

HERO LIST 99 IDEAS



BECOME THE HERO, 

FOCUS

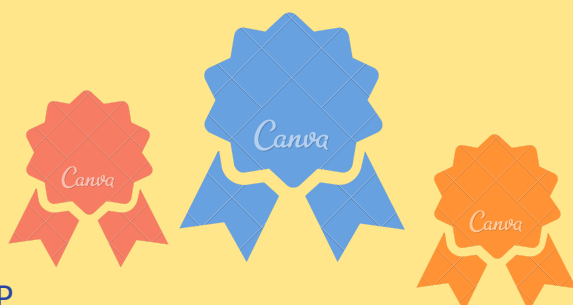
1. MEDITATE EVERY DAY
2. QUESTION YOUR THOUGHTS, BELIEFS AND ASSUMPTIONS. DAILY.
3. DON'T BELIEVE EVERYTHING YOU THINK
4. TURN YOUR EMOTIONAL, STRESSFUL PROBLEMS INTO SOLVABLE PUZZLES BY WRITING THEM DOWN
5. PROTECT YOUR CONFIDENCE BY RECORDING A MINIMUM OF 3 'WINS' EVERY DAY
6. DON'T TAKE SHIT PERSONALLY, IT'S NEVER EVER ABOUT YOU
7. REMEMBER, EVERYONE IS TRYING THEIR BEST, THEIR BEST FOR THEM
8. USE NEGATIVE EMOTIONS AS ALARM CLOCKS THAT REQUIRE A CHANGE OF APPROACH
9. YOUR ENVIRONMENT MATTERS CHANGE WHERE NECESSARY.
10. HAVE A COLD SHOWER AT LEAST ONCE A WEEK
11. SET TARGETS WHICH MAKE YOU TAKE A DEEP BREATH
12. DON'T COMPARE ACTUAL PROGRESS TO IDEAL PROGRESS
13. HAVE YOUR GOALS VISIBLE CONSTANTLY, ON THE WALL, ON YOUR PHONE
14. TAKE A DAY OFF YOUR PHONE EVERY WEEK, NO EXCEPTIONS
15. BUY A WHITEBOARD AND MARKERS AND USE THEM EACH DAY
16. WRITE YOUR OWN MOTO AND KEEP IT ON YOUR PHONE WALLPAPER SO YOU SEE IT ALWAYS
17. TURN NEGATIVES INTO POSITIVES BY ASKING 'HOW CAN I USE THIS?'



If You Don't Like Where
You Are In Life, Move, You
Are Not A Tree.

18. PROTECT YOUR ENERGY BY GETTING ADEQUATE SLEEP (6-8 HOURS A NIGHT)
19. HAVE A BED TIME RITUAL
20. NAP WHENEVER POSSIBLE AND NECESSARY
21. GET A MINIMUM OF 2 LITRES OF WATER A DAY
22. GIVE A SHIT ABOUT WHAT YOU PUT IN YOUR MOUTH AND TRACK IT
23. SWEAT EVERY DAY, YES, EVERY DAY
24. STRENGTH TRAIN 2-3X A WEEK
25. DON'T DRINK FULL FAT COKE
26. DO SOME CARDIO 2-3X A WEEK
27. BOOK A FITNESS EVENT WHICH SCARES YOU
28. EAT MORE VEGETABLES AND FRUIT
29. EAT ADEQUATE PROTEIN
30. DO 10 BURPEES EVERY MORNING WHEN YOU GET UP
31. TAKE A SAUNA OR A STEAM ONCE A WEEK
32. GET OUTSIDE MORE
33. TRY A COMBAT SPORT IDEALLY SELF DEFENCE BASED
34. HAVE A MASSAGE ONCE A MONTH
35. DO A PARK RUN (TIMED 5KM RUN)

FITNESS



99 HERO

HERO



TRANSFORMATIONS



START TO CHANGE YOUR WORLD

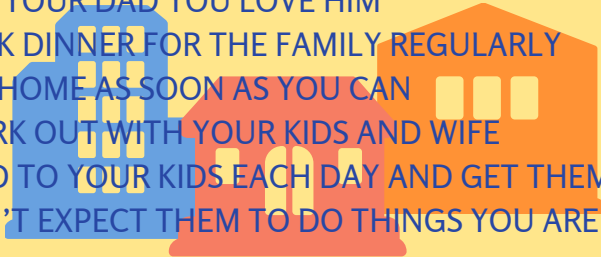
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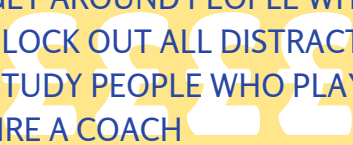
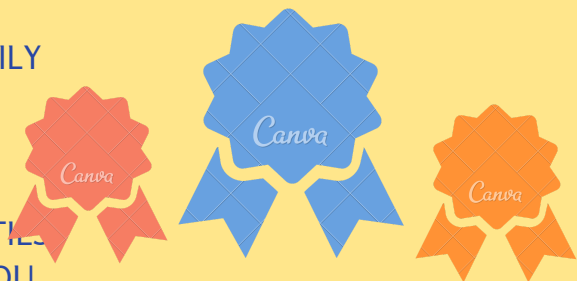
FAMILY,

