



**Build.
Become.**

7 DAY PERFORMANCE RESET

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DAY 1: TRAINING FOCUS

- Choose Full Body or Push/Pull/Legs
- 8k–10k steps mandatory
- 2–3 compound lifts per session
- Weekly progressive overload (+1 rep, +1 set, +2.5kg)

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DAY 2: MORNING DISCIPLINE SYSTEM

- 2–5 minute grounding nasal breathwork
- 10-minute discipline task (walk, cold shower, tidy)
- Hydration: 1L of water + pinch of pink salt
- Put phone on work mode until 7 pm
- Identify one crucial non-negotiable task to complete today

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DAY 3: MIND FOUNDATION

- Emotions rise and fall: they don't define reality. Release their grip
- Endorphin release: exercise + sauna (30min)
- Sit in silence (10min) • Guided NSDR (30min)

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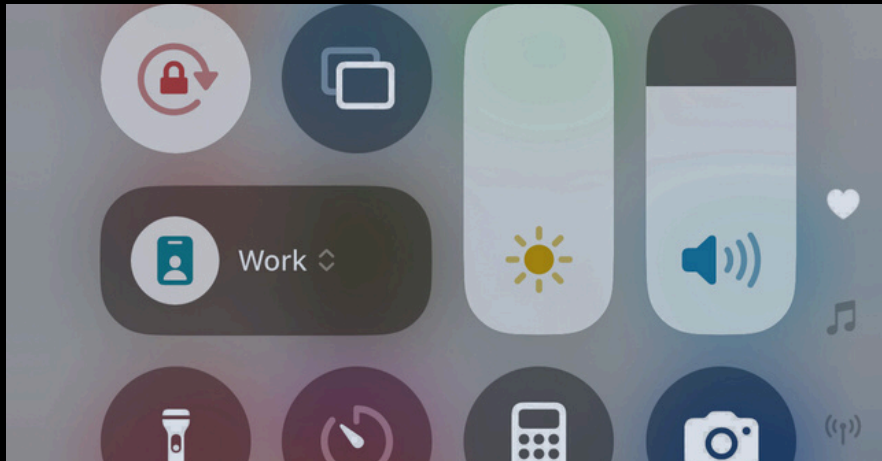


DAY 4: BODY FOUNDATION

- Remove non-single-ingredient foods from the household
- Focus on protein + fats
- Create daily exercise non-negotiables
 - Create an achievable sleep routine for the next 7 days
- Create a rest/mobility non-training-day routine

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DAY 5: SYSTEM RESET (LIFESTYLE)

DIGITAL SETTINGS

- iPhone colour-filters → greyscale
 - Do Not Disturb (7am–7pm)
 - iPhone App Limit → 1hr/day
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ENVIRONMENT RESET

- Remove distraction devices (XBOX, PS4, etc)
- Set TV/Laptop displays to true-tone

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DAY 6: TRAINING INTENSITY

- Form first. Weight second
- Cardio only after resistance training
- Track your working weights every week
- Keep training sessions under 60 minutes
- Finish with one AMRAP set (as many reps as possible)

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DAY 7 — REFLECTION + CHECK-IN

- Evaluate emotional stability
- Review habits completed
- Note weekly wins
- Identify 1 thing to improve
- Plan the next 7 days