

A man in a light blue shirt and dark suit jacket is looking directly at the camera. A woman's hands are visible, adjusting his hair. She has a tattoo on her left arm and is wearing a watch. The background is dark.

*VALUE FOR VALUE*

# BALANCÉ

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**ONE STOP SHOP FOR ALL YOUR  
CLICHÉ SUCCESS BULLSH\*T**

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BY AUSTIN PRAY

*“NO MORE SEARCHING, I HAVE DONE THAT ALREADY  
FOR YOU, HERE IS THE ONE BOOK YOU WILL NEED  
FOR ALL YOUR QUICK REMINDERS...”*

*What in the hell is this cliché sh\*t and who does this guy think he is?*

# THE ONE STOP SHOP FOR ALL YOUR CLICHÉ BULLSH\*T

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The VALUE FOR VALUE BALANCÉ Book is a high level guide for those who want the quickest way to success. As I hope you see through that bullshit statement, this is the guide through all the cliché you hear everywhere and all the “influencers” say over and over. It’s an explicit guide you can reference when shit hits the fan. You’ll learn how to listen to yourself and how to understand your story better (your purpose). Your story is what will create your success, make you unique, and help you stand out. I always say, “People who are born loved, born fit, born wealthy have the most boring story and have it the hardest to stay balanced than the rest of the world”. I feel it’s those people that are extremely successful in only 1/3 or even 2/3 of their lives that are always the most confused of why they aren’t happy. They always think they have it all, when they usually suck at either their Love, their Health, or their Wealth. They stress the F’ out while being too naive to do anything about it. Stubbornness is typically the one key factor of not improving that one or two things in your life to become the mega badasses of the world and feel peaceful. Learn to listen to yourself and others by understanding the three things (not created by me).

This one stop shop is all the cliché sh\*t you hear, tested and approved, manicured, and by the way I don’t quote anyone because it is that cliché that I can find the originators of who said these things first. But anyway, making life seem more simple and controlled can make life more enjoyable. We all have shitty moments of death, sickness, breakups, that screw us all up mentally, but we all have amazing moments that help us grow following sh\*tty ones. Soaking in these moments fully will need a clear and focused mind. If you dwell on the past or worry about the future, you will always feel like shit. The amazing moments could be seeing a butterfly after a funeral, finding \$5 dollars on the ground when you’re sick, listening to a mentor while coping with a breakup, or my mom’s favorite, seeing a ladybug or a ladybug landing on her is very special to her. When awake and appreciative, moments like these will seem more than sensory level happiness, they will seem like they are speaking specifically to you if you allow them to create a mental level sense of happiness and clear out all the negative ones. When people bounce back



positively and more motivated than before, they create a mega balanced badass version of their past self. Carve that unique story and know your "worth it" even when life starts to suck ass, you are not alone.

I know to some this might already seem cliché and that is the point. Straight to the facts while avoiding the bullsh\*t.

People bitch and take action on the micro scale while forgetting about the whole story and the positive story. We all know that cops quotas are real at the end of the month, we all know lets say half of politics are paid statements, and opinions are based solely on a culture, a belief, while jealousy brings the worse out of everyone and based off fear of someone else being better than you, or not open minded to the other side of the story and ignore the wrong value of a story fogged by pre-judgment. Wow, my English teacher would kill me for that run on sentence. The difference between change and noise is that when you are an expert on both sides of the story your opinion holds weight for impacting change and not just blabbing noise. Both will get attention but one will impact longterm while the other short-term, hints why the most successful people you don't even know.

If you care, a little about myself before we get into the actual content is that I'm sure you don't know me and if you think you do, guaranteed you don't. I'm a crazy silent closet entrepreneur and every hobby enthusiast... bless my wife's soul. I enjoy listening to people and hold the power of genuinely learning from every conversation. I do this with selective hearing powers and the value in-between the bullsh\*t. The key to learning from others is to be extremely transparent and keeping in mind, there are only a hand full of people in this world that could truly get under your skin. So have fun with your conversations, challenge peoples beliefs, challenge the other side of the story even when you agree with them. Life can be fun, get weird, and be controlled. So. to keep this on one page I will burp vomit some fun facts about myself on how I continue to be balanced. I love myself and when I forget I practice a hobby of mine. I play hockey, baseball, GOLF, ping pong, shoot things, bowl, learn, hang out with family and friends. This helps me be confident and motivates me to be patient with others. This helps motivate me to do more with my life and workout while not eating shitty foods, I give a damn when I love myself. Too subtle brag I bench 375lbs consistently, squat 400lbs, deadlift 390lbs, hit the golf ball 400yards, and shoot under 80's frequently. Following my fitness and health I want to learn from everyone and learn everything. I become interesting by knowing a lot and genuinely help people by having a thousand connections. This usually stems me making okay money as well :).

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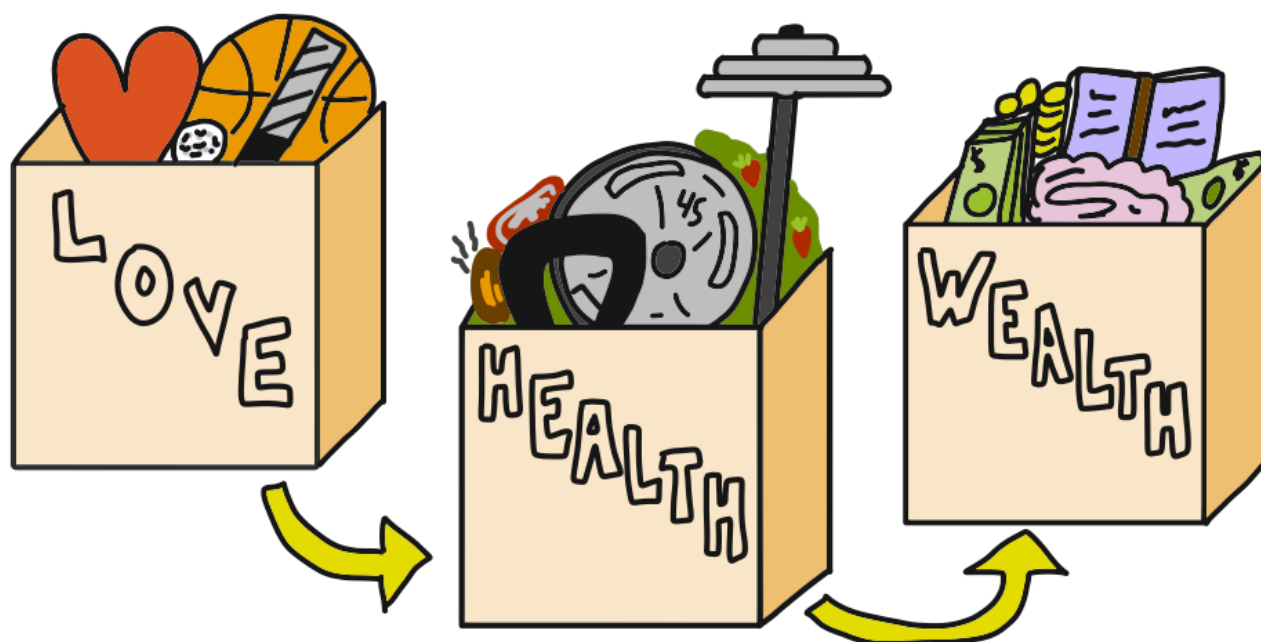


# SUMMARY?

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This burp of intelligence is to show how I have created a balanced lifestyle while being a baller on a budget peasant. I wanted to write in a tone of normality, with no editor (hints probably grammar errors), and write something with some balls because that is what I needed when I just started this whole “adulting” thing out and couldn’t find it. What this has become is finally working up the courage to not care what people think, including the haters, and finally execute my thoughts onto paper. I have helped people around the community with these same thoughts and have seen positive emotions and changes by expressing this so I thought I might as well share it with the world in hopes to share a turn key solution to life’s stressful ways and over complicated progression. I do this all through balanced confidence and simple guidelines. I try to leave room for your own interpretations. We are all so dramatically unique and different so I want to remind you to be yourself.

I finally felt happy everyday for two years straight and I understood exactly why. Following this formula even helped me stay stress free after flipping my car twice on ice this year. I felt stress free and simple through heartbreak and being poor. I did this all through practicing the art of narrow focus with my mind on the big picture of life, love, fitness, and work. I have categorized the complexity of life into just three boxes in these three easy and simple steps that help me focus everyday to balance them out. **If your not much of a reader to these three pictures below make sense to you? That’s all...**



*If this doesn't make sense then keep reading & observing*

# LOVE BOX



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This Love box is the most important box out of the three. Without loving yourself first you can't even begin to be balanced and love others around you.

If you want to Love:

- **Start by loving yourself to build confidence:**

With performing hobbies and productive alone time, this will help you laugh off the haters. Become busy with planned fun whatever you find fun.

- **Love Others:**

With accepting people as they are and only committing to someone who you believe in and that believes in you. Someone who compliments your weaknesses. This will also help you accept the haters opinions with not much emotion. Who cares about critics, beside to motivate you. (This will be hard)

- **Love your Culture:**

With understand both sides to everyone's story (the whole truth) including the news, you will live more peacefully accepting people's differences and not resenting and hating how things are. Everyone has a story just like you.

*Disclaimer: Once you start seeing results, you will be addicted*

# HEALTH BOX



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This Health box is something that can be taken for granted. Don't be that person and do everything you can. When you are healthier you can distract yourself from stress.

To grow along the journey you have to be healthy:

- **Start by accepting the ups and downs & live in the PRESENT: look at it like a gift.**

With not trying to change the past or future you will find it easier to just accept shitty situations. You will have self confidence and awareness about yourself to know what you will need to accept to push forward when shit hits the fan.

- **Always be your best, but don't look for perfect. This will help you humble yourself to grow continuously:**

With caring about your mental and physical health, you will take yourself more serious, move on, and grow quicker. Accept your dirt and plant a flower.

- **Workout and Diet**

With working out at least 4 times a week and not eating crap. Learn constantly.  
**BONUS:** Chest= Bench Press, Back= Rows, Legs= Squats & Deadlifts, Arms= Shoulder Press, Curls, Tricep Extensions. Eat organic if you can and things you can pronounce on labels. Eat everything else w/ moderation.





# WEALTH BOX

This Wealth box is not how you measure all your success. Knowledge & Skills are the most important objects in your wealth box and money just makes things easier.

If you want to become financially Independent:

- **Start by LEARNING Everyday: Audio, Read, Do.**

With an open mind and clear conscious you can read books and observe while talking to people in society.

- **Execute**

With networking your ideas with others and going to mentors looking for advice will momentum your success. Do you research, don't be lazy. Know your strengths and don't be scared to share while networking.

- **Make Money and Continue to Make it**

With investing with persistence and without emotion, you can become less fearful of failure and take smart risks. Invest in yourself and diversify your income streams so nobody can own your time, just appreciate it.



*Learning and executing, as a normal person & Balance out*

## WHO THE “F” AM I?

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Good Question right? Who the “F” is this dude with the “man” bun. I am not an influencer but a wannabe story teller of strengths and weaknesses. To help just one or a Billion people, the number doesn't matter.

Well, I care in a normal sense. I don't care to make you millions, I don't care to tell you to work everyday and “hustle”, I don't care about material. I CARE about consciousness & balance while making impactful experiences also called mental level experiences that last.

With zero percent naiveness and being 100% self aware we can all understand that most every public figure, influential speaker or whatever they call themselves these days, are simply, business men who want to help for the most part. This is not where I laugh and say the earth is flat and that you will get the girl of your dreams just by being nice.

