

ONE PAGE BATTLE PLAN

BODY BEING BALANCE BUSINESS FUTURE PRESENT

FRUIT ONE

FEELINGS ONE

FOCUS ONE

FACTS



TO BUILD THE MAN
WE MUST BUILD HIS HABITS

CORE 4



CERTIFIED TRAINER



CORE 4 THE POWER HOUR



Body

Fitness
Fuel



Being

Meditation
Memoirs



Balance

Partner
Posterity



Business

Discover
Declare



BODY - FITNESS

FITNESS: DID YOU SWEAT TODAY?

Options:

Get your blood pumping, endorphins racing & energy up high.

- 10 Min Run, Bike, Swim
- 10 Min Mobility, Yoga
- 10 Min of Burpees, Pushups, Sit-ups, Air Squats, Pull-Ups, etc.
- 10 Min Weight Lifting



BODY - FUEL

FUEL: DID YOU WEAPONIZE TODAY?

Options:

Weaponize your mind & gut by getting greens and hydration into your body immediately. We do this with a Green Smoothie or Green Powders

- **Green Smoothie:** Green vegetables, Fruits, Water, Ice
- **Green Powder:** Alternatively, you can buy a powder and use it either in your smoothie or just use the green scoops in a water shaker bottle.
- **Create Yours:** Do anything you want to, just make sure you add spinach!

Water/ice

10%

Green Stuff

70%

Other non-green stuff

20%



BEING - MEDITATION

MEDITATION: DID YOU CONNECT TODAY?

Options:

- 10 Minute Breathing
- 10 Minute Guided (can use meditation app)
- 10 Minutes of Visualization
- Just slow down and be still for 10 minutes while breathing

It's time to harness the energy from BODY, and bring it into your focus and control by using meditation.



Meditation

Memoirs



BEING - MEMOIRS

MEMOIRS: DID YOU REVEAL TODAY?

Options:

Coming out of your Meditation, write about what you're seeing/feeling/noticing inside of your War Map.

Things to write:

- Ideas that come to you
- Feelings about today
- Strategic moves you want to make in your life/business / family
- Downloads about your life as a whole
- Truly? Anything you want. Just write it down.



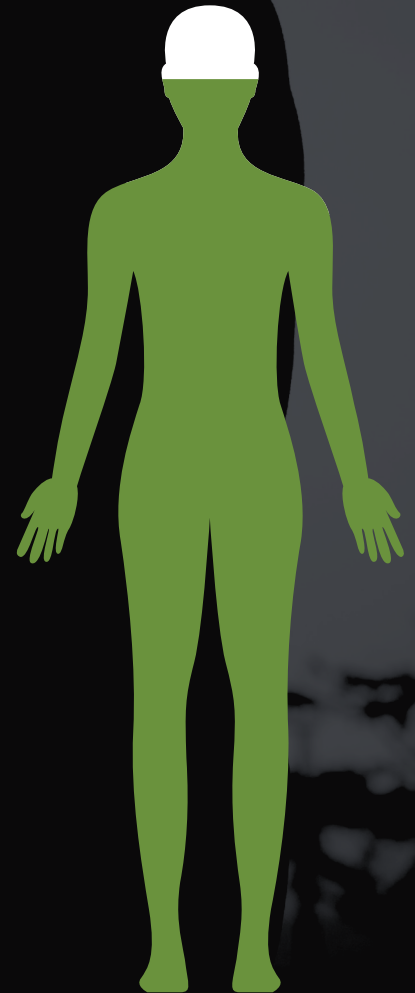
BALANCE - PARTNER

PARTNER: DID YOU LOVE TODAY?

Options:

Invest a deposit of love, appreciation and honor into your partner/your wife/your significant other.

- **Words:** Communicate a message through text /video/image/etc.
- **Time:** Spend a moment to connect
- **Gifts:** Sticky-notes, cards, small token, something fun & loving
- **Touch:** Use physical touch to show you care
- **Acts:** Service with a smile



BALANCE - POSTERITY

PARTNER: DID YOU INVEST TODAY?

Options:

Show your children/family/friends you're thinking of them. they want you to invest in them!

- Physical sticky notes w/ drawings or words showing you care
- Text/audio/video/picture message to their phone
- Be creative here. Simple, fun, follow your intuition here.



BUSINESS - DISCOVER

DISCOVER: DID YOU LEARN TODAY?

Options:

Entrepreneur or Intreprenneur - this matters. Learn / study something relevant to your line of work as it relates to your current targets.

- **Book:** Study for a moment from a book until you find something you can use
- **Podcast:** Listen to relevant podcasts around your current focus
- **Audiobook:** One of the most popular choices amongst the brotherhood!
- **Article:** Research and discover note-worthy



Discover

Discover



BUSINESS - DECLARE

DECLARE: DID YOU ADD VALUE TODAY?

Options:

As you discover, teaching becomes marketing. You can teach the concept, or create value based on today's discovery where it's relevant:

- Share with employees, management, internally in the company
- Deploy email marketing, facebook posts, advertising to your target audience
- Teach someone who is in your stewardship (on your team)
- Share with relevant people so it invests value in your market place/business!



CORE 4 TIP: HABIT STACKING

If you have a hard time building habits try this:

1. Find the domain that is the **EASIEST** for you to hit.
(Ex. You're good at going to the gym/drinking your green drink daily)
2. Then find the domain that is the **HARDEST** for you to hit.
(Ex. You're bad at meditating/journaling daily)
3. Hit the domain that is the **HARDEST** for you before you hit the domain that is the **EASIEST** for you!

Example:



ULTIMATELY:

There is no right or wrong way to do your Core 4. As long as you do it daily!



CREATE YOUR CORE 4

15 MINUTES IN BODY, BEING,
BALANCE, BUSINESS.

TEST IT EACH WEEK
RESET ON SUNDAYS.



30 DAY CHALLENGE

LIVE THE CORE 4 FOR 30 DAYS
TO EXPERIENCE A
VERSION OF YOURSELF!

Before Core-4

After Core-4



BATTLE PLAN



THE FACTS

THE GAP

BODY
BEING
BALANCE
BUSINESS

	M1	M2	M3
1		1	1
2		2	2
3		3	3
4		4	4
1		1	1
2		2	2
3		3	3
4		4	4
1		1	1
2		2	2
3		3	3
4		4	4
1		1	1
2		2	2
3		3	3
4		4	4



12 WEEKS

12 MONTH

BODY
BEING
BALANCE
BUSINESS

BODY
BEING
BALANCE
BUSINESS



