

Superhero By Design Quarter Quest Challenge

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What?

-What do you want to specifically change in your life?

- Health and fitness
- Spirituality
- Finances
- Relationships (Personal and Professional)
- Time/Yes management
- Legacy
- Work/Career/Mission
- Emotions & Meaning

-What are the specific goals you want for each change you mentioned above? Make sure your goals are S.M.A.R.T.

Specific:

Measurable:

Achievable:

Relevant:

Time-Specific:

Why?

-Why do you want to make the changes you mentioned above? Be very specific for each change.

-Once you find out your why, go back to your goals and see if they need to be changed or tweaked to align with your Why.

How?

-What are the ways in which you can reach each of these goals? What is your action plan?

-Is there someone you need to reach out to help guide or coach you through this?

-What are ways to keep track of your progress other than a to-do checklist?

-What are things you can do to keep you motivated? Incantations, music, cold showers, etc.?

-Write down a list of morning and evening rituals. These can be part of your goals or habits to get you motivated and keep you on track.

Implementation

-Quarter Quest:

- For 25 days, start the 4-5 habits that you will want to implement in your life.
- You will probably be only doing 3-4 of these per day.
- Chunk the habits into 2-day increments.
- Don't worry if you miss a day, however, if you do, you will schedule it for the next day and it will have to be a must for you to complete.
- Accountability partner: Check in with me via text at the end each day. We will also talk or video chat once a week for 30 minutes to go over the progress, difficulties and successes.
- Create a checklist either on your phone, physical paper, or other type of technology to log your progress.
- For health and fitness goals, weigh yourself and take a photo of yourself every Friday morning after you wake up and go to the bathroom. No water or food before weigh in.

Celebrate!

Daily Rituals to Win the Day!

Morning Rituals: Focus on Increasing Epinephrine (Energy) and Dopamine (Motivation, Drive)

- Sunlight on eyes and skin
- Caffeine
- Cold Water Immersion
- Any Physical Activity
- Cyclic Hypertension Breathing – Tummo, Wim Hof
- High Tyrosine Foods – Almonds, Bananas, Peanuts, Avocado, Cottage Cheese, etc.
- B6, B12 and Other B Vitamins

Afternoon/Evening: Focus on Increasing Serotonin (Well Being, Contentment, Calm, Relaxing)

- Physical Contact; Especially with Loved Ones and Pets
- Gratitude
- High Tryptophan Foods – White Meat Turkey, Whole Milk, Wild-Caught Salmon, Oats, Cheese, Chocolate, etc.
- Exhale-Focused Breathing

Learning: Focus on Increasing Acetylcholine (Focus, Learning, Information Processing)

- High Choline Foods – Beef, Liver, Eggs, Soy Beans, Chicken, Fish, Cauliflower, Shiitake Mushrooms, etc.
- Focused Vision Exercises
- Vestibular Movement – Dancing, Off-Balance Movement
- More detailed oriented and processing learning in the morning
- More creative learning in the afternoon
- Best to Use Ultradian Cycles (90-Minute Learning Cycles)

Evening: Focus on Preparing for Sleep

- Avoid light after 10PM
- Avoid Screens and Bright Light 2 hours before sleep
- Consistent 2-hr Time Window for Bedtime
- No caffeine at all
- Meditation
- Journaling
- Warm Water Immersion