

THE BEGINNERS GUIDE TO BECOMING YOUR MOST HEROIC SELF



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INTRODUCTION

Welcome to the Total Beginners Guide to
Becoming your most heroic self!

Awareness is key. You probably are already aware that you are unhappy with where you are, or that you are wanting something that you do not currently have

What you are not aware of is probably how to get there, the steps you need to take, and what is currently in your way preventing you from achieving greatness.

No worries!

I have laid out everything you need in this short video series to get you started!

It has lots of questions to get your awareness primed and ready. You will need a journal to write in, and an attitude of self exploration and reflection.

Journal your way through this course and get to training!

CHAPTER 1

Understand Your Fitness Goals

Fat Loss, Building Muscle, Developing a skill, looking aesthetic, feeling confident, fitting into clothes, gaining energy, flexibility, being pain-free - there are so many different ways to look, feel, and be. But the important thing is that you are clear on what you are working on. In addition to your fitness, there are other areas of your life to consider when making goals. Your spiritual life, career, family and financial goals should also be considered.

Look at the wheel of life attached as a jumping off point to consider the areas of your life you want to improve. Grab your journal, and list everything you can think of to start working on to improve your life - then once you have everything, prioritize the top three goals that you have.

CHAPTER 2

Previous Experience

Understanding your previous experience is key -this is your origin. Consider your relationship with your body and fitness and exercise. What I want you to look for is enjoyment here - what kind of exercise do you love? What kind of exercise is effortless to you? What environments, movements, and types of exercise work best for you? Do you like to get sweaty? Do you want to play a sport? Do you want to learn a skill like handstands or martial arts? Is there a certain character you are looking to emulate like Goku or Batman? What inspires you? Are you training outside? At the gym? In your garage? Your living room? Once again, grab your journal and start from when you were a toddler all the way to now, detailing your experiences and what has led you to where you are now.

If you don't know the answers right now that's fine too because this is all an experiment - you are not locking into anything permanently if you do not want to. Find what fits, what sticks, and the results will come.

CHAPTER 3

Getting Your Stats and Tracking Progress

Fitness is much more than the number on the scale. In addition to weighing yourself, you need a tape measure, progress pictures front, back, and side to side, and some basic personal records of exercises and movements to get started to track your progress. Test basic flexibility, how many push-ups, sit-ups, and bodyweight squats you can do in a minute

Base your tests off the goals you previously identified and keep track of your progress over time. You can utilize a journal or download an app to keep track of your progress.

CHAPTER 4

Your Superhero Identity

Developing a superhero identity can boost motivation and make your journey more exciting. Create a unique persona, complete with a name, costume, and backstory. This alter ego will help you immerse yourself in your superhero training and provide a sense of purpose.

Visualize the most heroic version of yourself - what do they look like? What are they capable of? How do they feel? Get crystal clear and visualize this person and ask what you need to do to become this person. How do they act? What do they have for breakfast? What do they wear? What is their superpower? Fill out your character sheet with this information. Bonus: Create a playlist of music that you only listen to when you are working out and embodying your alternate identity as this superhero you created.

CHAPTER 5

Acquiring the Necessary Equipment

Identify the equipment you'll need to support your superhero training. This may include gym equipment like weights, resistance bands, and cardio machines. Additionally, consider any specialized gear required for your chosen skills. Use what is readily available to start - You don't need to spend a lot of money on accessories or equipment you just need to show up to start. This is why a gym membership can be beneficial because you can experiment with a variety of equipment to find what you like before you buy anything of your own.

CHAPTER 6

Commitment to a Schedule

Establish a consistent training schedule and stick to it. Determine the number of days per week you'll dedicate to your workouts and allocate specific time slots for each session. Create monthly goals and adjust your training plan accordingly to ensure steady progress toward your superhero transformation. Consider the time you have the most energy, have the least amount of distractions and obligations, and pick those times for your workouts. If you find resistance to your commitment, this is normal. Try to remove anything that will make it harder for you to do what you have committed to doing. For example, if getting up early is difficult but is your only option, set out your clothes the night before, make sure you have coffee ready to brew in the morning, and your ear buds charged and ready to play your superhero playlist.

CHAPTER 7

Plan Your Nutrition

A superhero's strength and performance heavily depend on proper nutrition. Take into consideration what you are currently consuming and how it can be improved. Do you plan your meals or do you impulsively by fast food or snacks regularly? How often do you cook your own meals? Do you track how much protein, carbs, fats and calories you are consuming? Do you eat mindfully when you are hungry, or do you frequently eat out of boredom or to escape discomfort? Journal your thoughts.

Design a meal plan that supports your training goals. Are you looking to gain muscle? Do you want to lose bodyfat? Are you looking to do both? Looking at what you currently eat, in what ways can you adjust the ingredients to support these goals, and ask what you can add to your diet. Focus on consuming a balanced diet consisting of lean proteins, complex carbohydrates, healthy fats, and plenty of fruits and vegetables. Moderation is key when consuming salty, sugary and overly processed foods. Stay adequately hydrated and consider incorporating supplements if necessary.

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CHAPTER 9

Accountability and Your Arch Nemesis

Maintaining accountability is crucial for long-term success. Find a training partner or join a group of like-minded individuals who share similar goals. Commit to post regular check-ins in this group, share your training sessions, and create and participate in friendly competition in this community to keep you motivated and accountable. Consider designating an "Arch Nemesis" within your group, someone who challenges you and pushes you to excel.

Remember, becoming a superhero is a long-term commitment that requires discipline, perseverance, and consistency. By following this tactical guide and staying dedicated to your training, you'll be well on your way to developing the strength and skills worthy of a true superhero. Good luck on your heroic journey!

DID YOU ENJOY THIS COURSE?

Join Hero Era Headquarters at Skool.com! You'll be encouraged to share your discoveries and insights with a supportive community, where you can inspire and be inspired by fellow students on the same path.

But that's not all. We believe that true transformation goes beyond physical changes. That's why we'll help you take inventory of your current stats and challenge you to build an alter ego and superhero identity that aligns perfectly with your aspirations. Imagine becoming the hero of your own story, equipped with the strength, determination, and resilience to conquer any obstacle.

So, if you're ready to embark on an extraordinary journey of self-discovery, growth, and empowerment, join us and unlock your inner superhero. Together, we'll create a community of unstoppable individuals who inspire and uplift each other every step of the way.