I have taken over at least 1,500 hours of seminars which 50% of that time was wasted. Ranging from fitness gurus, business gurus, mind blasts, podcasts, audiobooks, and counting the 4.5 years of college aside it took to get my degree I was trying to find the answer just like everyone else. Some of this knowledge has shaped who I am today, but most of it was crap. Learning how to ween out the bull shit and having selective hearing became a talent of mine so I didn't feel exhausted while learning. I have learned how to

selectively learn with an open heart to “change my mind”. However, through endless hours of continuous learning, I figured out the formula that I have been dedicated to for the past 5 years that has intensely made my life insanely simple, joyful, balanced, and how I have felt continuously SUCCESSFUL everyday for the past 2 years. I don’t drive a Lamborghini, I don’t have financial freedom, I don’t hang out with hot models to get followers, I just feel it! I never was able to explain it... until now.

Everyone seems to imagine credentials as only through the form of #money, while I believe credentials is personal forms of #success/#blessed. This guided formula was created from everything that I have learned from taking these courses and realizing that people preach these exact same things over and over. I categorized things that I learned from each person because I figured everyone vaguely says the same thing. Even if it seemed to be original content, it is broadly the same. I could compartmentalize these notes into one of the three categories of a balanced life always. Sorry for saying I so much, I get excited to talk about balance.

Since the people teaching me these things were already “financially independent” and had “credentials” I always seemed to walk away unimpressed being that the dream didn’t seem realistic and I had to sign up for the next level to “find it”. It seemed as if these people weren’t even bought into their own system and the only system they followed was money. Even if I bought more things these people were selling and believing, I was always lead to the same up-sell, more. Which I am impressed and could want to emulate someday, but right now I like being normal and balanced. I understood that I had to disconnect myself and think for myself. What was holding me back from executing? Most every teaching was missing this realistic tone and it frustrated me because I never found the treasure as appealing as the process and hard work it would take to achieve it and above all staying balanced. By creating the hook as always the broad dream goal for everyone “Do you want to be rich?” Or “Are you unhappy” was tailored to weak naive people.

This is where I try to step in with this “volume #balance” and the realistic journey of continuing to grow. This is my first volume of my life and very important to me. I believe I can paint a realistic solution for everyone. The end goal will find me with my patience, my control & my balance to love, grow, & learn.



I am a self balanced full of volume hustler, with all the normal hustlers and go getters in the world, that want to just make an impact and stay balanced. Who are the ones who aren't complacent with the 9-5 who don't want to live someone else's dream.

The "alchemist" examples kept appearing throughout life and always tested me to see if I'd quit, and I never have or ever will because of patience. I stayed balanced and self aware through the barriers that presented themselves throughout life. The alchemist is practically an amazing book and life lesson about pushing forward and enjoying the journey to the treasure. Even getting that book published I heard was almost a metaphor of its own because nobody believed it would sell, just like Walt Disney and Micheal Jordan. You can quite a job that is toxic, but you can't quite a toxic life. You can only push forward and pivot to make a change of greatness.

How I have overcame diversity on a normal level with balance and volume was and still is creating a solid foundation, journey, and knowledge with persistent to grow.

To summarize:

1. Be a continuous story of volumes. Don't stop at volume 1. Love yourself and human kind and hate those things that are toxic and narrow minded. Understand why you love and why you hate and figure out a solution to both by knowing the whole truth of any story. Learn both sides to a story and do not form a crippling opinion.
2. Grow in volume through your journey metaphorically and physically. Fill the space of emptiness with confidence and strength. Know why people who workout love it and find it addicting and see for yourself if you can create a mindset around your busy schedule to workout 15min-2 hours a day. See if you can create an even stronger will power to diet and plan out your fitness everyday. Enjoy the process of life, what it brings to you, and grow from the thorns.
3. Be loud with knowledge and power. Wealth monetarily will speak for itself, but knowledge will back you up. Money will give you freedom to your thoughts and help you live in the present moment with more time. If you appreciate wealth and the process it took to get there, you will be able to control the things that matter only in the present moment. Do not dwell on the past or the future. The louder you are in the present moment, the louder you become balanced. You'll become self aware and confident in all educated decisions you make in life and have a clear mind to life and its journey.

*Volume summarizes life: Be Continuously growing like a book of Volumes. Be full, thick, and have volume to be yourself. Be loud! Turn your volume up!*

# DEFINITION

Continuous growth is important and how we can remember is by asking ourselves if we have enough "Volume". Let's start by giving the actual definition of Volume. 1,2, and 3.

1. a book forming part of a work or series.

- a single book or a bound collection of printed sheets.  
*synonyms:* [book](#), [publication](#), [tome](#), [hardback](#), [paperback](#), [title](#); [More](#)  
[manual](#), [almanac](#), [compendium](#)  
"a volume from the library"
- a consecutive sequence of issues of a periodical.
- **HISTORICAL**  
a scroll of parchment or papyrus containing written matter.

2. the amount of space that a substance or object occupies, or that is enclosed within a container, especially when great.

"the sewer could not cope with the volume of rainwater"

*synonyms:* [capacity](#), cubic measure, [size](#), [magnitude](#), [mass](#), [bulk](#), [extent](#); [More](#)  
dimensions, proportions, measurement  
"a glass syringe of known volume"

- the amount or quantity of something, especially when great.

"changes in the volume of consumer spending"

*synonyms:* [quantity](#), [amount](#), [proportion](#), [mass](#), [bulk](#)

"a huge volume of water"

- a certain, typically large amount of something.  
"the volumes of data handled are vast"
- fullness or expansive thickness of something, especially of a person's hair.

3. quantity or power of sound; degree of loudness.

"he turned the volume up on the radio"

*synonyms:* loudness, [sound](#), [amplification](#);

*informal* decibels

"she turned the volume down"

1. Volume: a book forming: YOUR LIFE, Journey.

2. Volume: fullness, thickness, substance: LOVE & STRENGTH, working out & loving.

3. Volume: power of sound: WEALTH, Money speaks loud with knowledge.

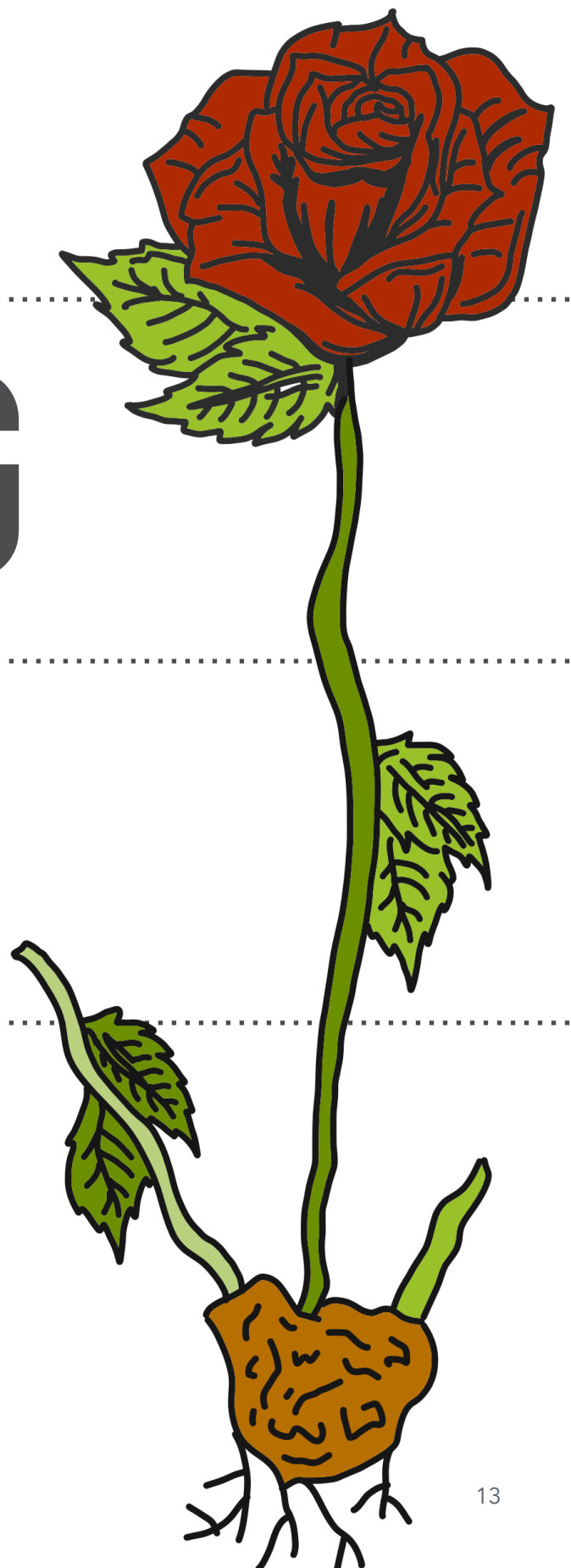
When you perform balanced Volume in your life and continue it with persistence, you will be loud as-fuh, as shown by celebrities and people who have influence on others. Think of all the successful people you know today and evaluate their volume. Guaranteed it is huge in all three. They have a loud journey, they care about themselves & they continuously impact each other.

# PLANTING

&

# GROWING

# A ROSE





Tab 1

*Remembering that everyones lives gets shitty sometime, be Patient & Reset it!*

**F\*CK!**

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**GRIEVE**

**BREATHE**

**ACCEPT IT**

**GROW**

**MOVE ON**

**RESET**

## Tab 1

*Remembrance that everyones life gets shitty sometime. Just needs a reset!*

# F\*CK!

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So, I'm a transparent guy and always straight to the point, no need of a billion page repetitive book, a quest to bullshit. I would even go as far as, if you don't give a shit and checked out for growing your life, throw this away right now. You'll need to give a damn about your life and others around you. Also, if you get offended easily, toss this out, hehe.

To put it lightly, you have not lived a life if you haven't said "F\*ck it" at least once. I know every time I have taken a risk, changed careers, invested, bought something materialistic, I have said "F\*ck it" because I knew I didn't know the adverse outcome of doing such and I just trusted my gut feeling.

There is the "F\*CK, that sucks :( " moments when you have had a death in the family, losing the job of your dreams, the breakup or divorce of a loved one, a failure that lost a lot of money, and I'll be the one to admit, you need to thoroughly go down the list of:

- **Grieving:** Fully grieving till you feel clear headed again. Have patience and learn
- **Breathing:** Remembering to breathe every chance you get emotional & lose yourself
- **Accepting:** Knowing that accepting the shitty situation and somewhat celebrating will be the only way out of the funk. This has always become the biggest motivation for myself and my life through all the thorns I have experienced. Can't control the past...
- **Growing:** This is where it gets fun again. Every shitty situation comes either the spiral downward or for the best spiral upward. Once you have accepted that you can't control life, you most likely will understand at that moment you can only grow from it.
- **Resetting:** Reset complete. I personally have felt most satisfaction during shitty situations when I have overcome all of the above. Of course in reality the level of how shitty the situation varies how much time you might need in each step to fully reset and move on, but these steps have clearly outlined what I needed to look forward to and get better everyday. I sometimes find myself always going back to the grieving step multiple times and starting the reset over and over, which I feel is fine, but I always try to get to the next step. Baby steps in some sense.

Tab 2.1

Since this is all the cliché one stop shop, I won't need to explain much...I hope

# FAMILIARIZING LOVE

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***LOVE YOURSELF***

***KNOW HOW  
IT FEELS***

***BECOME SELF  
AWARE &  
UNDERSTAND***



*If the Importance of Love isn't obvious to you, then you should get rid of this book*

# IMPORTANCE OF LOVE

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**COMMUNITY**

**GENUINE  
COMPASSION**

**FULL  
GROWTH**

*Your a Master in Love & now a triple threat in giving value and listening to value*

**F\*CK, RICO**

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**CONFIDENT  
SOME'BITC\***

**IT COMES NATURAL  
WHEN CARING  
ABOUT OTHERS**

**DAMN,  
RICO SUAVE**

# THE "ROSE"

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This short story is about creating a Rose. I have not created the balance system because everyone says it, but I can emulate it with control. People preach it all the time, but assume you know how to achieve it. What I have created is a guide that I follow to how I have achieved balance as a middle class hustler and am explaining how people can do the same in their own life. It is about the metaphor of creating something beautiful starting with a single rose, putting yourself first, and second adding amazing people, to create a bouquet of beautiful people that you surround yourself with like family, friends, and mentors. From this you can achieve untouchable confidence. People have it backwards, but are catching on with the process that should be Love yourself first, motivate with love, Working out & Dieting second, and achieving love for yourself, creating extreme confidence to learn knowledge and execute it to make money.

