

And first thing before you do anything else especially if you don't feel like recommit to being that best version yourself as you remind yourself what the ultimate game is then hit those targets you set for yourself all day every day and voila you fundamentally impermanently change your life as you play The Ultimate Game well forage anti-fratal confidence and make today a masterpiece you start to feel more and more of that joy you might even missing as you embody the wisdom itself mastery encourage and love that you know are the Foundation of a noble virtuous life how do we do that well first we need to set up our big three protocol now as you may have noticed it's easy to get overwhelmed and we start optimizing our box it's time to simplify self-help and personal growth in the process of living a great one now I don't agree with Sigmund Freud on effects but when I first read his Wisdom about the fact that a good light comes down to two things our work and our love acquire of Angels of saying for me work and love if we can get those two things right we're at least 80% there and tweeting a great life but if our energy isn't great we have a hard time getting out of bed because of poor lifestyle choices then there's no way we will show up powerfully in either our work or our law so getting our energy through heroic levels must be our first priority then we can show up and crush it in our work right now that's our heroic big three energy Plus work plus well we get those dialed in and you will be more energized more productive and more connected than ever before you'll also know how you did it it how to maintain it and that creates a deep level of antifragile confidence so you can start eating all of life's challenges like energy bars as you give us all you've got oh and guess what this is also precisely how we activate your so Force so you can tap into your heroic potential hero so you're the hero we've been waiting for we need to make sure we're playing the right game which all Wisdom traditions and modern science degree is to show up is the best version of yourself in service to something bigger than yourself by putting your Virtues in action and now we know that the essence of a great is all about getting our energy to heroic levels so we can show up powerfully in our work and in remote get that heroic big three right and we're at least 90% there now we've worked hard to come up with the most elegantly symbol and efficient way to put that Theory into practice so we can activate our soul force and tap into our heroic potential our promise to you is simple give us in yourself those three minutes per day and we'll change the world together here's how there are two steps in our daily practice we start with our one minute heroic am commitment practice and then we'll add a total of about two minutes during the day when you come back to the app to celebrate hitting those targets you set for yourself the first it all starts with your heroic am commitment let's step back for a moment and let's step into a time traveling machine we're heading back in time before you do anything else especially if you don't feel like recommit to being that