
LOOSING YOURSELF AND THE ENDLESS SEARCH.



THE WEEKLY WAKEUP!

How to regain control when you cant find the time.

Life as a busy dad is, well busy! No one ever tells you just how much your life changes becoming a dad and how you will likely loose every form of individuality you previous had. For me this was like a steam train to the face as I went from standing on stage in physique competitions and diving shipwrecks all over the world, to not sleeping, not eating, not training and trying to stop my marriage from sinking. What makes this worse is this new reality of constantly trying to remain above water seems to stick around for a few years after.

Let's face some facts here:

1.80% of divorces are requested by women, the main reason is the man no longer supports their emotional vulnerability.

2.57% of men feel they lost their identity after becoming a dad, this being the main reason for the previous fact above.

3.40% of dads struggle with their mental health due to the responsibilities of marriage and being a dad.

4.40%-50% of marriages end in divorce due to one or both participants no longer being perceived to be the same person they were when they first got together

BUSY DAD BLUEPRINT: THE WEEKLY WAKEUP.

So what do you do???

You start making time for you and start prioritising activities that make you the man you want to be. You regain control and start to get your shit together! Now I can almost hear you saying through the screen, 'But James im just so busy I haven't got time', fear not brother, I got you!

If you relate to any of the above and find a lack of available time is what is getting in the way of you finding that individuality you once had, then let's resolve that for you. Here's how you are going to become a fitter, leaner, stronger and a more confident version of yourself before the rest of your family have even put on their socks.

I need you to join the 5am club.....

There is a great book called 'The 5am club, own your morning' sadly this is not my book, but worth a read anyway.

So here is exactly what I need you to do each morning to become unrecognisable in a few week's time.

1.Set an alarm for 4:45am on your smart watch and make sure the watch is set to vibrate (your wife will never know you left the bed), put a pile of clothes at the top of the stairs ready to crawl into a 4:50am and get your head down, ideally by no later than 10pm.

2.4:45am comes round you get out of bed and you ignore the voice in your head telling you to go back to sleep. This is same voice that has caused you to let yourself go and embrace a fat life of comfort.

1.YOU MOVE! Not round the house that shit will wake the dog and we all know the dog is an asshole and can wake the house with one claw tap on the laminate floor. You have a choice, gym session or a walk! Here is my recommendation.

Monday = Gym session - 30/60 minutes

Tuesday = Walk - 10/20 minutes

Wednesday = Gym session - 30/60 minutes

Thursday = Walk - 10/20 minutes

Friday = Gym session - 30/60 minutes

Saturday = Sleep

Sunday = Sleep

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If you need a training programme to support your 30 or 60 minute workout then drop me a message and I will sort one out for you.

1. After you have moved, its time to hydrate. To do this get a pint of bottled water, add a pinch of pink Himalayan salt and the juice of 1 whole lemon. This will help to mineralise and alcoholise your body first thing in the morning.

2. Jump in a 30-60 second cold shower! Yes, you will hate this and that is exactly why we do it! Lets be honest for a moment you have been fucking lazy! I get it and completely understand why, but you have. That life of comfort and avoidance of pain and discomfort is what is causing weakness both mentally and physically to leak through your body. Jumping into a cold shower throws you balls deep into an uncomfortable situation, but you will stay here. This is where mental resilience is built and you will ignore that voice once again telling you to get out. Becoming comfortable with being uncomfortable is what builds mental strength and this will show to all aspects of your life. You also burn up to 15x more fat when doing cold exposure. You will also feel amazing when you step out due to the adrenaline and testosterone being dumped into your system.

3. You will journal! The biggest excuse most men have for not looking after themselves or striving to earn more, or to spend more time with their family is that they 'HAVENT GOT TIME' that's a cool story bro, but that aint never going to change! The only person who can change is you! I guarantee its also true that the people who say this have also never tried to find time. So that is exactly what you are going to do. In my journal 'The Personal Development Journal' which is available on Amazon you will complete the following 2 parts:

Part 1: This will be completed in the morning and it will be here that you assign a time to all the important tasks you need to get done that day, within work, family as well as your own time. You will also remind yourself about the key people who need you to be on top form that day.

Part 2: Here is where you hold yourself accountable for all the daily habits you need to prioritise in order to perform at your best and become fitter, leaner and stronger. It will be here where you record the following:

-Sleep

-Steps

-Did you exercise that day?

-Was your diet on point that day?

-How stressed out was you that day?

As well as ensuring you can brain dump any negativity before going to bed. This is to ensure your sleep is not disturbed by you creating worst case scenarios and then convincing yourself they will come true.

1.You will pack your lunch and get the rest of your kit squared away before heading off to work!

Now how much more productive will your day become after setting yourself up perfectly to operate at your best that day. Then, when you finish work, you don't need to worry about hitting the gym or jumping round your front room to some Joe Wicks crap. You can relax and enjoy the most important part of the day, and that's being with your family. Knowing you have taken yourself a step further forward towards becoming the man you want to be and regaining your individuality.

It all begins at 4:45am, so welcome to the club!

Regards

Coach James