Well here I am, a realistic version of continuous happiness with genuine smiles. I love myself, I love my friends and family, I am fit naturally and don't eat shit, I don't worry about paying bills, own businesses, manage million dollar businesses, and learn everyday of my life through books, mentors, and observation. I grow from adversity, I am untouchable living in the present moments of life and I live positively looking forward with patience and commitment. Now I hope I can trigger you to do the same...



*None of this can even begin without...*

# EXECUTION

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Put your ideas into action without any excuses or playing the blame game.

Common excuses that will prevent you from executing are: blaming others, saying you don't have enough time, enough money, digging up the past, and feeling sorry for yourself like you are owed something. I'm sure you have heard time after time, "Actions speak louder than words", but it is true, so visualize it over and over again, execute it, and if you fail, learn from it. Use resources like your phone to call everyone & learn on the fly.

If you have an idea... share it to people you trust or that are in trusted positions in life. Don't let that stop you from executing. I have always thought, if I am scared of telling someone my idea it just meant I already doubted myself. The truth is most people don't have time to execute because of excuses that are toxic for normal people. If your scared of your idea getting stolen just remember that one thing that will always be different is your unique story and how you built it. How you have overcame thorns in life and stayed balanced separate the strong from the weak, the Lions from the Sheep. It is not about understanding the what in life, or how your going to do it, but 100% why you do the things you do and why you want to live balanced that will make you above the competition. I'm sharing and guiding people, as a personal testimony for this process myself.

People will say it, People will question it, but people will never tell during the process. I will do something different and tell you simply how I achieved it while being normal:

BALANCE all of the ROSE to feel ultimate happiness, Confidence & Success, forever:

BALANCE FOUNDATION: Loving yourself is the strong foundation of a beautiful rose.

BALANCE GROWTH: The Journey and strength to push through the thorns of life.

BALANCE A BEAUTIFUL ROSE: Growing Knowledge and Wealth. Silencing others.

If you don't feel happy and successful, then you are off balanced somewhere. It is up to you to figure out where you are unbalanced and be humble enough to change it. Outlining the steps & being aware will help you think further in how to fix the issues.

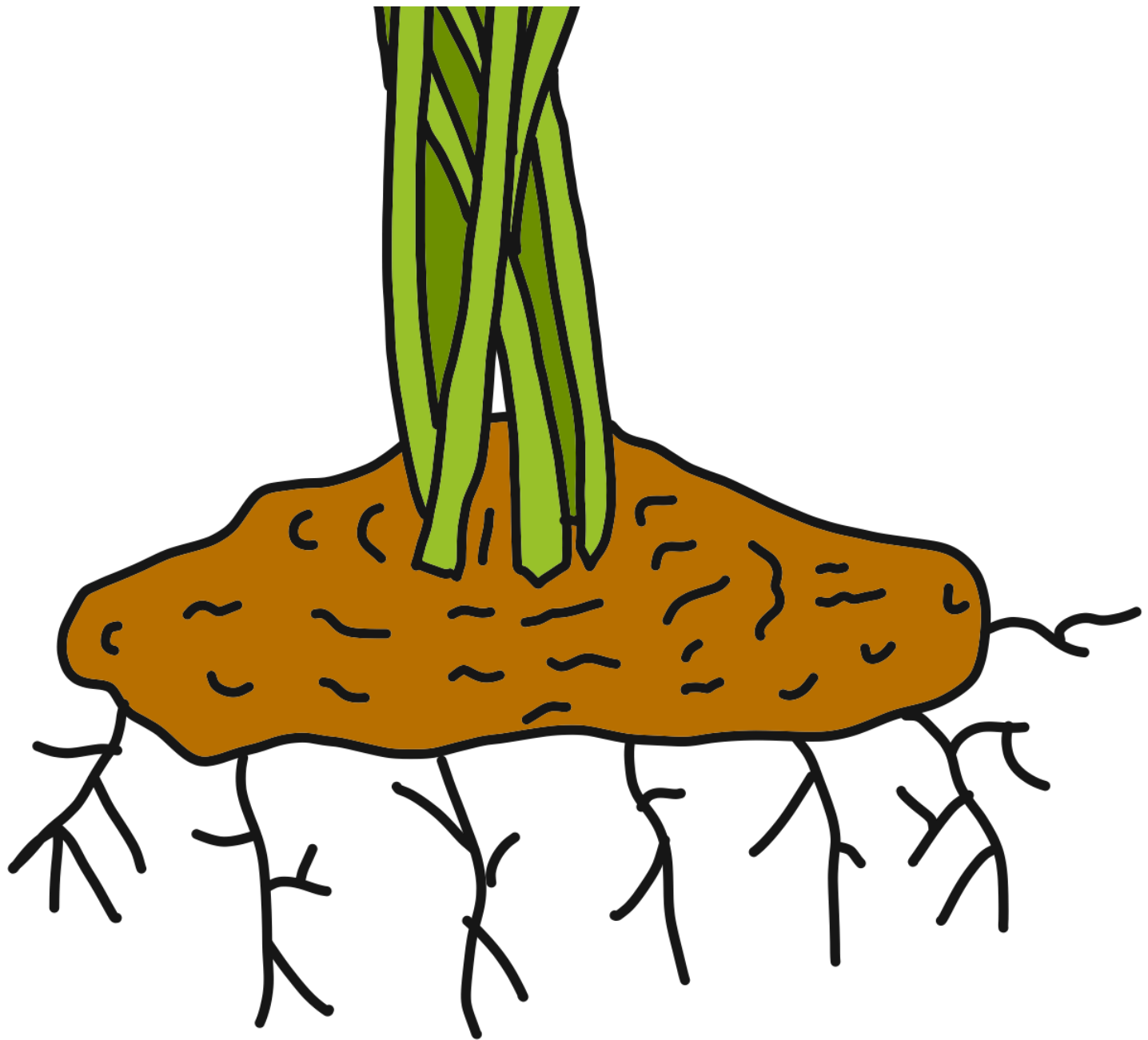


*No Matter under what sky you find yourself, you will always be with yourself, so you might as well LOVE it ❤️🔑*

# 1. LOVE PLANTING

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BY AUSTIN PRAY



# LOVE

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I'd like to start off by saying that this isn't for everyone. This is for people who are humble enough to know they need to change to grow and who even care to improve, you can't have an ego... Forcing people to do anything is just like farting, if you force it, it will become shit. Some people are content with being complacent and would rather be with their cats than to talk to mentors or learn from people, this is not for them. This is for people who are ready to grow and make an impact in life.

People are looking for a lottery "golden ticket" or pyramid scheme, I wasn't handed a filthy rich family, so this is not one of those pretend stories of success. Hell, I wasn't even balanced until a year ago and had to parent myself through constructive *observations through filtering the bullshit*. This is where I can plug the much needed "Thank you older siblings for teaching me so much of what not to do growing up. I learned that smoking and drinking didn't lead to success if abused and that the friends you surround yourself with dictate so much of your life and your future"... I chose sports that always challenged me and reminded me that you still need a team to be successful even when you are a badass yourself. You need to surround yourself with great coaches and friends to win "life".

I was always the "jock" growing up with all the friends, my sister was the badass emo kid with all the friends, my brother was always the badass rebel skateboarder with all the friends. One thing we all had in common was accepting everyone as our friend, no matter what group they were in. However from observing my brother's and sister's letting in "toxic" people that led to toxic lifestyle, I kicked them out immediately growing up. Toxic people are everywhere, so becoming self aware and confident for yourself will help you identify them and avoid them as much as possible.

Tough LOVE is very important as hard as it can be, family will always be the hardest on you when taking risks, when changing things in your life, or loving the things you want to love. They want to be the first to feel the need to protect you from any obstacle or risk that might make you suffer because they love you. Supportive family and friendships want to protect your heart forever, even if it doesn't sound like they have good intentions, they usually do. It is up to you however to decide if you believe them or to listen to your gut intuition. Remember that sometimes your family can also be the "toxic" bad influencers

and tough love is important to do for your own happiness. I always show tough love to people when they are “toxic” and be honest with them to help them change.

My foundation of Love and how I strengthen it is with performing hobbies each day. I believe I am imperfectly perfect and will golf, bowl, play ping pong, go shooting, etc. to stay grounded to loving myself and smiling with my own company. One of my favorite hobby’s is spending quality time with my wife and family with doing things together like go hike, relax, paint, cook, ice skate, but I always find time to do things by myself as well.

BALANCED LOVE and how to become a beautiful Rose:

LOVE YOURSELF first and let your heart guide and lead you with love. This doesn’t mean it will always be easy to just listen to your heart, your heart will hurt and feel confused at times. Trust it and feed it with personal hobbies to help yourself feel happy and motivated throughout the day. LOVE OTHERS by giving *genuine* compliments to others and give smiles throughout your day. Accept that some days, weeks, and months will suck more than others. Try to LOVE yourself and others in the present moments. Accept situations and people as they are, for you will stress if you try to change the things you can’t change.

*Accepting* and pushing through obstacles while loving yourself and others, will create:

CONFIDENCE, SELF AWARENESS, and HUMBLENESS.

This will help you conquer any obstacle or thorn that presents itself throughout life. Once you feel balanced doing all of these without thinking about it, you have become a MASTER of LOVE. This can help you build and surround yourself with an army of LOVE. When being an example of a beautiful rose yourself, you will create a bouquet.

### **LOVE: The order of Love and Success to reach master level balance:**

1. Your Foundation: Surround yourself with a lot of sturdy “rocks”. That is why loving yourself first and creating a strong foundation will help you filter out the toxic rocks and leave the strong ones who strengthen your foundation. Regardless of how many times you have hit your Restart Button and “Plant yourself again” you have to love yourself first. For me, pride and hobbies are my foundation to loving myself and this is why I have so many hobbies that strengthen my foundation of loving myself every time I practice them. Golfing, Bowling, Ping Pong, Working out, Baseball, Hockey, Shooting,

Painting, you name it, I pride myself in all of them. - What is your hobby that can bring a smile to your face everyday? Remember, moderation is key to things that you know are against the balance system, but controlled moderation.

2. The Thorny Stem: Each thorn is significant in your life and part of your journey... The OBSTACLES. Either you can cut your stem and restart or you can embrace your thorn proudly and continue to grow stronger. Standing taller and stronger can be easily done when you truly feel LOVE for yourself and know everything will be okay. If you find yourself not embracing your thorns easily, try to strengthen your foundation. Understand that other people experience thorns themselves and are there for help. Embracing your thorns take an incredible amount of confidence, self awareness, and humbleness to understand that everything is temporary. A huge thorn I overcame this 2018 year was rolling over my SUV on the icy Montana highway with my entire family inside and almost dying. I could have blamed the Un-maintained roads or the fire truck cutting us off, but we never did. We accepted that the situation sucked and grew way stronger from it. We overcome thorns by working as a family to grow from them and strengthening our family rose stronger. When you surround yourself with people who love themselves, this can be achieved.

