like today was a win?

Challenge: re-watch Mental Viewpoint - Making Success Inevitable

Belief - know with 100% certainty that it's possible for you to achieve

Kaizen - know that improvement, not perfection is how you reach your goals.
1% better compared to your previous self

Action - actually make a conscious effort to improve by at least 1% per day

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
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- DRINK [] ONCES OF WATER
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What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 47

Hello, this is Abram. Welcome to week 47 of the Kaizen Training Program. This week, let's focus on workouts and exercise.

Our goal is to find the minimum effective dose—the least amount of time, energy, and effort needed for results. Exercise can often become inconsistent, so identify what the smallest effective action is, even during vacations or stressful times.

Aim for at least 4,000 steps daily, gradually increasing your activity's intensity and consistency. Include strength training at least two days a week to maintain muscle mass. Your body conserves muscle when it's active, preventing it from burning muscle for energy.

Think about what you want to feel strong with—everyday activities, endurance, or something specific—and tailor your workouts accordingly.

Week 47 Journal

How can I ensure I hit at least 4k steps/day?

What is an activity in life that I want to feel strong with?

If I could only do strength training twice a week, what 2 workouts would I feel would challenge me the most?

What form of activity do I always feel better afterwards?

Challenge: The best workouts give you the chance at better hormonal functioning so your activity routine should have:

4,000 steps a day minimum

Increasing in intensity, time, volume, or consistency

Has some form of strength training to maintain muscle so you continue to burn body fat vs muscle

Makes you feel better afterwards

WEEKLY HEALTH CHALLENGE

Daily Commitment

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- SLEEP [] HOURS
- EAT [] SERVINGS OF VEGGIES
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Week 48

Hello everyone, welcome to week 48 of the Kaizen Method Training Program. This week, we'll talk about the importance of training towards a goal rather than just avoiding pain.

When you exercise to avoid discomfort, it requires willpower. Instead, set clear, enjoyable goals. For instance, aim to run a marathon or maintain a consistent workout schedule.

Consider what activities you'd enjoy more if you were in better shape. Think about the type of training that would enhance your ability to engage in those activities.

Lastly, make your training measurable. Tracking progress is crucial; if you're not measuring, it's merely motion without direction.

Week 48 Journal

What is something in life I would enjoy more if I was in better shape for it?

What type of training would help best equip me for this?

How can I make this type of training measurable so I can see the improvements and enjoy the process?

Challenge: Train towards something vs avoiding. Become approach-oriented with goals.

WEEKLY HEALTH CHALLENGE

Daily Commitment

- WEIGHING DAILY
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- EAT [] SERVINGS OF VEGGIES
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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Month Twelve HAPPINESS ASSESSMENT

HOW COULD I MAKE IT SO EASY, IT'S IMPOSSIBLE TO FAIL?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

2 _____

3 _____

MY LEAD DOMINO IS:

WHO'S LIFE GETS BETTER, WHEN MY LIFE IMPROVES?

3

THINGS THAT INSTANTLY PUT ME IN A
GREAT MOOD.

1

2

3

1

GOAL THAT MAKES ME HAPPY.

2

THINGS THAT MAKE ME LAUGH.

STEP TRACKER

DAY 1		STEPS
DAY 2		STEPS
DAY 3		STEPS
DAY 4		STEPS
DAY 5		STEPS
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DAY 7		STEPS
DAY 8		STEPS
DAY 9		STEPS
DAY 10		STEPS
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DAY 23		STEPS
DAY 24		STEPS
DAY 25		STEPS
DAY 26		STEPS
DAY 27		STEPS
DAY 28		STEPS
DAY 29		STEPS
DAY 30		STEPS

Week 49

Hello, this is Abram. Welcome to week 49 of the Kaizen Method Training Program. This week, we'll discuss how to handle toxic people and surround yourself with positive, growth-oriented influences.

Creating your reality involves projecting positivity. Avoid expressing negative thoughts because this can affect how others perceive you.

