



Masters of Fitness Inner Circle - Week 5

The 10 Commandments to Unleashing The Best Version Of Yourself

Today, I thought I would throw out this list. It's a rule book.



Now, I'm all for bending, breaking and reworking the rules. However after working with hundreds of high-end clients as well as interviewing and be mentored by some of the worlds top authorities in psychology, fitness and human performance, these laws shouldn't be bent, broken or mended. They are here to guide you to an ultimate life.

If you are reading this, deep down, there is a fire inside you.

There is a fire that burns brighter, and a little fiercer than 99% of the world. It's always been there, burning dimly, waiting for you to let it burn bright..

This fire, is the drive to becoming the best version of yourself.

Now you can call it genetics or god's will or fate. Regardless, it is there and it is very much alive. I have it. My closest friends have it. You have it.

These commandments if you will, forged from hours and hours of practice, mentoring sessions and simply falling flat on my face, will guide you to your dream body, your dream partner and your dream life.

However you must take daily action. Doing it for one day or one week or even one month will not guarantee results. You must hustle day in and day out.

No compromises, no regrets.

On that note here are the 10 commandments of becoming the ultimate you.

1. Be Disciplined and Consistent

What we do every day matters more than what we do once in a while. Don't fall into the trap of Transformation Tourism. Find a proven plan, put your head down and religiously hustle until you have achieved the goal. Don't give up and don't give in to the daily temptations that may arise. People will think you're crazy. However in the end people will admire you because you are doing what the majority can't or won't do.

2. Win your morning, every morning

When you wake up in the morning, what is the first thing that you do? Check email, brush your teeth, eat a donut? I've fallen victim to much worse than those items. Whatever it is you do, is it helping you or hurting you?

It's time to start controlling your morning because that will set up the rest of your day. A good morning equals a good day. A good day can turn into a good week. A good week turns into a good month, then a good year and ultimately an amazing life. Stop being reactive and start being proactive!

Make a morning routine right now, and follow it for the next 30 days. Even if it's only one item you add, just set it and do it. I challenge you to write out your #1 short term goal every morning as soon as you wake up. Yes hand write; I know that's a foreign concept to some. See the magic, that alone will bring into your life.

3. Do not confuse action with achievement

Being busy doesn't equal success. I know tons of former friends that are really busy all the time. Yet they fail to live the life of their dreams.

Take action on the things that will provide you with results. For me, writing articles is elite action that will benefit my business, my writing and my clients. Having 5 meetings throughout the day, while very busy and potentially beneficial may lead to know tangible results. Make sure your action delivers results.

4. Be a control King

If you don't control your day, someone else will. And I guarantee they do not have the best interest for you. Take control of your day so you can start taking control of your life!

5. Kaizen your life.

This might be the most important principle on here so read this section twice.

Kaizen is Japanese term for continuous and never ending improvement. It means getting a little better every single day.

If you write a paragraph a day, you would write 4 novels per year. If you increase your strength 1% every day, you would be 365% stronger by the end of the year.

Do not underestimate the power of kaizen. It is the untold principle of the elite.

As my late mentor Tony Robbins once said

"we are rewarded publicly for what we practice in private."

6. Set Intentional Goals

You knew this one was coming. There are too many studies to cite on the power of goal setting. It might be the number 1 factor to your success.

However intentional goal setting is a little different then regular goal setting. Intentional goal setting allows you to be intentional with your life success and really understand why you are even going after these goals int he first place.

Here's how to set your intentional goal.

1. Pick an area of life – Health, wealth, relationships.
2. Pick a tangible, measurable and somewhat realistic goal in that area. For example saying you want to be a multimillionaire ten weeks from now, when you are currently making \$20/hour might yet not be feasible. However saying you want to start a side business with \$1000 profit, is not only slightly ambitious but definitely feasible.
3. Determine the actions needed daily, weekly and monthly to achieve the desired goal
4. Determine the time allocated in your day/week when you are going to work on it
5. Write it out twice daily and make sure every action you take is intentional toward achieving that goal
7. Get the right mentor



Look you need a mentor. They provide direction, clarity faith and dare i even say: shortcuts to success. They essentially shorten the gap from where you are to where you wanna be.