3. The Blossoming Beautiful Rose: SUCCESS in LOVING YOURSELF & OTHERS, making money, learning, and staying fit. This is the point of your life you can Celebrate and help share the word of your success to others and build a bouquet of other grounded individuals along side you. Love your significant other, family, and socialize with friends always after loving yourself. The truth to this is to always remember that you need to keep your foundation strong. Water and feed your rose consistently. Accept if "Weather comes in", your peddles fall off and you grow another thorn. This is the time for you to decide whether you want to grow taller and stronger or wilt and start over. Don't give up and push forward. Go on trips to remind yourself of your success for the memories they will bring.

Loving and strengthening your foundation is the most important part to mastering and growing a well balanced rose and bouquet, don't rush it. If you just rush up to just being a strong thorny fit and healthy rose with lots of pedals of knowledge and money, you will eventually have to restart anyways because you will feel empty and lonely and unbalanced. That is why it is more effective to commit yourself step by step, evaluate, and make micro changes in your life and actually commit to the change.

# STRONG FOUNDATION

You might be tired of hearing this over and over, but explaining the hard truth of why you should love yourself before fully loving anyone else is important, but this has helped me through all of my thorns in life. Loving myself is something that I can control, thus something that truly makes me happy. I can go play golf and be the happiest person ever meditating in the open land of nature. I can go bowling and test my individual skills. I can go play hockey with a bunch of friends. I can even go workout, get fit, and listen to a audiobook while I work out to help continue my balance for that day in an hour.

The foundation of any rose is the dirt. Metaphorically inside dirt are rocks. As we refer the rocks in life are the ones that we can rely on the most. The rocks in our life are the ones who stay strong with you when everyone else doesn't. My Wife, my daughter, my father, my mother, my siblings, and my friends / mentors are the rocks in my life that will always have a place in my foundation. Pebbles as you will in my life are my friends I do not talk to anymore mainly due to "adulthood" but have had a huge impact on my formation and are appreciated. They have either showed me how to overcome obstacles to get where I am at now or have been a big impact on my journey and I still appreciate them regardless so I like to keep them around. The ones however who were toxic are better off digging out...





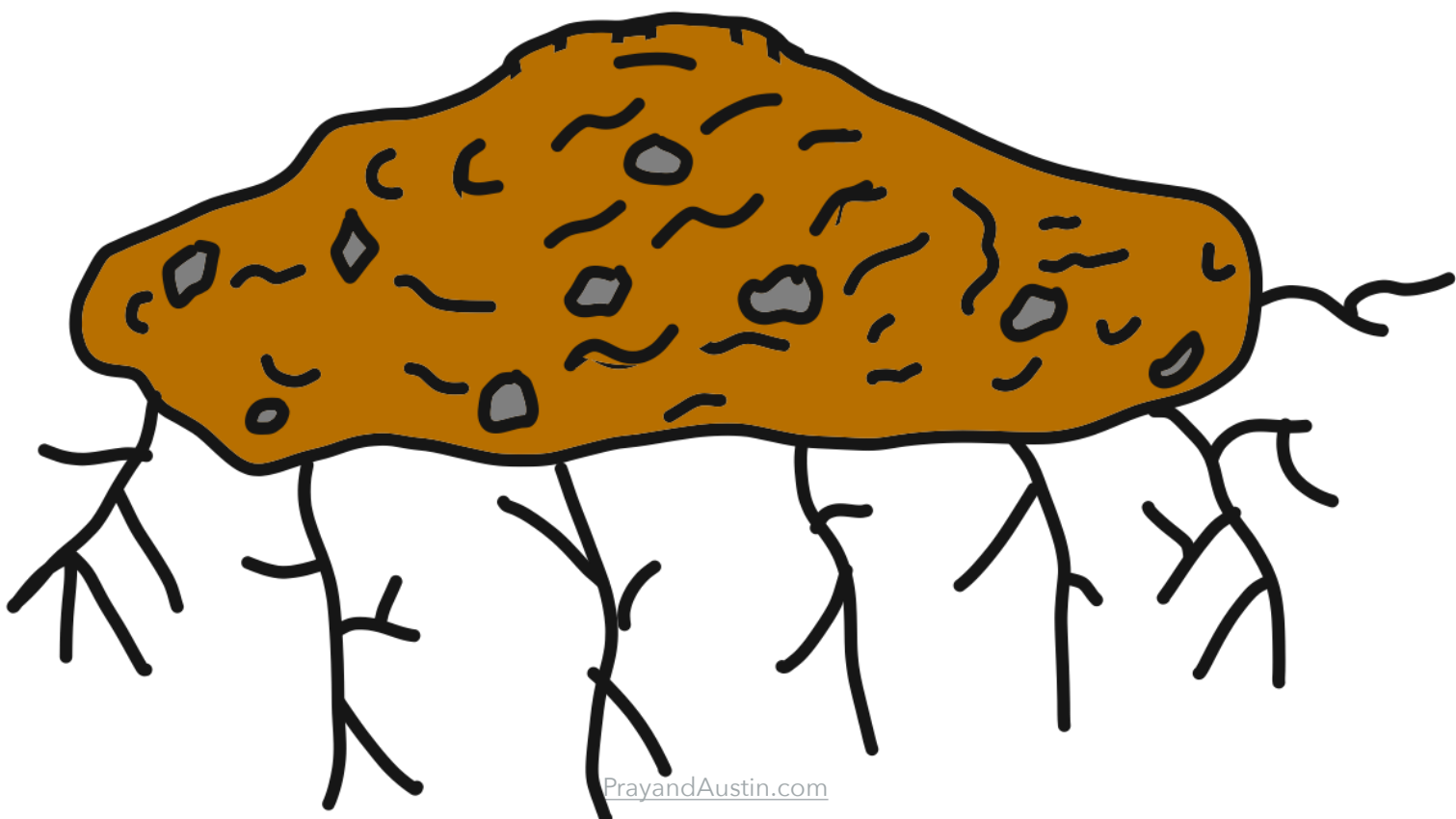
# MENTORS & FRIENDS

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The rocks in your life influence so much about who you are today. Becoming self aware, understand, and appreciate these people can be impactful and can help you become balanced and honest with yourself. I have had to dig out some rocks in my life like best friends, past relationships, and even sometimes my family temporarily because they aren't on the same page as I am. This doesn't mean they aren't allowed back in my foundation, but it is okay to be picky on who you accept in. Understanding toxic people and toxic lifestyles are huge impacts to anyone's life mentally and physically. Choose who you hang out with and look up to, there are a lot of options out there and patience will help.

Once you have a solid rock collection in your foundation you can focus on yourself a lot easier with more support. Like minded "rocks" can motivate each other to focus on fitness and create a balance rose culture with each other and motivate each other. Typically rocks tend to be the ones you emulate so be aware of who you surround yourself with.

When you become balanced you will figure out how to create the rocks into roses right along side your life journey. You will go back and forth helping each other out with thorns and obstacles in life. Help strengthen each rose to help create the best kind of rocks and listen to each other often with a full heart and tough love. Challenge each other.



*How I love myself and became confident to overcome obstacles...*

# LOVE YOURSELF

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I will say this over and over, because a lot of employers, social media, or tribe leaders will try to tell you that this behavior is selfish and creates a “not team” environment. It can seem cocky when you take this to the extreme, so don’t be that guy. Once you love yourself you need to balance loving others. Balance this out so you don’t become a prick. When you love yourself, you understand your self worth. You will ask for promotions more, you will understand how you want to be treated, and how you can build within your career or life. Employers need to support this as much as you need to support them, but you need to focus on being balanced so that you can notice opportunities and act on them.

If you feel like you have a hard time standing up for yourself, like I have in the past, making a list of what you do daily and write it down. This is key to understanding what you can do more of or how to change to become more happy with yourself. You can also use this to help guide yourself professionally to evaluate and make adjustments. For example, I realized I would work out and eat healthy. What I realized though was this was all I did to better myself and was the issue to not being happy. I did in fact need more in life than a six pack. I started to figure out active hobbies, started dating more, talking to random people, gave everyone compliments, focused on balancing my life as a whole with knowledge wealth and confidence. When you have self worth and confidence it can help you logistically:

- A. Figure out if your employer is not the right fit for you or not.
- B. Know that your talents are unique and people can appreciate them somewhere else.
- C. Have the comfort of knowing you have the confidence to at least make money to pay your bills and support the people you love while being able to stay happy.
- D. Create side hustles that boost your confidence and made you feel like you have more purpose in life and a security net that isn’t your parents. Something is said when you can build your own brand, can advertise however & work whenever you want.

Standing up for myself has only got promoted and respected by doing so because I had self awareness and showed honesty. Self awareness can give you leverage and be helpful in situations of stress. If someone lacks self awareness help them out with honest feedback.

*When you love yourself, you start to love everyone...*

# GENUINE LOVE

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I use to be very introverted because I was super hard on myself and thought to myself that I would never be good enough for anyone. Even though I was good at a lot of things and self competitive, negative thoughts consumed me and made me scared. Once I committed myself to loving myself first I transcribed that to my daily life without even thinking about it. When I would smile on the inside, I would smile on the outside. I would start to have very good genuine conversations and actually started to listen. I could tell an unbalanced person by if they “shoo” you off or hardly listened. Rich people do this because they value their time more then they value other people’s life. These people can be toxic to society. If people want to just talk and not listen, be there for them regardless of how dumb the conversation. I learned this in the restaurant industry that ultimately helped my patience tolerance & customer service.

When I am talking about genuinely listening, I mean appreciating the people who have made you who you are today. The doubters, the haters, the supporters, etc. have all made me who I am today. If you are always looking for affirmation, you will lose control of yourself when a hater is jealous and wants to ruin you. I have learned how to laugh at haters. If you are self aware enough you can use the hater’s response to motivate you. “Beef” regardless if it is real or fake will make you relevant by being interesting to the public. Emotions of hate is second to emotions of Love and you can’t have one without the other. By knowing what true love for yourself feels like you can learn to love and love to hate and will be successful by learning how to filter drama and how to appreciate it.

