

The Schott Bros Challenge: A Simple Guide to The Good Life

Welcome to Schott Bros Challenge: a simple guide to the good life, your go-to resource on how to live a life filled with health, peace, and joy. This book is dedicated to individuals who want to improve their lives, especially those grappling with obesity, depression, anxiety, unhealthy lifestyles, and general unhappiness. If you've been pondering where the good life has gone, fear not, for this guide will lead you toward the path of happiness, well-being, and abundance.

Guided by the chapters below, we'll tackle numerous topics that are crucial in your journey towards the good life. Take note, reflect, and act. It's time to reclaim and embrace the life that God has intended for you!

Key Topics

1. **Get Right with Jesus:** The necessity of love and forgiveness.
2. **Read Proverbs and Psalms Every Day:** For wisdom and daily encouragement, immerse yourself in these insightful and inspiring passages.
3. **Embrace Prayer and Meditation:** Experience the psychological benefits and faith growth of regular conversations with God and contemplation of His Word.
4. **Eliminate Alcohol, Tobacco, and Nicotine:** Understand the dangers of these substances and cut them from your life to improve physical and mental well-being.
5. **Take a Break From Social Media:** Recognize the negative impact it has on your mental health and discover alternative ways to stay connected.
6. **Walk 30 Minutes Every Day:** Learn about the numerous benefits of regular physical activity and follow a simple walking routine to boost your health and happiness.
7. **Establish Good Sleep Habits:** Understand the importance of a good night's rest and implement effective strategies for getting eight hours of sleep every day.
8. **Discover the Benefits of Healthy Eating:** Incorporate nutritious foods and beverages into your daily life to fuel both your body and mind.
9. **Find an Accountability Partner:** Having someone to encourage you and hold you accountable can be a great motivator for achieving your goals. Connect with a friend, family member, or colleague who shares similar values so that you can bounce ideas off each other and stay focused on the journey ahead.

Through these themes, you will learn to make practical changes to your daily routine, activities, and diet that will lead you to a more satisfying and fulfilling life. We will use specific instruction, everyday examples, and a friendly tone to ensure these lessons are approachable and engaging, allowing you to take action towards a better version of yourself.

Embark on this journey with us as we explore the Schott Bros Challenge and work together to improve our lives. Remember that you're never alone in this quest for health, peace, and joy. Keep your faith strong and have perseverance in the face of all challenges. Indeed, great wonders are in store for you!

Topic 1: **Get Right with Jesus**: The necessity of love and forgiveness.

From birth to death the necessity of Love and forgiveness is inescapable. Our heart and soul are designed to seek these from family, friends, and God - our creator. Perfect love and eternal forgiveness are promised to us when we believe the following; We are all guilty of sin, God's only Son Jesus Christ died on the Cross for our sins, and on the third day, he rose from the dead.

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved. John 3:16-17 NKJV

The challenge we present to you is to decide today that Jesus Christ is your savior and that you want his spring of ever-flowing hope and joy. When you understand that your Heavenly Father and Creator unconditionally loves you and forgives you. That this salvation can not be taken from you nor can it be lost. Then you are on your path to the good life!

This understanding of love and forgiveness should extend to those around you as well. We are all surely imperfect people with differing views, opinions, and backgrounds. However, if we can show each other the same grace that was shown to us by our Heavenly Father, we can begin to build a foundation of peace within ourselves in our communities. We must learn to love one another as we love ourselves and to forgive each other's transgressions, no matter how small or great. We can start by loving our neighbors as ourselves and reaching out to those in need with a helping hand.

This is the first step of many towards living a life full of joy and peace. Love, forgiveness, understanding, and the fruits of our faith are all necessary components for living a fulfilling life. We can strive to be kind and compassionate towards each other in thought, word, and deed. Let us all work together to share the good news of love and forgiveness that will bring peace and joy to all who seek Jesus!

Throughout the book, remember that Satan will constantly attack your efforts to improve your faith and health. He wants to steal your joy, kill your progress, destroy your health, and deceive you. Resist the devil and he will flee from you. In moments of weakness, pray to God for strength and perseverance. Now, take the first step towards victory over Satan. Whether it's opening your Bible, putting on your shoes for a walk, or resisting the urge to check social media, always proclaim God's glory in your triumphs.

Topic 2: Read Proverbs and Psalms Every Day: For wisdom and daily encouragement, immerse yourself in these insightful and inspiring passages.