For example, consider how you approach a conversation about an expected bonus. Your tone can significantly shape the response you receive.

Reflect on who in your life you should distance yourself from to foster a more positive environment.

Week 49 Journal

Where are there more of the people I want to be around?

How can you be more like the person you'd want to be around?

Who should you create space from in order to stay healthy?

Become the person you want to be around. What would the people you want to be around act like? Look like? What does their routine look like?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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- 3 _____

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Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 50

Hello, and welcome to week 50 of the Kaizen Method Training Program. This week's goal is to add something you look forward to every day.

Life can feel mundane, but creating excitement transforms your daily experiences. Ask yourself: what was the best part of my day? Identify those moments and strive to incorporate more of them into your life.

When I reflected on my best moments, I realized my happiest times were simple walks with my daughters, enjoying our conversations.

As you plan your week, focus on what brings you joy and how to include more of it in your life. Remember, it's about sculpting your life into one you love.

Week 50 Journal

How can I make the mundane something I look forward to?

How can I create great moments in my everyday life?

What was the best part of my day?

What was the best part of my week? Month? Year? Life?

If I could go back in time 30 years - what would I have done more of? Less of?

I will live for another 30 years, so what will I be happy I did more of? Less of?

WEEKLY HEALTH CHALLENGE

Daily Commitment

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What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 51

Hello, this is Abram. Welcome to week 51 of the Kaizen Method Training Program. This week, we'll explore the Be-Do-Have Principle and maintaining focus on your future.

You cannot change the past, but you can re-frame it to benefit your future. Your past should serve as a foundation, not a roadblock.

Think about a time you narrowly missed out on a promotion. Instead of letting that experience deter you, use it as motivation to become the person you need to be for future opportunities.

Focus entirely on a better future. Anxiety stems from worrying about what lies ahead, while depression can arise from feeling that the future won't be better than the past. Cultivate a positive outlook!

Lastly, apply the Be-Do-Have Principle:

Be the person you want to become,

Do what that person would do, and ultimately,

Have everything you desire.

Week 51 Journal

10 years from now after you've achieved your goals would you complain it took too long?

Knowing that if all you do is improve (even by 1%) compared to your previous self then it's impossible to fail - what are you most looking forward to accomplishing in the future?

What is the big goal you'd like to accomplish in the next year of your life?

What you want to do is become entirely focused on a better future.

Looking forward to the future is the cure for depression and anxiety.

Creating certainty about your path in life is what ensures your long-term success.

WEEKLY HEALTH CHALLENGE

Daily Commitment

- ☐ WEIGHING DAILY
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What I've learned: _____
- 3 _____

What I've learned: _____

Greatest memories

RECALL AND WRITE YOUR FONDEST MEMORIES

Week 52

Wooo! Congratulations! You've just completed Week 52 of the Kaiju Fantasy Training Program—a full year! What a phenomenal achievement! You should feel fantastic because what you've done is incredible!

This week, the focus is on creating Forcing Foxes. Remember, going forward, you won't need willpower to reach your goals. Willpower is not something you should rely on for important changes in your life.

In this program, we only accept those who are 100% committed. This commitment is what makes the program so effective—it allows us to take willpower out of the equation.

There are two main investments for creating the future you want:

1. People
2. Money

Both investments can create a "point of no return," which means you'll do what you need to do regardless of how you feel. By committing, you'll reach the future you desire. With people, it's about connecting your success to someone else's. With money, it means investing enough that you simply can't afford to back out without feeling guilt.

For example, your physical and mental health depends on your actions. If your motivation comes from wanting to benefit someone you love more than yourself, that becomes a powerful driving force.

Let's consider a stark example: if you don't change your current lifestyle, you could face serious health consequences, even death. Think about how that impacts those you care about, like your children. You want to be there for them—to be a role model, to walk them down the aisle, and to create lasting memories together.