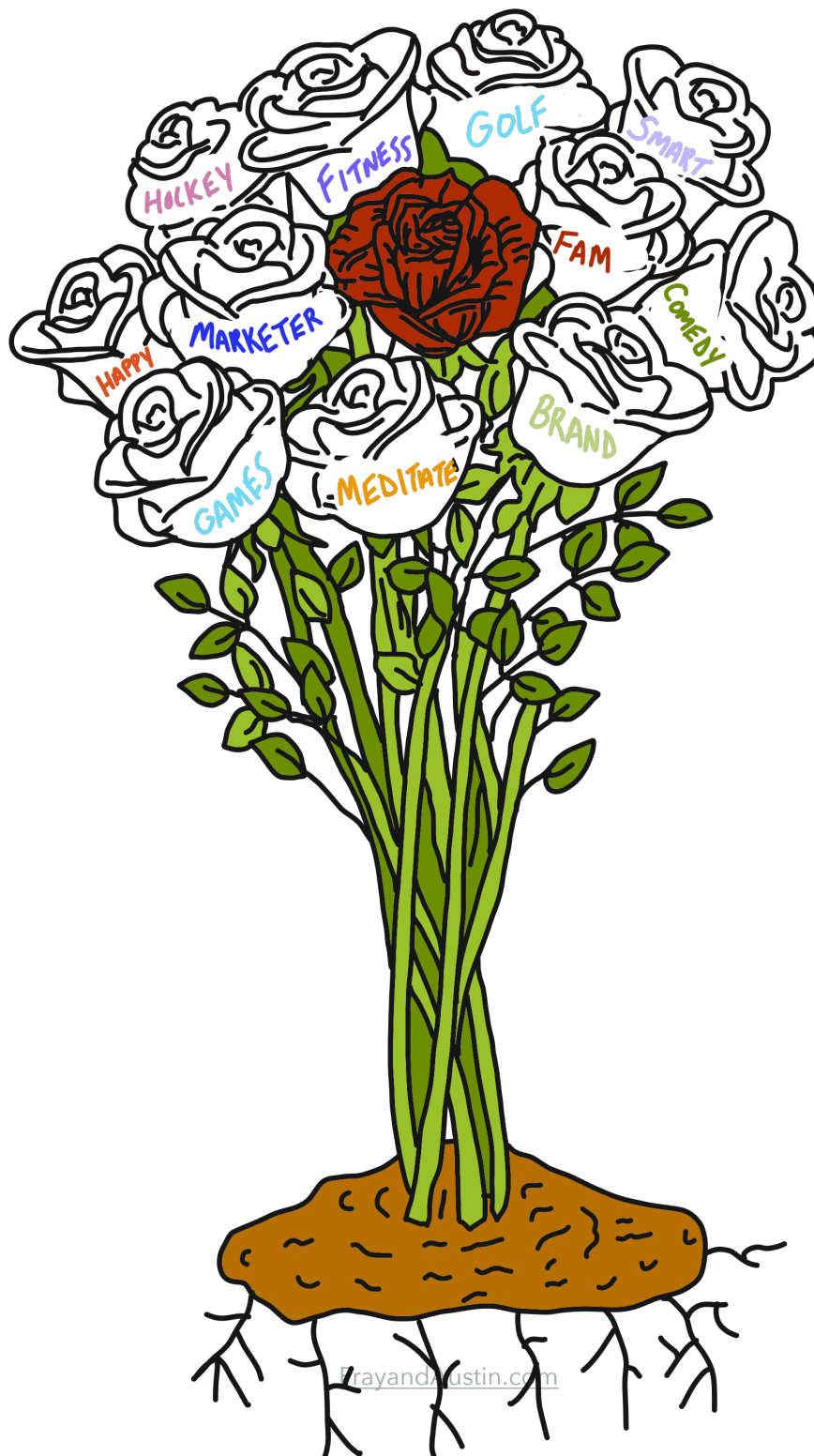
EXAMPLES: Opening the doors and complementing others will create a superior outlook on you and the way you portray confidence. It is so easy to be negative and a critic. I catch myself doing it all the time, but is a good test to see if I’m balanced or not judging on how fast I turn it off and become positive again. There is a difference between zen and laziness. Zen is ultimate peacefulness even in stressful times by living in the present moment and tackling one task at a time with extreme focus. Laziness is typically dumbing down your brain for a temporary fix instead of tackling things head on like you would in zen. This is how you know that you have created the habit of growth when you have a peaceful mind and purpose with executing and loving every life experience.

Bouquet...

# HOBBIES

When you connect while performing a hobby with someone else, it can be an extremely memorable experience. Learning new skills and putting them in action can be profitable hobbies as well. I like to love myself with friends while golfing, meditating, going to music shows, yoga, playing sports or watching them, hanging out with family while experiencing things together, laughing at comedy shows, going shooting with a friend, hunting, snowboarding, playing video games online, building brands together, bouncing business ideas together, partnering, marketing, etc.

ASK yourself...Do you perform hobbies? Do you perform them with friends & family?



# RELATIONSHIPS

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Just like getting an inheritance or being born a mesomorph, getting into relationships can be so much easier if you are good looking. That being said, caring for your wealth and growing knowledge is sexy. Caring about your health and dieting is sexy. Loving yourself and caring by being confident from doing so while dressing nice, being independent, and knowing your self worth is sexy. Everything you can CONTROL and care about while planning while staying organized and in control of your life is SEXY. If you struggle at dating, evaluate how much you truly love or care about yourself.

Growing up I was so into sports that it truly balanced me without me even understanding or focusing for it which could happen to everyone. I loved myself while competing because I was good and passionate about sports. I wasn't forced into them from my parents which helped me know that I was doing things that I truly enjoyed doing. From loving myself and the team bonding at every practice and game, I learned how to dress on game days as if I was going to work or impressing someone, how to act to adults with manors and feeling like my team was an extension of my family. I had a team and coaches that all worked out together, practiced together, ate together, and learned together. It was almost exactly the formula of hobbies, fitness, & learning.

From loving myself through the balanced sports lifestyle I always understood that being identified as the "sports guy" was how I just loved at the moment and loved myself and my teammates. This made me confident to love everyone around me and talk to everyone.

Going through the "adulthood" phase while going through college was incredibly challenging. Bills? Jobs? Sports? Balance? Relationships? Budgeting? School? Fitness? Were all the questions I was anxious about addressing, how to balance everything and stay happy...yeah okay. I noticed dating was fun, but incredibly distracting because it was always a work in progress for me. How do I impress? How do I say the right thing at the right time? Who am I even looking for? How do all the cool kids act?... I questioned more than I executed and put into action and failed until I:



Started fearing less and Executing. Being respectful and confident could get me more chances with anyone then ever before. Easier said than done I know, but with loving yourself and being confident will help you care less of what people think and focus on more the things you want. Like they say, you will never know if you were his or her type if you never portray yourself differently with confidence. Have fun with learning who someone is and learn how to attract them. These are very good skills to acquire to be interesting in every stage of life. When applying for jobs you have to do the exact same. When you want a promotion you have to do the exact same. When you are wanting to workout, you have to execute by just going to the gym, forming motivation to workout yourself and start loving the culture. Start by just getting workout clothes, trust me...

When the formula is in place and you are everything above or at least a continuous patient work in progress, you will gravitate those that you find attractive. You will gravitate with a glow of confidence, success, and love. When someone loves themselves you can tell and you want to be around that person. When your jealous you will usually assume they are an asshole. That is at least what I would do when I was threatened and insecure at my imbalanced moments growing up.

The first moment I felt the formula I attracted my beautiful wife. I finished college, had all the knowledge tools to be successful in the real world, I learned how to be confident, was very fit, took health very serious, and being respectful all helped me gravitate my wife and everyone and everything in my life I have now.

Love the process because you have to love in order to create an amazing life. Love health. Love money. Don't be afraid of judgment and doubt. The only one that you should be afraid of is yourself doubting yourself. Yourself not loving money. Yourself not loving health is a scary place to be in your life. We have all been there and the best thing to do is step back and evaluate how you can simplify your life to help you focus on the things that are lacking. The formula is out there and shoved in your face all the time with good intentions. If you follow a step program for an hour, day, month, or year it will help you start caring and refocus your life. When you are unbalanced especially with love you will feel the terrible and the only way to fix it is not to ignore it, it is to learn how to move on and focus on the things you can control (I repeat this for a reason). Whenever I am feeling toxic sadness or performing bad lifestyle behaviors like partying frequently or purchasing too much materialistic things online, my body and mind are trying to make me feel temporary happiness because I'm dwelling on something I can't control. Control only the things you can! Live in the present moment, and live up to it. You hear it, start committing to it.

*Learn what makes you happy...*

# LEARN YOU & LOVE IT

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Love is known to bring emotions both good and bad, but it is needed to grow and challenge yourself throughout life. People will always preach and the more you think about it the more people will start telling you to actually love yourself first. Like someone cracked the code or something, but it has been around forever. Learning that you can love yourself and also be a team player makes you all around a true badass that people want to be around. Remember the outcome should be the same where you are so loved by yourself, peaceful to yourself, and not rushing yourself to be perfect. Working on you and your love everyday to workout and diet. Learning and making money and just giving a damn about what matters is key. I try to simplify my unbalanced days so I don't over complicate them.

- **FIRST:** Do things that you are responsible for like Work, Family, Bills. DONE
- **SECOND:** Do things that can make those tasks easier for tomorrow. DONE
- **THIRD:** I do things for me. For example: 30 minutes playing video games while listening to music, going on a walk and meditating in nature or working out while listening to a book or Golf and evaluating what I can improve on or focusing on one of my side hustles and how I can structure it better, etc. DONE
- **FOURTH:** Appreciate everything that I have done for the day and wrap up anything that I can improve on before going to bed like calling a friend or family member, not going to bed before completing a task on my business, or responding to things that I had been avoiding all day. Remember to not over do it, just simple tasks. DONE

This is the most simplest form of staying balanced throughout my day and everyone can do it. Just commit to something, form a habit, and achieve it day to day. Habits have rewards and identifying those rewards are crucial to continuing a good habit or dumping and changing a bad habit to a good one.

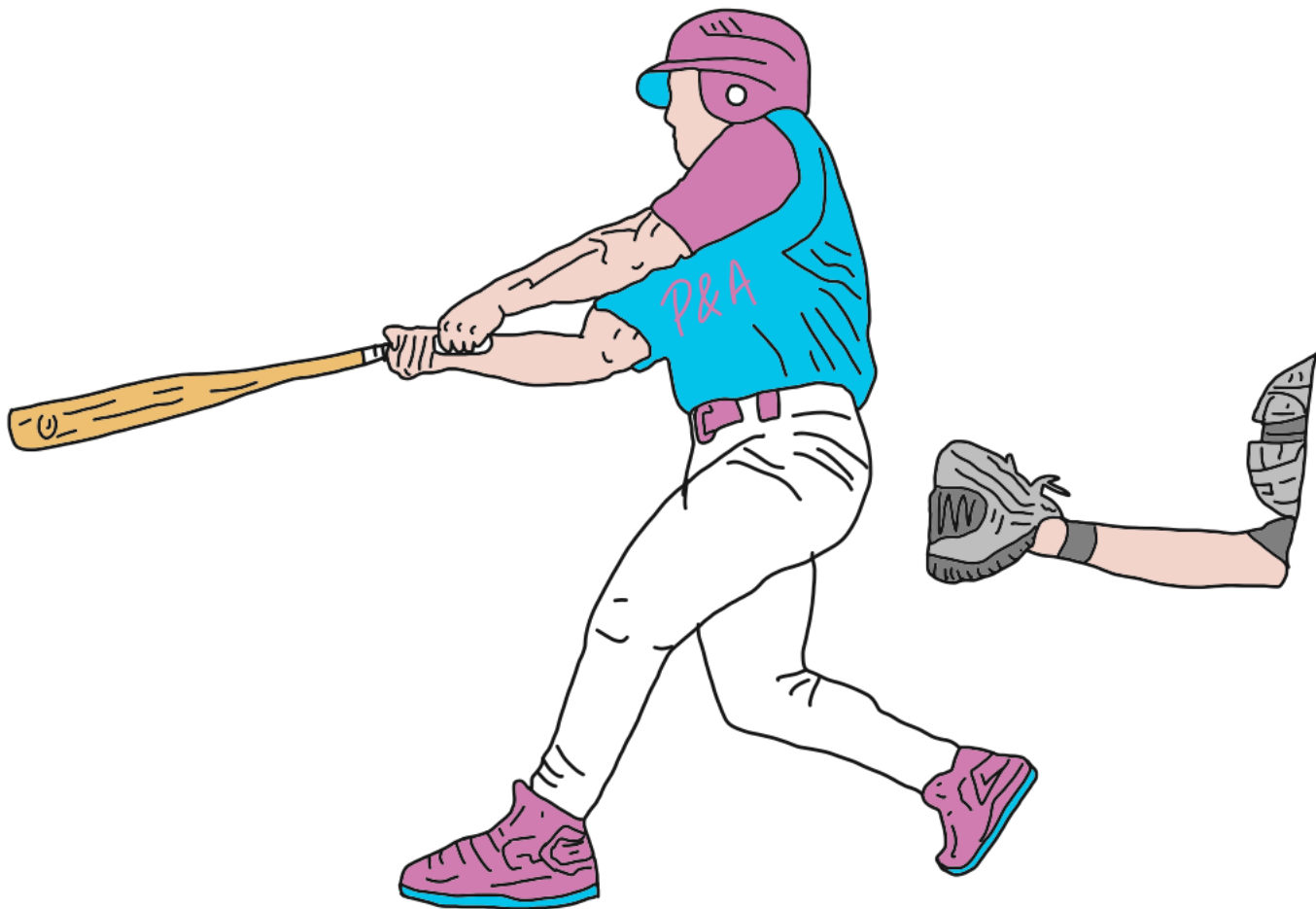
Being self aware starts with being honest with yourself. Knowing where you shine and what you can fix or change can happen today and right now.