Proverbs provide wisdom for practical day-to-day circumstances and Psalms offer solace and comfort in difficult times. Take some time out of your day to read these sections of the Bible, it will bring peace into your life as you learn more about God's nature and his love for you.

The wisdom of the prudent is to give thought to their ways, but the folly of fools is deception. Proverbs 14:8
NIV

I have set the Lord always before me; Because He is at my right hand I shall not be moved. Psalms 16:8
NKJV

In particular, the Proverbs can be an incredibly useful tool for navigating the intricacies of life. They offer practical advice on everything from finances to relationships to sound decision-making. The Psalms provide hope and strength in times of adversity and remind us that God is always with us no matter what we face.

Additionally, reading these passages will help us maintain a steady focus on God throughout our day. We will become more aware of his presence in our lives and, as a result, be better equipped to handle the various tasks and challenges that life throws our way. So make it a daily habit to read Proverbs and Psalms—you won't regret it!

The challenge we present to you is a well-kept secret on how to begin and stay consistent with this critical daily routine. Use the day of the month as your selection for the Proverb and Psalm you will read for the day. For example, if it is the first day of the month read Proverbs 1 and Psalm 1, If it is the 10th day of the month read Proverbs 10 and Psalm 10, and so forth. Continue this through the calendar year so that you become familiar with passages and start to commit them to memory. Many people are unsure of where to start reading their Bible regularly. This is a guaranteed routine that will not only bring you closer to God but also help you understand his Word and its relevance in your daily life.

Lastly, consider using a Bible study app or study Bible to supplement your bible reading. This can provide additional insight into the passages you are reading and how they apply to modern-day challenges. There is strength in numbers so it may help to share this routine with family and friends who are also interested in deepening their faith in God our Heavenly Father.

Topic 3: **Embrace Prayer and Meditation:** Experience the psychological benefits and faith growth of regular conversations with God and contemplation of His Word.

Prayer and meditation are two essential components of our faith walk with God. Through prayer, we open ourselves to a direct conversation with the Lord and build an intimate relationship with Him. When we meditate, we take the time to ponder on the Word of God and allow it to deepen our understanding of life and faith.

Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O Lord, my strength and my Redeemer. Psalms 19:14 NKJV

The Bible is full of examples of people praying and meditating on God's Word. David, in the book of Psalms, often turns to prayer and meditation as a way to cope with life's struggles. In the New Testament, Jesus modeled prayer for us by talking to His Father often. Even today, many Christians find solace in talking directly to God and reflecting upon His promises contained in the Bible.

The challenge we present to you is committing to prayer twice a day. Once after your morning reading of Proverbs and Psalm, and secondly in the evening before dinner or after evening activities. I avoid bedtime because oftentimes sleep will come upon you during the prayers and that important time with God our Heavenly Father is lost. The prayer routine you settle into will also be the perfect time to meditate on scripture from the day's reading.

While in prayer remember to have open and honest sharing with our loving and forgiving Heavenly Father. Allow your heart and the Holy Spirit to guide your thoughts and words. God will hear your every thought and word, so do not be afraid to speak whatever comes from your heart. Consider praying out loud while this is often encouraging in a group of people it can also uplift you when you are alone.

How you meditate on scripture is personal but some guidelines to follow are:

1. Read the passage of scripture slowly and deliberately
2. Consider each word, phrase and sentence as you read it out loud
3. Pause to reflect on what's been said and digest the words
4. If you find your mind wondering have grace with yourself, allow those thoughts to fall away, and return to the scripture reflection
5. Take time to pray over a particular thought or phrase that speaks to you directly
6. Pray for understanding and wisdom as to how it applies to your own life.

Finally, pray with faith and believe that the Lord hears your prayers and will answer them according to His will. As you continue on this faith journey, be prepared for the amazing blessings that come along with praying and meditating on the Word of God. You may be surprised at how much closer you feel to our Creator!

In conclusion, prayer and meditation have a powerful combination of physical and spiritual benefits that can help us better understand our relationship with God. When we pray and meditate on His Word, we open ourselves up to His love, guidance, and comfort which can help us live our lives to the fullest. So, make it a priority to make time for prayer and meditation each day!

Topic 4: Eliminate Alcohol, Tobacco, and Nicotine: Understand the dangers of these substances and cut them from your life to improve physical and mental well-being.