Harry potter had Dumbledore

Aristotle had Socrates

Luke Skywalker had Yoda

Alexander the great has Aristotle

The Karate Kid had Mr. Miyagi

Peter Tzemis had John Romanillo

All the greats had them. It is an essential part of the heroes journey.

However the most common problem is that people choose the wrong mentors for them. Let me explain.

My first mentor, was a billionaire. Now I wanted to be rich so I figured I might as well find someone who has achieved that. Looking back that was a very poor way of approaching the whole mentor game.

First off I looked at just his success and not the rest of his life. Sure he was rich (he built a pirate ship for his lake) ; but his family life, emotional life and health were all a mess. This didn't sit well with me at all, and as quickly as our relationship started it ended.

Secondly and most importantly our core values didn't line up whatsoever. He worked as much as possible while neglecting the other parts of his life. For me I prefer balance in all areas.

Lastly he didn't have the time to give to me, that I needed to really learn from him fully. He was always busy with projects and mentoring other students.

Now I learned a great deal from him, however I also wasted a ton of time because I didn't look for the right qualities in a mentor.

So now its your turn. Find someone you admire and get to know them and there life. And if you aspire to be them, have there life then work on getting noticed by them. Add value to there lives. Be giving because eventually, like Santa Claus christmas eve, they most certainly will give back.

8. Mind your environment

It's easier to change our surroundings than ourselves.

As Jim Rhon once said,

“you become the average of the 5 people you spend the most time with.”

I wanna share a quick story, a mentor of mine once told me to illustrate this point.

A man went down to the fish market one day with his wife. When they got down there however, they stopped by a booth selling crabs.

The merchant had put all the crabs in a big red bucket with no lid. While the man was discussing pricing with the merchant, out of the corner of his eye he noticed that one

ambitious crab, was breaking away from the pack and climbing to escape the big red bucket.

Being an honest man, he warned the merchant about it. The merchant laughed, then calmly looked at the man and told him to watch.

The ambitious crab, nearly at the top, was just about to climb out and be free. All of a sudden, he stopped moving forward and started going back into the bucket, seemingly without really wanting too.

As the man peered closer he noticed the rest of crabs down below had latched on to the ambitious crabs' legs, and were pulling him back down with them.

Within a minute of so, the ambitious crab, was back in the bucket with the rest of them.

So who are your five people? Do they bring you up or pull you down? Protect your time viciously and with who you spend it with because they will influence you more than you can ever imagine.

9. Journal everyday

This one is pretty straight forward. The key principle behind this action, is that we manage what we monitor. Tattoo that to the inside of your skull!

WE MANAGE WHAT WE MONITOR

Every day, take 10 minutes and reflect on the day. What went well? What didn't go so well. What can you be thankful and happy about today? How is your progress coming along towards your goals? And most importantly:

How can you make tomorrow a little bit better than today.

Some journals I recommend:

—> Day One App

—> Standard Journal

—> Advanced Journal

10. Once you're ready to begin, begin immediately.

Action wins. Every single time.

It's better to apply 1 book, then read 20.

Most ideas fail because people are stuck in there head dreaming about what can be instead realizing what to do now to start making it a reality.

Whether its building your body, a business or learning a new skill, taking a small step forward from the moment you decide on a goal is a huge step towards the achievement of it.

“The journey of a thousand miles starts with a single step” – Lao Tzu

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Report 3 - Badboy abs: The abs solution for men

Report 4 - Alpha Male Body Language

Report 5 - The 10 Commandments of your best self

Report 6 - First class Freedom: The 6 laws of success

Report 7 - Anabolic Running: The Cardio Solution for men

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Report 9 - Vocal Masterclass: How to deepen your voice

Report 10 - Loaded Guns: 2 inches in 2 weeks

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