- 36. LOOK YOUR WIFE IN THE EYES WHEN SHE’S TALKING
- 37. WATCH DOCUMENTARIES ON WHAT CONSEQUENCES VIOLENCE HAS
- 38. DATE YOUR KIDS 1-1 WEEKLY
- 39. DATE YOUR WIFE WEEKLY
- 40. LET YOUR KIDS KNOW SPECIFICALLY WHAT YOU LOVE AND APPRECIATE ABOUT THEM
- 41. TELL YOUR WIFE YOU APPRECIATE AND LOVE EVERY DAY
- 42. LET HER KNOW HOW SEXY SHE IS
- 43. QUIT MASTURBATING
- 44. COOK WITH YOUR WIFE AND KIDS
- 45. SUPPORT HER GOALS AND DREAMS
- 46. TEACH YOUR CHILDREN HOW MONEY WORKS
- 47. SET THE EXAMPLE TO YOUR KIDS ON HOW TO SHOW UP AS A MAN
- 48. UNDERSTAND YOUR KIDS WILL MODEL YOUR BEHAVIOUR, WHETHER IT’S GOOD OR BAD
- 49. HAVE YOUR KIDS AND YOUR WIFE TELL YOU 3 ‘WINS’ THEY HAD EVERY DAY
- 50. TELL THE KIDS AND YOUR WIFE YOUR 3 WINS A DAY
- 51. HUG YOUR KIDS AND WIFE
- 52. SHARE SOMETHING YOU LEARNED EVERY DAY WITH YOUR FAMILY
- 53. BE PRESENT. PUT THE PHONE DOWN AROUND YOUR FAMILY.
- 54. TELL YOUR MOTHER YOU LOVE HER
- 55. TAKE PHOTOS OF YOU AND YOUR FAMILY, LOTS OF PHOTOS
- 56. SHOP WITH YOUR KIDS FOR A PRESENT TO GIVE TO THOSE LESS FORTUNATE
- 57. TELL YOUR DAD YOU LOVE HIM
- 58. COOK DINNER FOR THE FAMILY REGULARLY
- 59. GET HOME AS SOON AS YOU CAN
- 60. WORK OUT WITH YOUR KIDS AND WIFE
- 61. READ TO YOUR KIDS EACH DAY AND GET THEM TO READ TO YOU
- 62. DON’T EXPECT THEM TO DO THINGS YOU AREN’T WILLING TO



FINANCE

- 63. MASTER THE ART OF SELLING
- 64. PUT 10% INTO A ‘JUST FOR YOU’ SAVINGS ACCOUNT MONTHLY
- 65. SCHEDULE EVERYTHING INTO YOUR DIARY AND DON’T REMOVE TIME WITH FAMILY
- 66. SHOW UP ON TIME
- 67. STUDY MARKETING, SALES AND AUTOMATION DAILY
- 68. DO WHAT YOU SAID YOU WOULD
- 69. DELEGATE AS MUCH AS YOU CAN
- 70. LEAD BY EXAMPLE
- 71. FOCUS ON THE MOST PROFIT PRODUCING ACTIVITIES
- 72. GET AROUND PEOPLE WITH THE SAME GOALS AS YOU
- 73. BLOCK OUT ALL DISTRACTIONS
- 74. STUDY PEOPLE WHO PLAY A BIGGER GAME
- 75. HIRE A COACH
- 76. FOCUS ON PROFIT, NOT POPULARITY
- 77. NEVER PAY CREDIT CARD INTEREST, THERE ARE ENOUGH 0% ONES
- 78. SPEND AS MUCH TIME AS POSSIBLE DOING WORK THAT ENERGISES YOU
- 79. LOOK AT WHERE YOU’RE WASTING MONEY ON STUFF YOU DON’T NEED
- 80. SET HOURLY, DAILY, WEEKLY AND MONTHLY SELF-IMPOSED DEADLINES THAT YOU MEET
- 81. HAVE A ‘CUT OFF’ RITUAL TO SEPARATE WORK FROM HOME



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HERO LIST 99 IDEAS

YOU'VE GOT THIS



82. MAKE TIME TO DO THINGS YOU LOVE TO DO
83. LISTEN TO MUSIC YOU LOVE REALLY LOUD
84. TREAT YOURSELF LIKE YOU WOULD YOUR BEST FRIEND
85. HAVE A HOBBY THAT ALLOWS YOU TO 'ZONE' OUT
86. GO TO THE MOVIES ONCE A WEEK
87. LAY DOWN ON GRASS AND LOOK AT THE SKY
88. READ FICTION
89. LEARN TO SAY THANK YOU AND I LOVE YOU ON OTHER LANGUAGES
90. SMILE TO PEOPLE WHO HAVE ROAD RAGE WITH YOU
91. HAVE A MONTHLY MASSAGE
92. HAVE COFFEE WITH FRIENDS
93. MAKE A LIST OF THINGS THAT MAKE YOU FEEL GREAT AND WORK YOUR WAY THROUGH IT
94. FIND FUN ALTERNATIVES TO BOOZING
95. GO TO CONCERTS AND COMEDY CLUBS
96. LAUGH DAILY OUTLOUD
97. GET YOUR HAIR CUT AND YOUR BEARD TRIMMED (SELF CARE MATTERS)
98. BOOK YOUR HOLIDAYS AND VACATIONS IN ADVANCE

FUN



HEROES

- AND , ...
- FINALLY**
99. PUT YOURSELF FIRST – AS THE AIR STEWARDESSES SAY, “PUT YOUR OXYGEN MASK ON FIRST BEFORE HELPING OTHERS” YOU CAN’T TAKE CARE OF ANYONE ELSE WHEN YOU DON’ TAKE CARE OF YOURSELF INVEST IN YOURSELF AND EVERYONE WILL REAP THE REWARDS



HUNDREDS HERO TRANSFORMATIONS HELPED

WINNING



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