Alcohol, tobacco, and nicotine are three of the most dangerous substances available to people today. Consuming any of these can have serious implications for physical and mental well-being in the short-term and long-term. The risks associated with consuming alcohol include liver damage, increased risk for certain types of cancer, depression, and high blood pressure. Tobacco consumption carries an even higher risk for lung cancer, emphysema, and other respiratory illnesses. Finally, nicotine is highly addictive and can lead to various forms of heart disease, stroke, and other medical complications.

It is important to understand the deception and dangers of these substances before consuming them so that you can make an informed decision about their impact on your life. There are many influences in your life that mislead you into trying and starting these habits. Movies, music, advertisements, friends and other sources will deceive you that these habits are necessary for happiness and to relax. Once you are down this road it is almost impossible to think of relaxing or enjoying life without the substance. This is a lie and life is even more joyful, relaxing, and peaceful once you break the bondage of these habits. If you are a current user of alcohol, tobacco, or nicotine, it is important to take steps now to eliminate these substances from your life. There are several resources available for those looking to quit including support groups and medical professionals who can help you along the way. Taking these steps will have an immediate and lasting impact on your physical and mental well-being!

Healing our bodies is a crucial aspect of reclaiming the good life. Nicotine and Alcohol not only poison your body but prevent the natural ability to heal. By avoiding these substances, you can naturally increase your body's ability to heal itself and reduce the risks associated with consuming them in the first place.

And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. James 5:15 NKJV

The challenge we present to you is abstinence from Alcohol, Tobacco, Nicotine, and other substances that have you in bondage. Open your heart to allow the Holy Spirit to convict you and lead you into recovery from these substances. Some individuals will quickly turn from these bad habits and others will have to persevere with prayer and professional addiction services. No matter where you are in the process, know that there is freedom through Jesus Christ. His love and grace will provide you with a way of escape from your temptations and lead you to the good life!

Topic 5: **Take a Break From Social Media:** Recognize the negative impact it has on your mental health and discover alternative ways to stay connected.

Social media has certainly changed the way we communicate, and it comes with risks to our mental health. Constant comparison with others' lives, feelings of inadequacy, or even just wasting time scrolling through your newsfeed can all take their toll on our emotions. Taking a break from social media allows us to focus on other activities that can benefit our life, such as reading a book or taking a walk. It also provides an opportunity to connect with others in a better way by engaging in meaningful conversations with friends and family.

And let's consider how to encourage one another in love and good deeds, not abandoning our own meeting together, as is the habit of some people, but encouraging one another; and all the more as you see the day drawing near. Hebrews 10:24-25 NASB2020

The challenge we present to you is deleting those social media apps from your phone. Commit to one or two weeks without social media. The additional time in your day, the fulfillment from healthier activities, and the mood improvement will help establish a long-term avoidance of this technology. God wants us to have meaningful relationships and fellowship with one another. He designed us to connect with Him and one another in meaningful ways, not through social media.

In addition to taking a break from social media, another great way to stay connected and foster relationships is through volunteering or participating in social events within your church. Volunteering is an enriching experience as it helps those in need while also providing us with a sense of purpose. Similarly, joining social events can help build relationships with our neighbors and foster meaningful conversations. Finding alternative ways to stay connected is important for our mental health as it helps us disconnect from the screens that have taken over so much of our lives and instead focus on creating real connections. Take a break from social media, volunteer in your church, or join a local event - any option can help you stay connected!

Topic 6: **Walk 30 Minutes Every Day:** Learn about the numerous benefits of regular physical activity and follow a simple walking routine to boost your health and happiness.

Exercise is not only good for our physical health, but also for our mental wellbeing. Regular exercise helps to reduce stress, improve mood and sleep, and increase energy levels. Studies have shown that just 30 minutes of exercise per day can have a significant impact on our overall health. Walking is one of the easiest and most accessible forms of exercise, making it a great option for individuals of all ages and fitness levels.

Therefore I run in such a way as not to run aimlessly; I box in such a way, as to avoid hitting air; but I strictly discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

1 Corinthians 9:26-27 NASB2020

The challenge we present to you is to start small and gradually increase your distance and pace. Set achievable goals for yourself, such as walking for 10 minutes every day for the first week, then increasing to 20 minutes the next week, and so on. It's important to listen to your body and not push yourself too hard, as this can lead to injury or burnout.

Walking outside has the added benefit of being in nature, which has been shown to reduce stress and improve mood. If walking outdoors is not possible, consider joining a gym or using a treadmill at home.

Regular exercise also has numerous long-term benefits, such as reducing the risk of chronic diseases like heart disease and diabetes, improving bone health, and increasing longevity. So not only does it have immediate positive effects on our mental health, but it also sets us up for a healthier future.