*#Balance class in Session*

# LOVE CLASS

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BY: AUSTIN PRAY



# UNDERSTAND 4 NOBLE TRUTH

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1. Dukkha. 2. Samudaya. 3. Nirodha. 4. Marga

Understanding the Dukkha and the suffering and pain associated with love. I have always believed that when I started becoming aware of love, I hurt a lot more. I hurt because I cared for people. I cared to protect, I cared if they loved me back. I just cared if I would be accepted by everyone else beside myself.

It took me changing that mind set to understand that I should start with caring about the things that I can control when loving. That mind set switch was controlling how I loved myself first. It was still painful and stressful, but at least I could only blame myself for not loving myself opposed of trying to change someone else, which is mostly impossible.

Understanding the Samudaya and the craving to achieve more. The craving for objects and materials. The craving to dominate others. The craving to be away from the world because of painful feelings and avoiding those feelings. The cravings to lust more, avoiding, and dominating others are all associated to love & needs to be understood.

The belief of Nirodha and feeling that all bad experiences and their causes just disappear when believed. Accepting everything as it happens and not trying to change anything we can't control will create this kind of belief and it works. Accept that shit happens, move forward, and grow is the focus of all people. Control what you can control.

Understand Marga and the path to success. I have always took this as the path of all our journeys. How unique our lives have been should be cherished because all our paths to success are all extremely different and can benefit us. Emulating success and using our unique experiences, we can help grow ourselves and bring solutions to all of lives problems. Along our journey we should be humble, honest, and healthy. The Three H's. Marga can be achieved when we become a full beautiful rose and love ourselves while caring about ourselves. Love is easy and simple as long as we look into a mirror and become proud of who we are.

# LOVING YOURSELF

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If you have checked out my FREE e-book I mentioned that you need to love yourself first. This can be easier done than you would have imagined, but sometimes so easy that you go extreme and become a douche. Always be monitoring the love you have for yourself. Remember that you can love yourself with and without money, fat or skinny, but this is were you always need to start. I'll share how I love myself continuous everyday so that it might help spark something in yourself.

- If you are confident and care, you love yourself.
- If you are strong and care, you love yourself.
- If you are smart and care, you love yourself.

The rewards are by loving yourself you can get the beautiful boyfriend or girlfriend that has the same wonderful personality that you have. You will be able to filter out the shit heads and toxic people if you truly love yourself. You will want to workout and diet because you value yourself and value your life, plus rewarding yourself by being stronger and easily approachable. The rewards of being smart and knowledgeable is attaining actual monetary value and buying back your time. It is the give value and receive value philosophy.

The best reminder to love yourself everyday is to perform a hobby or interest that creates happiness in your life. When feeling down or like nothing is going your way I always evaluate these three things and it usually works to snap out of it:

- **Controlled Journey Event:** Is what I am feeling from an incident that can be controlled or an incident I just need to accept and move on. Control the things you can.
- **Give a Shit Factor:** Do I even care or am I self aware enough right now to understand that I could be in the wrong





and be thinking with my heart and not my head. Is the person someone I even give a shit about? Give a shit about the things that are important.

- **Is it an Excuse**: Excuses are toxic and result killers and are performed by the weak.

*Freshman Class*

# FIGURING OUT WHO YOU ARE

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Being self aware and honest with yourself will bring miracles into your life and self control. Telling the truth and being direct with your issues will be respected by you and others. You are worth more and you know it, but sometimes you just have to accept and appreciate what you have in life at every moment.

If you are a patient person at work, at home, and in public... then pat yourself on the back and move on. To be patient is a trait that everyone wants but is extremely hard to attain because people aren't self aware enough and appreciative enough to what they have. For example, I believe if you have worked in the restaurant industry and truly enjoy it, you have ultimate patience. I believe this because you rely on tips and the customers know this and everyone is the biggest critic when it comes to hospitality services because the industry is so saturated. The customers understand the role of the customer and the server understands the role of the server and giving service. That being said usually both parties need to have patience to enjoy the experience and get in and out.

The people I am friends with and surround myself with are those that are patient with results, but are always pushing forward with impatient execution and validation. The most annoying trait I believe anyone possesses is the trait of procrastination. I always refer excuses and laziness as a "cow"shit excuse as comparing you to a cow seems like a fair metaphor to your laziness. At least if you are "bull"shitting your telling a good story or trying to entertain someone.

People who overthink things sometimes are hidden from success, while people who don't think at all seem to be stuck in a dead end job. Everything should be done in moderation. For experience, change, and adaptation trying new things is crucial to not "dying off" on the boredom train. Life can be fun without your tail in between your legs and all it takes is the awareness of yourself.

- **Self Awareness:** When you love your own company and can deflect the haters, you are self aware. If you find yourself finding things personal, lets work on it. Life is too short to think about the stupid shit.

### *Freshman Class*

# WORKING OUT THE KINKS

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This world we live in is crazy sometimes and what helped me understand that is just to have the mindset of waiting for it to happen opposed to being shocked that it happened again and again. When people lack common sense however is my breaking point always. Always shocks the hell out of me especially when I am driving that some people are just not programmed to care, not my place to fix those people. This is always a work in progress, but step number one is understanding that people are different and raised in different cultures so accept them as best as you can.

Experience is everything in the beginning stages of love, so just make sure that you are talking to a lot of people and executing what you want in life. I have always followed the hobbies and interests "distraction" method to know where my happy place is when I need some alone time and can love myself when feeling unbalanced. Sometimes just maintaining your love for yourself is done through hobbies. I have found this to be the most effective when you find 5 hobbies, unless you are insanely awesome at one, stick to that:

- **Hobby or interest as an Individual:** Competing at a level where you can only blame yourself for sucking, I believe is a very honest trait to build. How you react in tough times in a sport is probably how you will react in tough times in relationships and business so it is good to adjust during a sport or competition.
- **Hobby or interest as a Team:** Competing with a team is amazing for leadership skills, teamwork skills, and delegating skills. When you learn how to work as a team you will win in sports. This is a good trait to learn in sports so you can bring those skills to the real world. Competitive hobbies are for you to learn about yourself, not to become your identity. If a sport or competitive hobby becomes your identity, be AWARE of the effects.
- **Leisure Hobby:** Video Games, and brainless tasks like TV. Moderation is key here.

- **Practicing Hobbies for 5-45 minutes daily:** Practice is a hobby in itself and should be done daily to feel like you have a purpose. Trust me... it helps to stay focused.
- **Companionship with Friends and Family:** I'd say the most important to focus on frequently. Loneliness is something you can control and if you give excuses to why you are lonely then you are just lazy and don't love yourself. PERIOD.

*Sophomore Class*

# BE NICE TO OTHER PEOPLE

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Being that you now love yourself, you have figured out who you actually are because you are honest with yourself and know your strength and weaknesses. You have worked out the kinks in executing with hobbies and focus, you are now ready to be nice to other people. The main trait the nicest people in society have are patients, genuinely acceptance to others, and understanding that people are different. This can't be done until you stick up to who you are and love yourself first. People will fake it otherwise.

- **Holding the door for others**
- **Smiling to others, genuinely**
- **Going out of your way to help someone else**
- **Do something nice for someone else with not the intention to receive something back. Otherwise you are just doing something nice for yourself.**

These are just to name a few because most people know how to not be a dick, but most of us think that it is uncomfortable to perform a nice gesture to someone else. People also think that others don't want to receive nice gestures and this is for the most part false in reality. When you love yourself and you are confident, it wouldn't matter if you know you are doing the right thing.

If you are a business owner this is especially important to your staff that you had trusted to help run your company. We have all been mistreated by shitty employers and it's a poor way to run a business. In fact all the owners that have treated me and my staff like crap ended up going bankrupt and having to close down. A hint to how you want to run your business for the longevity of it. It's not like the old days where tough hard ass is how you run business because work is dispersible and also while I'm on the topic relationships are dispersible. Being a prick and having an ego will create a high turnover regardless of who

your talking about. Learn how to care professionally and care emotionally. However, always lead with your brain and make final decisions with your heart.

*Sophomore Class*

# RELATIONSHIPS, FAMILY, & FRIENDS

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So many studies have proven that people need to belong in tribes or else they will decay. To do anything in this world we need others and like to be around others. This is why you should take this more serious than you think you should. Besides laughing off that you are home all the time with your cat and post stuff on social media about how you don't want to hang out with anyone, our genetic makeup does not function well with solidarity. We need to at least:

- Have one good friend that we can always call and check in with.
- Have one or more family members that we interact with or a friend that is like family.
- Don't be afraid to hear no when you ask someone to do something or go out with you.

When we hear no we always get defensive like it's personal or something. Sometimes it is and sometimes we need to change to make people like us more, but most of the time hearing no is 100% better than hearing a maybe. This goes for business deals, relationships, and whenever you are trying to convert a yes. A maybe or silence will always delay the process and will lose respect, so make sure you are not doing this to others as well. Be honest with others and tell them no or yes.

A little sales 101 is to always ask a yes or no question. For example:

- **Would you rather get coffee with me or go get some lunch?**
- **Would you rather make dinner or go out to eat.**

Human connection and trying to help others is what tribes need. Commit to interacting regardless if you like to or not and get comfortable around others. Also, remember that toxic people need to be dumped regardless if your family or friends, toxic behaviors and personalities will rub off onto you unless you are insanely self aware and wanting to help with 100% commitment.

*Junior Class*

# SPIRITUALITY

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Now that you are half way through the class we can talk about and challenge with more touchy subjects in life. The things that always start debates and judgement.

The feeling of always putting yourself in comfortable situations are typically red flags of being complacent and stuck. Don't get this confused with the feeling of being relaxed and rewarded. Uncomfortable situations are typically when people see the most in return. When we love ourselves and love others we are self aware and understand that people can be different. This will awaken your spirituality of believing & giving trust. This doesn't always have to be an actual religion like Christian, Catholic, Jew, Buddhism, etc. but could just mean believing and trusting a plan that was designed for you and accepting that things will happen along the journey. Whatever you want to believe in, it always is best to commit to it 100% (if ethical) and be open to other opinions. People will always challenge anything you say and most of the the time the best thing you can do is to listen and move on, we are all ingrained to be questioners. There is typically always one thing that everyone has in common with spirituality however and what I see is positive lifestyle guides. You can accidentally be spiritual about cheating, lying, and stealing but since you are self aware and you love yourself you will avoid these behaviors. Sometimes spirituality is a good crutch to help focus on yourself, focus forward, and find the strength to love yourself fully again or continuously. When you are looking for counterfeit money, bonds, etc. you always refer to the original, the truth.

If you are the leader of the home, then protect and stand up to teach the original truth and blanket statements with the moral and ethical code that worked for you to your family and friends. The purpose being if you want your family and friends to know & understand these things to help guide when the real world tries to test and bullshit them of the truth.



## **"A HOUSE DIVIDED AGAINST ITSELF WILL NOT STAND"**

This phrase is made famous from the Bible & Abraham Lincoln and is good to remember when thinking about other people's opinions and trying to build a strong "house" and society around you. If you divide you will not stand in religion & politics.