If you can tie your behavior change to such deep concerns for others, willpower becomes irrelevant. Even if you're struggling with self-esteem, your commitment to others will push you to act.

Now, regarding financial investment: When you put significant money into something—like a premium coaching program—you naturally feel compelled to follow through. For instance, if you spent \$9,000 on a yoga class that meets only three times, your odds of attending those classes increase exponentially because the investment is so substantial.

So, invest as much as you can without jeopardizing your life. This creates that important point of no return. Whether linking it to people or money, both strategies will help you achieve the success you seek without relying on willpower.

I challenge you to journal on these two questions:

1. Who would you do anything for to ensure your success isn't left to chance?
2. How can you create a point of no return experience in your life?

Reflecting on these questions will guide you toward continued success. Thank you for being a part of this 52-week journey!

Week 52 Journal

Who would you do anything for and how can you link your success to their success?

How can you invest so much in yourself that it creates a point-of-no-return experience so that your success isn't left up to chance?

Year End HAPPINESS ASSESSMENT

WHAT TYPE OF PERSON ARE YOU TODAY?

DESCRIBE THE PERSON THAT
YOU WANT TO BECOME ONLY
USING THREE VERBS.

1 _____

2 _____

3 _____

I AM HAPPIEST WHEN I...

I AM MOST UNHAPPY WHEN...

3 THINGS THAT INSTANTLY
PUT ME IN A GREAT MOOD.

1

2

3

1 PERSON THAT MAKES ME
MOTIVATED AND INSPIRED.

2 THINGS THAT
MAKE ME LAUGH.

STEP TRACKER

DAY 1		STEPS
DAY 2		STEPS
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Additional Information

Fast Like a Girl

The following summary is taken from the book and journals, “Fast Like a Girl” by Dr. Mindy Peltz. Our group discussed this book during one of our book club meetings.

Intermittent Fasting (12-16 Hours)

Use this fast to:

Lose weight Decrease
brain fog Increase
energy

The most popular fast, and the easiest. It will also yield the quickest results. If you are new to fasting, your first goal should be to eat your food in an 8-10 hour time window. Leave the rest for fasting. Slowly extend your fasting window back an hour until you are comfortably fasting for 14 hours. The goal is to train your body to adapt to a longer period without food.

Autophagy Fasting (17-72 Hours)

Use this fast to:

Detox
Improve brain function
Prevent a cold
Balance sex hormones

This fast makes the cells more resilient. When glucose stops coming into your body, your cells respond by making themselves stronger. This improves cellular resiliency in three ways: detox, repair and removal of diseased cells. The author likens autophagy to a dimmer switch, that slowly turns on around 17 hours and peaks its brightest at 72 hours.

Gut-Reset Fast (24+ hours)

Use this fast to:

Counteract antibiotic use
Offset birth control use
Help tackle small intestinal bacterial overgrowth (SIBO)

The author states this is her favorite, because it's easy, time efficient, and has a major impact on the gut microbiome. She also states that when the body has fasted 24 hours or more, it's long enough to get a burst of stem cells released into your gut. These repair the inner mucosal lining, that may have

been damaged from long term inflammation. The stem cells will find the worn-out cells and bring them back to life.

Most of the microbes live in our gut. Fasting to 24 hours invigorates these microbes which are critical to our immune system. They will help make neurotransmitters that will keep our brain happy, calm and focused.

Fat-Burner Fast (36+ hours)

Use this fast to:
Minimize weight-loss resistance
Release stored sugar
Reduce cholesterol

This length of fast turns on a fat-burning switch that works like magic. For some people who are stuck on a plateau, this fast length that will break it.

Dopamine-Reset Fast (48+ Hours)

Use this fast to:
Reboot dopamine levels
Lower anxiety levels

The author considers this fast a mental health boost. Fasting can repair dopamine receptor sites, this creates new receptors, and improves your dopamine pathways. There is also evidence that fasting longer than 24 hours makes your dopamine receptors more sensitive. The mental clarity seems to show up weeks after the 48 hour fast was completed, after your dopamine system has been regenerated.