To make your daily walks more interesting, try changing up your route or listening to music or podcasts while walking. You can also invite friends or family members to join you, making it a social activity as well.

In conclusion, incorporating just 30 minutes of walking into our daily routines can have numerous benefits for both our physical and mental health. It's a simple and accessible form of exercise that can be enjoyed by anyone, anywhere. So put on your walking shoes and start reaping the benefits today! Keep in mind that there are also many other forms of physical activity that we can incorporate into our lives, such as cycling, swimming, or dancing. The key is to find something that we enjoy and will stick with long-term. And remember, it's not about perfection or setting unrealistic goals, but rather making small and sustainable changes that will lead to a healthier lifestyle overall.

Topic 7: **Establish Good Sleep Habits:** Understand the importance of a good night's rest and implement effective strategies for getting eight hours of sleep every day.

Getting enough quality sleep is essential for both our physical and mental well-being. It allows our bodies to repair and recharge, while also helping us maintain optimal cognitive functioning throughout the day. Unfortunately, many of us struggle with getting a good night's rest due to various reasons such as stress, busy schedules, or unhealthy sleep habits.

I will both lie down in peace, and sleep; For You alone, O Lord, make me dwell in safety. Psalms 4:8 NKJV

The challenge we present to you is establishing a regular sleep schedule. If you struggle with sleep, it may be beneficial to seek advice from a physician regarding melatonin or explore the possibility of sleep apnea.

One of the most important steps in establishing good sleep habits is having a consistent sleep schedule. This means trying to go to bed and wake up at the same time every day, even on weekends. Our bodies have an internal clock that regulates our sleep patterns, and disrupting this can lead to difficulty falling asleep or staying asleep. Maintaining a regular bedtime routine, such as reading or taking a warm bath before bed, can also help signal to our bodies that it's time to wind down and prepare for sleep.

Another crucial factor in getting quality sleep is creating a comfortable sleeping environment. This includes having a supportive mattress and pillows, keeping the room at a cool temperature, and minimizing noise and light disruptions. Additionally, practicing good sleep hygiene habits like avoiding caffeine or heavy meals close to bedtime can also improve the quality of our sleep.

It's also important to recognize the impact of technology on our sleep habits. Electronic devices emit blue light, which can suppress melatonin production and disrupt our body's natural sleep-wake cycle. Limiting screen time before bed and creating a device-free bedroom can significantly improve the quality of our sleep.

Lastly, managing stress levels is crucial for getting a good night's rest. Stress and anxiety can keep our minds racing and make it difficult to fall asleep. Finding healthy coping mechanisms such as exercise, meditation, or journaling can help reduce stress levels and promote relaxation.

Topic 8: Discover the Benefits of Healthy Eating: Incorporate nutritious foods and beverages into your daily life to fuel both your body and mind.

Eating a well-balanced diet rich in fruits, vegetables, whole grains, and lean proteins can provide numerous benefits for your overall health. Some of our favorite foods to include are Fish Oils, Kombucha, Organic Chicken Bone Broth, Beet Juice, Tea, Coffee, Fresh-Squeezed Lemon Water. These foods and beverages are packed with essential nutrients, vitamins, and antioxidants that can boost energy levels, improve cognitive function, and support a strong immune system.

Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own? For you have been bought for a price: therefore glorify God in your body.

1 Corinthians 6:19-20 NASB2020

Incorporating healthy eating habits into your daily life doesn't have to be complicated or restrictive. Here are some simple tips to help you get started:

- Start by adding more fruits and vegetables to your meals. Aim for at least 5 servings a day and choose different colors to ensure a variety of nutrients.
- Swap out refined grains for whole grains, such as brown rice, quinoa, or whole wheat bread.
- Incorporate lean proteins into your diet, such as chicken, fish, beans, tofu, and eggs.
- Limit processed and high-fat foods and opt for healthier cooking methods, such as grilling, roasting, or steaming. Stay away from fast food!
- Stay hydrated by drinking plenty of water throughout the day and limit sugary drinks.
- Don't ignore your cravings - instead, find healthier alternatives. For example, satisfy your sweet tooth with a piece of dark chocolate instead of candy.