*Junior Class*

# ZEN

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Understanding the whole truth in all of life's situations will give you the upper edge in loving others and yourself. It will give you a peaceful mind if you truly accept things for how they unveil themselves, learn, and move forward. Building your path can be done minute by minute and the typical saying of "living in the present moment". Dwelling on the past events and worrying about what the future holds is just like hanging out with toxic people inside your head. This mentality will break you down over and over. Every opinion, like every teaching, is typically a strong fact based relative truth. However, to every relative truth there is another opinion about that relative truth that can be backed up by as much fact based "proof" and when you understand both relative truths, you are creating the whole judgment free truth. This will not only create a peaceful mind or leverage when debating your whole truth side, but also will make you not naive to bullshit created by society and will create patience to naive people that live their life's solely based only on relative truths.

Peace will be and always be impossible if you don't care to understand the whole truth. Even for me teaching these things you could change my mind, but I have lived with the same formula that I preach, of creating this balanced life and whole truth that could change if a relative truth was strong enough. It's just an opinion of my own. However, it is the formula that I have aggregated from everything that I have studied and learned myself through filtering only the relative truths I saw over and heard over again and again. Professionals preach this and I have just simplified it, dumbing it down if you will so that we can all execute what needs to be done and not get distracted by words. Sometimes if your like me we find ourselves just learning and talking about everything that we have learned but never put it into action. We just continue to bitch and give excuses to why we haven't yet. Life can throw some nasty shit into our face, so balancing your life now is key to living peacefully forever.

Once you can balance the noise around you with understanding the whole truth and understanding peoples differences you can start practicing hourly, daily, and monthly. When you find out a way to learn from everyone you come in contact with is when you become a humble stoic. **YOURSELF, OTHERS, SPIRITUALITY, & WHOLE TRUTH = LOVE**

*Senior Year*

# ACTUALLY EXECUTING

.....

This is amazing, your almost complete with this course. Now that your at this point I first hope you enjoyed it, but most importantly hope you have thought about what you can do in your life to love yourself more and loving others around you better. I always love myself, but reminding myself that I love myself is always expressed through performing hobbies. People always know how to talk the talk, but walking the walk is always the hardest regardless of who you are. However, when you are good at a hobby, you will find the motivation a lot easier to execute these things in life. You might already know what these things are, but if you don't I can try to help you with some tips I have learned through my hobbies as I have found it can be helpful to some people:

**Individual Hobbies:** Piano, Golf, Bowling, Ping Pong, Fitness, Shooting, Motorcycle, Art

- Music: First, I believe everyone needs to either learn music or listen to it daily. Music is important for creativity and motivation. If you want to learn it helps to always purchase a musical instrument or figure out how to do things for free like sing, dance, or drum.
- Golf, Tennis, Polo, and all of the "Country Club" sports I think are important to be apart of to continue your professionalism and network within the sport. I love golf because it is always a challenge to get better and most importantly how to stay consistent. Also, counting every stroke and noticing if others is really good to test your honesty trait and test others honesty.
- Social Sports like bowling, ping pong, beer pong, working out, going out, comedy clubs (laughing) reviewing restaurants, movies, games, and networking are all on you to get better at. Balancing competitiveness & socializing and mainly having fun while performing. Social sports are important to enjoy and never be judged about. I always thought I would get judged the most performing these sports really well and never cared because I loved myself. I was the guy that would bring three balls to the bowling alley,

have three paddles for ping pong, working out obviously always took more serious than others while having fun with it, and networking is still one of my favorite activity.

- Discipline Sports, responsibility awareness hobbies, extreme sports are all important to practice as well. Triathlons, snowboarding, skiing, snowmobiling, skateboarding, shooting, hunting, riding motorcycles, etc. are all great examples of having fun while feeling your heart beat and feeling alive.

*Senior Year*

# ACTUALLY EXECUTING

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**Team Hobbies:** Hanging out with Family & Friends, Hockey, Baseball, Restauranteur

- Active Hobby: A active hobby is a great way to build a relationship with someone else. If your trying to to build a strong connection it is important to build experiences with that person. Being active is addicting and can be associated with the people that you perform them with. Active hobbies could also be individual sports with choosing your competition (your friends). I always golf with business first because I enjoy golfing a lot, second it shows how honest the person is, and third it is a good way to interact with that person without an intimidating emotion behind it. It should be fun.

- Leisure Hobby: Relaxing with someone is always a good way to build a memorable relationship with someone else. I always try to do something fun with my friend or family member that could even be just walking around the park.

- **Competitive Sport:** This is bolded because it is important to understand why we enjoy competitive sports. We are pre conditioned from our ancestors to enjoy the distraction of watching and being apart of "battle". Back in the day we enjoyed watching and distracting ourselves from politics, work, and religion actually called the "Roman circus" with gladiators, magicians, and prostitution were all very popular in the means to distract the people from their hard life, war, and/or the problems with the government. The government actually promoted the "Roman Circus" to distract the people from them. Also, we were born to be warriors and fight. We have figured out a way these days to release our hormones through competition in competitive sports which is way safer than going to war and actually fighting.

- The Psychology to Competitive sports and being a Fan or Athlete.

- Identifying with a local team can give a feeling of purpose: Our desire to belong. Crazy enough, if your a fan or athlete of a badass team your more okay of dying then if you like a crappy team and thus fear death more. Feeling of success or lack of.
- The negative response of losing is more powerful then the positive after a win.
- The detaching yourself to society by being in the crowd or on the field of like minded individuals, fans and excitement can trigger an extension of yourself through others energy. Just like in religion and being at church.

*Graduation*

# THE REAL WORLD OF LOVE

Love can be extremely difficult to simplify in the real world with all the emotion and heart everyone has associated with it. This class's purpose is not to undermine that, but to help guide through creating a more logistical approach to managing you with your brain when things get hard or questioning where to even begin. I hope that this class has simplified that to some degree and can set you up for success in the real world. Just to summarize what we have learned and what we can apply now in the real world is:

**1. FRESHMEN CLASS: Loving yourself First with: CONTROL, GIVING A SHIT & NOT GIVING EXCUSES to why you can't by:**

- Figuring out who we are with SELF AWARENESS
- Working out the Kinks with HOBBIES & INTERESTS

PASS

**2. SOPHOMORE CLASS: Loving others Second by:**

- Being nice to other people with JUST NOT BEING A DICK
- Finding the importance in relationships, family, and friends with CARE

PASS

**3. JUNIOR CLASS: Loving the Culture and Society we are in:**

- Finding your Spirituality
- Figuring out your "Zen" and Peace:

PASS

**4. SENIOR CLASS: Love while putting all into action. Executing these things.**

- Control only the things you can control
- Understanding your brain and guiding yourself through your emotions

- Why performing hobbies and interests are so important.

PASS

- BALANCING YOUR LOVE DAILY and FOCUSING these 4 steps continuously will help you as it helps me, if you care of course. If you need simple FREE hobby or interest tips, I have created that on my website as well to help people start a hobby or interest so they don't give excuses once again to not knowing where to even start.

### *Graduation*

# THE REAL WORLD

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The real world could test our love for ourselves, others, and society in crazy different ways. The real world can not be controlled and identifying what we can control and can't control is extremely important in all of our progression in life. We all have the same goal and that is to feel balanced with purpose and success. When we create a formula, guide, steps program, goals, mission statement, or whatever you might call it, it sets a form of standards for ourselves or business to remind ourselves when times are tough and we can't control our emotions. Emotions can throw us on an unbalanced roller coaster ride and that is why we need to create a formula for ourselves.

My purpose is to help guide some form of realization to everyone and the reality to life. Some people I have encountered just do not even know where to began. I started this balance thing in hopes of helping myself, and guess what... IT WORKED. That is why I am sharing it with the world in hopes to help others adopt some form of this for themselves. I am not preaching this to trick you into believing it will be easy or even that I made it all up myself. To believe that anyone has organically taught them something new these days is insane. However, organizing and simplifying things can be a creation of someone's own thought and that is what I believe I have done. People always told me "you need to balance your life" CHECK. "You need to feel like you have a purpose" CHECK. "You need to love yourself and others" CHECK. But it was never explained simply and clearly so I never understood the what and how, I only understood the why: to BALANCE, CHECK. On my search through mentors, books, online articles, etc. on the what and how it took over 4 years, a degree, and thousands and thousands of dollars to understand that everyone was saying the same thing. They would say the same thing just super obnoxiously dragged out



to scrape every penny from you before you understand that everyone is saying the same thing when all I wanted to hear was the what it is you need to know and how to do it. **PrayandAustin.com** is the one stop shop for the WHAT and HOW to Balancing your WHY. How and What to BALANCE your LOVE, your HEALTH, and your WEALTH in that order exactly with examples of how I did it to possible trigger something of your own, since of course everyone is extremely unique. I am not a Love, health, or wealth expert, just a BALANCE expert here to teach you what I have learned.

Tab 3.1

*Fitness follows once you start loving yourself and others because you CARE*

# FAMILIARIZING FITNESS

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## WHY WE FITNESS

## HOW TO DO IT

## VISUALIZE

# REALISTIC GOALS

Tab 3.2

*If I have to explain the Importance of Fitness then you should toss this book*

# IMPORTANCE OF FITNESS

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## STAYING MOTIVATED

## LEARNING ROUTINES

# EXECUTING WITHOUT THE BULLSH\*T

Tab 3.3

*Your a Master in Fitness & now a triple threat in giving value and listening to value*

# F\*CK, ARNOLD

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**IT FEELS NATURAL  
TO GO TO THE GYM  
AND DIET**

**YOUR NOW  
ADDICTED TO FITNESS**

# DAMN, SWOLEZENEGER

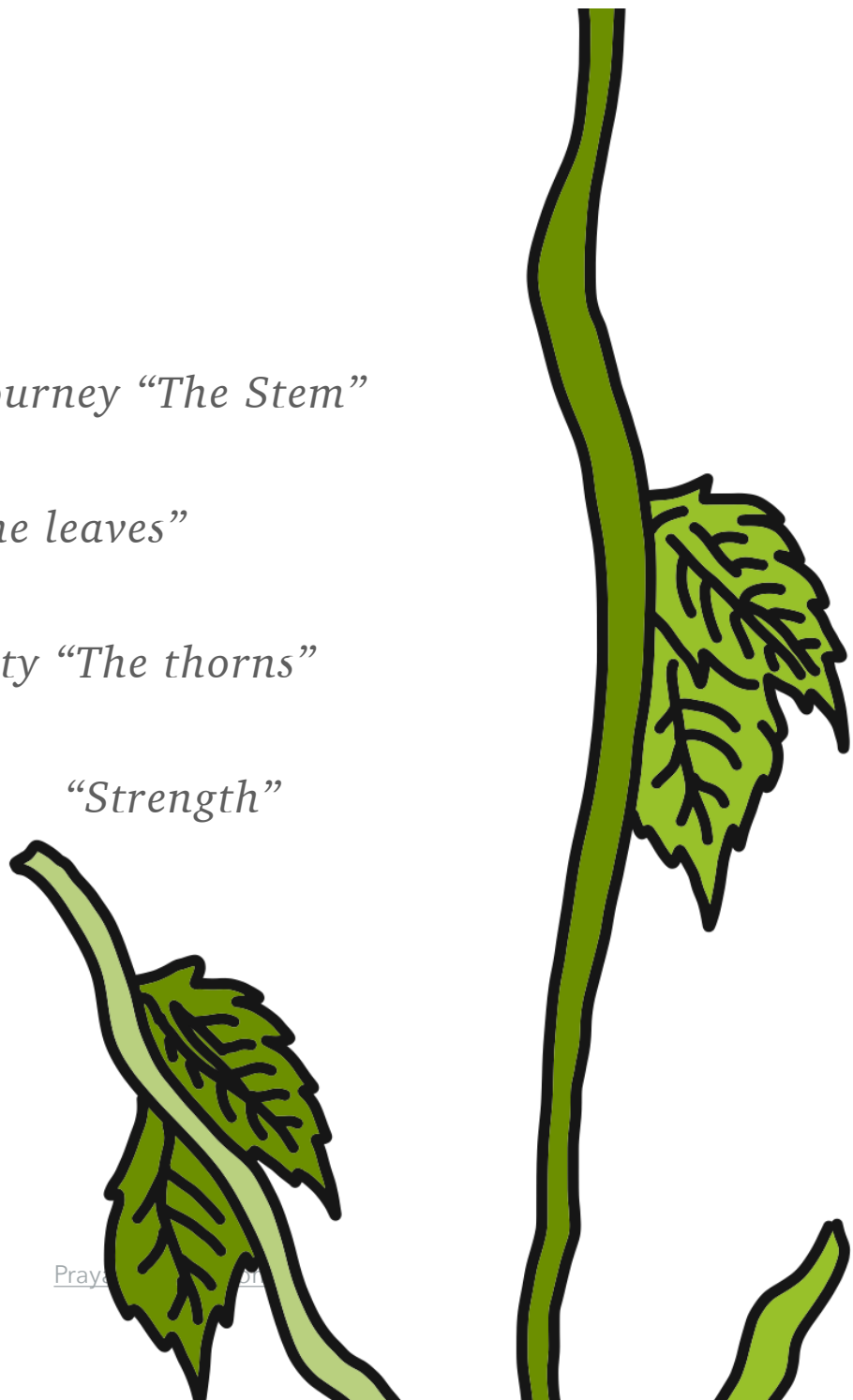
*The Whole Truth of the Journey & Health Knowledge: Diet & Workout* 🍌🥦