Immune-Reset Fast (72+ Hours)

Use this fast to:
Ease a chronic condition
Prevent chronic disease
Alleviate pain and stiffness due of relentless musculoskeletal injuries
Slow down the effects of aging

This is also called the three-to-five day water fast. The reason some may fast up to 5 days, is because at 72 hours the body begins to create stem cells. These revitalized stem cells search out and repair injured parts and make them new. They have a healing effect on aging cells. We will continue to create new stem cells until we begin eating again. Many extend their fast five days or more to maximize stem cell production.

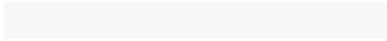
Fasting Benefits Timeline

	INTERMITTENT FASTING 13 - 16 HOURS Human growth hormone (HGH) Reduced inflammation Fat burning begins Increased ketones Improved energy and focus
AUTOPHAGY FASTING 17 HOURS	
Cellular detoxification Cellular repair Improved immune function Cancer prevention	GUT-RESET FAST 24 HOURS Intestinal stem cell regeneration GABA production Brain healing Autoimmune healing
FAT-BURNER FAST 36 HOURS	
Reduced glucose stores Reduced insulin stores Increased fat burning Detoxification Anti-aging	DOPAMINE-RESET FAST 48 HOURS Reset dopamine receptors Reduced anxiety and depression Anti-aging antioxidant production HGH increases by 500%
IMMUNE-RESET FAST 72 HOURS	
Peak autophagy Immune stem cells Musculoskeletal stem cells Chronic conditions Accelerated healing	

Pod Ice Breaker Questions:

1. What is the last book your read?
2. Where do you spend most of your day?
3. Mountains or ocean?
4. Not including deadlines, how do you motivate yourself to get stuff done?
5. They say "curiosity killed the cat" how much curiosity is healthy?
6. What is the most adventurous thing you have done?
7. Tell me something about yourself that I could never tell from looking at you.
8. Letter or emails?
9. What was the worst job you ever had?
10. If you did not have to sleep, how would you spend the extra 8 hours?
11. Who was your role model as a kid and why?
12. What is the best thing you have bought so far this year?
13. Is life just a game?
14. What's your guilty pleasure when you have free time during the week?
15. How would you describe your communication style in 3 words?
16. What drives you crazy (about a friend, colleague, or family member)?
How do you deal with it?
17. What is your favorite decade and why?
18. What is your favorite baked good?
19. What's one frequently used word that you can't stand?
20. Name three things you and your partner have in common.
21. What is one thing you want to improve about yourself?
22. Complete the sentence "I wish everyone could..."
23. What is your earliest childhood memory? If it's something "mundane,"
why do you think it stuck in your memory? If it's something
unusual/unique, what do you remember most vividly about it?
24. Tell us one big problem you've had to solve this year?
25. Netflix or Hulu?

26. Night out or night in?
27. Night or morning?
28. What is your favorite classic Disney movie?
29. What is the worst thing your mother-in-law ever did to/for you?
30. What is something you have not told many people?
31. What is your
32. Money or love?
33. Which best describes you? An introvert or an extrovert?
34. What is a boring fact about yourself?
35. Text or phone call?
36. Introvert or extrovert?
37. What is your pet peeve?
38. What is your favorite breakfast?
39. Leader or follower?
40. Was there ever a food you didn't want to eat, but you loved it once you tried it?
41. How old is the oldest pair of shoes in your closet?
42. Loud or quiet?
43. Besides insects and spiders, what animals annoy you the most?
44. Tell me about something you love doing that you're terrible at. And tell me about something you really do not like doing that you're great at.
45. Smartest person in the world or richest person in the world?
46. Misunderstood after death or forgotten after death?
47. Test the waters or dive in the deep end?
48. What brands do you love / hate the most?
49. Misquoted Movie / Music lyrics?
50. Describe what you do for your job to a 4-year-old.



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