The challenge we present to you is incorporating the following favorite foods into your new daily healthy eating habits:

- **Fish Oils:** Fish is an excellent source of omega-3 fatty acids, which are important for heart health and brain function. Some varieties of fish that are high in omega-3s include salmon, tuna, sardines, and mackerel. Fish oils are a great alternative if you are not a fan of eating fish. They can be found in supplement form and are just as beneficial. Stick to a high-quality fish oil that is purified of anything such as mercury.
- **Kombucha:** This fermented tea is rich in probiotics and can help improve gut health. It also contains antioxidants and may have anti-inflammatory properties. Try to choose a brand with low sugar content. We recommend just 4 oz a day.
- **Organic chicken bone broth:** A rich source of minerals such as calcium, magnesium, and phosphorus, this broth can help strengthen bones. It also contains collagen which can benefit skin and joint health. We recommend just 4 oz a day.
- **Beet Juice:** Beets are high in antioxidants and can help lower blood pressure. Just a small glass of beet juice a day can provide numerous health benefits. We recommend just 4 oz a day.
- **Fresh squeezed lemon water:** Starting your day with a glass of fresh squeezed lemon water can help boost your immune system, aid in digestion, and provide a natural energy boost. It's also a great way to increase your daily water intake.
- **Tea:** Drinking tea, especially green tea, can provide a wide range of health benefits. It's high in antioxidants and can help improve brain function, boost metabolism, and even reduce the risk of certain diseases. Our favorite teas are unsmoked Yerba Mate and ceremonial grade Matcha.
- **Avocado:** This creamy fruit is packed with healthy fats, fiber, and essential vitamins and minerals. Add it to salads, sandwiches, or use it as a substitute for unhealthy spreads like mayonnaise.

- Greek Yogurt: This creamy and tangy yogurt is packed with protein and calcium, making it a great snack or breakfast option. It also contains probiotics that can benefit gut health.
- Dark Leafy Greens: These nutrient-dense greens, such as spinach, kale, and collard greens, are high in vitamins and minerals. They also contain antioxidants that can help protect against diseases.

In addition to physical health benefits, eating healthy can also have a positive impact on mental health. By fueling your body with nutritious foods, you can experience a better mood, increased focus and concentration, and lower levels of stress and anxiety. Making healthy food choices can also lead to a sense of accomplishment and self-confidence as you take control of your diet.

Please stay away from trans fats as there are many health issues associated with them. These can include an increased risk of heart disease, obesity, and inflammation. Numerous studies have established a significant correlation between trans fats and a more than 40% heightened risk of depression.

Remember, balance is key. It's important to listen to your body's needs and cravings while also making mindful choices to nourish yourself with nutritious foods. Incorporating healthy eating habits into your daily routine can have long-term benefits for overall health and well-being, so start small and stay consistent. With time, you may even find that healthy eating becomes second nature to you.

Topic 9: Find an Accountability Partner: Having someone to encourage you and hold you accountable can be a great motivator for achieving your goals. Connect with a friend, family member, or colleague who shares similar values so that you can bounce ideas off each other and stay focused on the journey ahead.

Therefore, encourage one another and build one another up, just as you also are doing. But we ask you, brothers and sisters, to recognize those who diligently labor among you and are in leadership over you in the Lord, and give you instruction, and that you regard them very highly in love because of their work. Live in peace with one another. 1 Thessalonians 5:11-13 NASB2020

You can also find accountability partners through online communities or support groups, where you can share your progress and receive encouragement from like-minded individuals. Having an accountability partner not only helps you stay on track with healthy eating habits, but it also creates a sense of camaraderie and support in your journey towards better health.

It's important to keep in mind that healthy eating is not just about physical health, but also mental and emotional well-being. By finding an accountability partner, you are not only committing to a healthier lifestyle but also prioritizing your overall happiness and self-care.

Remember, progress is not always linear. There may be setbacks or challenges along the way, but having a support system in place can help you stay motivated and bounce back from any slip-ups. So don't be afraid to reach out and find an accountability partner to help you on your journey towards healthier eating habits. Together, you can celebrate successes and work through any obstacles that may come your way.

In addition to finding an accountability partner, it's important to also listen to your body's needs and make adjustments as necessary. Your dietary needs may change over time, and it's important to be flexible and adapt to these changes. This could mean incorporating new foods, trying out different recipes, or even seeking professional guidance from a registered dietitian.

It's also crucial to focus on progress rather than perfection. A healthy lifestyle is not about strict rules or depriving yourself of your favorite foods. It's about finding balance and making sustainable choices that fit your lifestyle. So don't be too hard on yourself and celebrate every step towards the good life!

30 Day Progress Chart

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