## 2. HEALTH GROWING

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BY AUSTIN PRAY

- *Learn how to appreciate the journey “The Stem”*
- *Learn how to be self aware “The leaves”*
- *Learn how to overcome diversity “The thorns”*
- *Learn to Workout and Diet “Strength”*



# “GROWING” EXPERT

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“Ah ha” moment, this is where it gets fun. Explaining the truth of fitness without the bull shit is fun to me because there is so much relative truth to the industry that it can make the sport seem not fun. I have realized that when searching for information on health fitness you come across all the same information. What they are selling in reality is motivation which is very beneficial. I however have been turned off by a lot of “fitness” professionals because I have a lot of knowledge now and understanding that most of what they preach is BULLLLLLL, repetitive, or “juice” marketed. No balance in most of these peoples lives. Just figure out what you want your end goal to look like, go online and type it in, and commit to it. Making it a lifestyle habit and know that you will feel comfortable if you have the patience to the process. Don’t stop habits, just change them...

I have created a fact sheet of what actually goes on in the fitness industry regardless if you believe it or not that all the balanced people are doing. I will touch on trending diets and workouts by giving the basics of what is out there. Right now I will tell you that if you are persistent and workout at least 3 times a week and not eat bullshit, you will be able to recover so much faster when you injure yourself and also you will start attracting people a lot easier including yourself. You have to be patient however or else you will be marketed to the steroids or BS workout routines for \$100 a month. Remember that when you invest in fitness it is good, but it is to help support your motivation to execute not directly related to results, just guides. The information is out there at the touch of your fingertips.

Growing strong and overcoming obstacles can be very tough. However, it can get easier when you have a solid foundation. Along the stem of growing you will grow thorns and leafs. Meaning along the journey you will go through hardship and highlights. Don’t forget about the highlights along the journey. The leafs are the successful events in your life you will remember forever. Always remember where you came from both good and bad.

Through all the thorns in life, if you are balanced and focus on the important things you can control, you can overcome most thorns that present themselves. Grieving is something that might take longer to accept, but it is needed to move forward in your life.



I focused on bettering myself once I left “everything” to move across the United States to a place I had only visited twice. At the moment, I was lost and had to restart. My only focus was loving my daughter and my beautiful wife. I continued to focus on the formula while moving to an uncomfortable location. I focused on my love for myself first and the love for everyone else after truly loving me. I didn’t care about money at all and in fact went from making a lot of money to making minimum wage at a golf course so that I could play golf everyday after work for free. I would workout, read, and spend quality time with my family. I socialized a lot with entrepreneurs in the little town I moved to and found my “rocks” in the community within the first couple months. In fact the randomly selected hockey team I played the first year in adult with were lawyers and business owners willing to help me and that they did. I started executing all my ideas with a strong foundation of loving myself, my family, and the friends I met. It was hard to convert from living in a place I felt comfortable in to somewhere that was foreign to me. Once I accepted the challenge I realized it was a good move and made things more simpler for us as a family, also led to making money you filthy animals.

I had never felt so full in my entire life because I flipped my mindset to Love first, fitness second, and business growth third. This made life so much simpler and compartmentalized. I created a habit over night and could practice it everyday. From then and now I can always see the positive in life’s journey even when there is hardship. When I started to glow a balanced life everything started to execute itself. I would routinely do things for myself throughout the day that made me smile, I would subconsciously be genuine to people in the community, and I would start businesses with the help from lawyers or people that I had met. I also ended up working out and dieted really healthy and got super jacked. This glow was observed continuously not only by others, but mainly by myself.

Moral of the story is if you want to execute anything you have to first execute the love for yourself to help grow and commit to it. When you love yourself you will become motivated to workout and diet as much as you want throughout the week because you will be in control of your life and then want to learn for yourself. Being interesting to society is amazing and feels like you have a purpose and are making an impact in the world.

I try to always make guides for when I am making excuses to why I’m procrastinating. I now help others with the same guides for when they are giving me excuses as well. This is why I try to make everything as simple and cartoony as possible. Hope you Enjoy..

What everyone can do every single day...

# MINIMAL DAILY ROUTINE

The minimalist article I created below is something that I give people with excuses and seems confusing (ha) but it works. Do Body workouts 1st, Avoid foods throughout your day 2nd, Tackle a task that you have been avoiding 3rd, Read something 4th, and 5th be financially aware where you are and create daily goals for yourself daily. Do this daily.

## 5 MINIMAL THINGS YOU CAN DO FOR A MORE MOTIVATED DAY

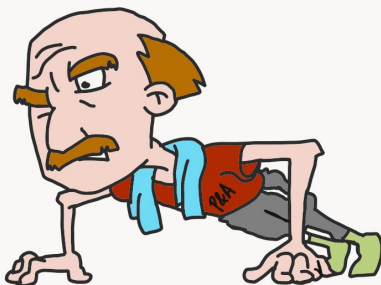
Today for 5+ minutes, I challenge you to...

For those who find themselves giving excuses, "don't have time", to old, or lacking motivation

Do it Now, At Home, In a Hotel Room Let's begin...



1st: Slow Push Ups, Slow Squats, Holding Superman's, Pause sit Ups, Slow T-Planks



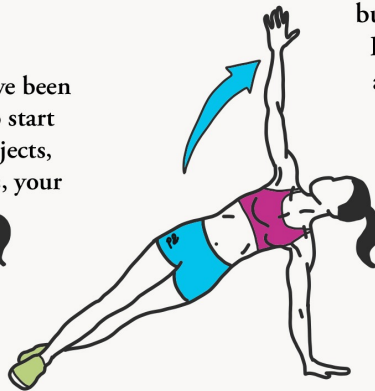
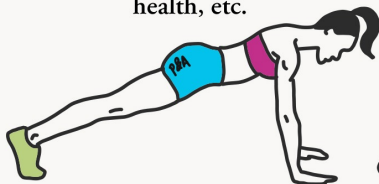
- 5 REPS - NEW TO THE GRIND
- 15 REPS - I'M GETTING THERE
- 35 PUSH UPS - I'M READY WORLD



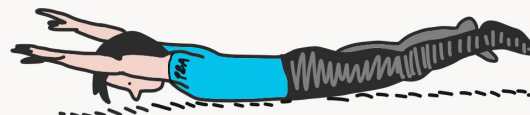
2nd: I was going to say Eat Health Foods, but that's obvious. Today Avoid: Foods and Beverages that you know are bad for you and are addicted too and that are always around you. Write it down.

- 2 FOODS AND BEVERAGES - NEW TO THE DIET GAME
- 3 FOODS AND BEVERAGES - I'M GETTING THERE
- 5 FOODS AND BEVERAGES - I'M READY WORLD

3rd: Self Awareness Projects, that you have been avoiding and think of a plan on how to start conquering them instead. Cleaning projects, promotion from a boss, family members, your health, etc.



- WRITE DOWN 2 PROJECTS AND PLANS
- WRITE DOWN 3 PROJECTS AND PLANS
- WRITE DOWN 5 PROJECTS AND PLANS



4th: Read, Listen, Love. Today:

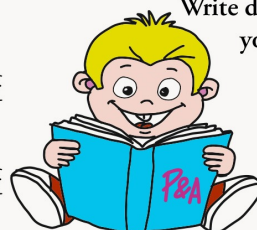
- First Read Articles, Newspapers, Books, etc.
- Second Listen to Songs, Podcast, Audiobooks, etc.
- Third Love People around you, Reach out to Family and Friends, Text or Phone call, Someone who makes you Nervous, an inspiration to you on social media, Love yourself through a hobby, etc.



- READ 2 THINGS, LISTEN TO 2 THINGS, REACH OUT TO 2 PEOPLE
- READ 3 THINGS, LISTEN TO 3 THINGS, REACH OUT TO 3 PEOPLE
- READ 5 THINGS, LISTEN TO 5 THINGS, REACH OUT TO 5 PEOPLE

5th: Financial Awareness. Look at your bank account and React. The purpose is not to become afraid of what you have, but to do something about it.

Write down how much you have, How much you plan on making, and Budget.



- DAILY AWARENESS, HOW MUCH DO YOU HAVE FOR TODAY?
- WEEKLY AWARENESS, HOW MUCH WILL YOU HAVE FOR THE WEEK? CAN YOU INVEST OR PLAN FOR MORE?
- MONTHLY AWARENESS, PLAN A "PROFIT LOSS STATEMENT" FOR YOUR MONTHLY BUDGET. WILL YOU BE IN THE RED OR GREEN?

*Working out is simple...*

# WORKOUT TALK

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Most of the time people don't understand how simple working out actually is. Most of the time people give up before even actually starting. The hardest thing about working out is just getting into a gym. If you don't like the gym, go to the park. If you don't like outside, figure out a at home routine that is simple. Just motivate the mindset in 4 steps "MHEL".

1. THE MINDSET is step number one and this is easier done when you love yourself and feel confident enough to love others. This is a good time to mention loving yourself doesn't mean being a cocky d-bag roider, it means being honest with yourself and smiling because you enjoy your own company. Don't be fooled of what "success" looks like in love or health because most of the time there is more to the story then is told. Be humble to who you actually are, we all know what morally and ethically we need to do to love and to be healthy. Just try to get as close to that as you can & appreciate you!

2. HEART is step number two. Just getting your heart rate up at least one part of the day with the mindset to do so will be a huge impact in your life. Going up a flight of stairs a breathing hard because your out of shape doesn't mean you had the mindset. You have to look at the stairs as a workout routine and go up and down, up and down to count.

3. EXECUTE is step number three and that is once you feel comfortable doing cardio and have the mindset to do more. This is where you start seeing results because you start to learn and put to action. You will learn what to avoid in life like cookies and processed hamburgers and simply just not eating those things. You will learn that eating nuts and grass fed ground beef burgers with avocado is amazing. Then you get dressed in workout clothes & go to the gym. This is a good motivator in itself and you can observe other people with the body you want, doing things around the gym and learn. Believe it or not, but you can actually go up to these people for free and ask them how your form should be executed. The worse thing you can hear is no & because you love yourself you won't care.

4. LEARN is step number four and the most continuous step you will do often. Learning new trends keeps you interested in the field. Everyone likes to talk about the new trends, so be adaptive to change. Learn from online platforms, free ones and paid ones.

*My example of what you have to do minimally...*

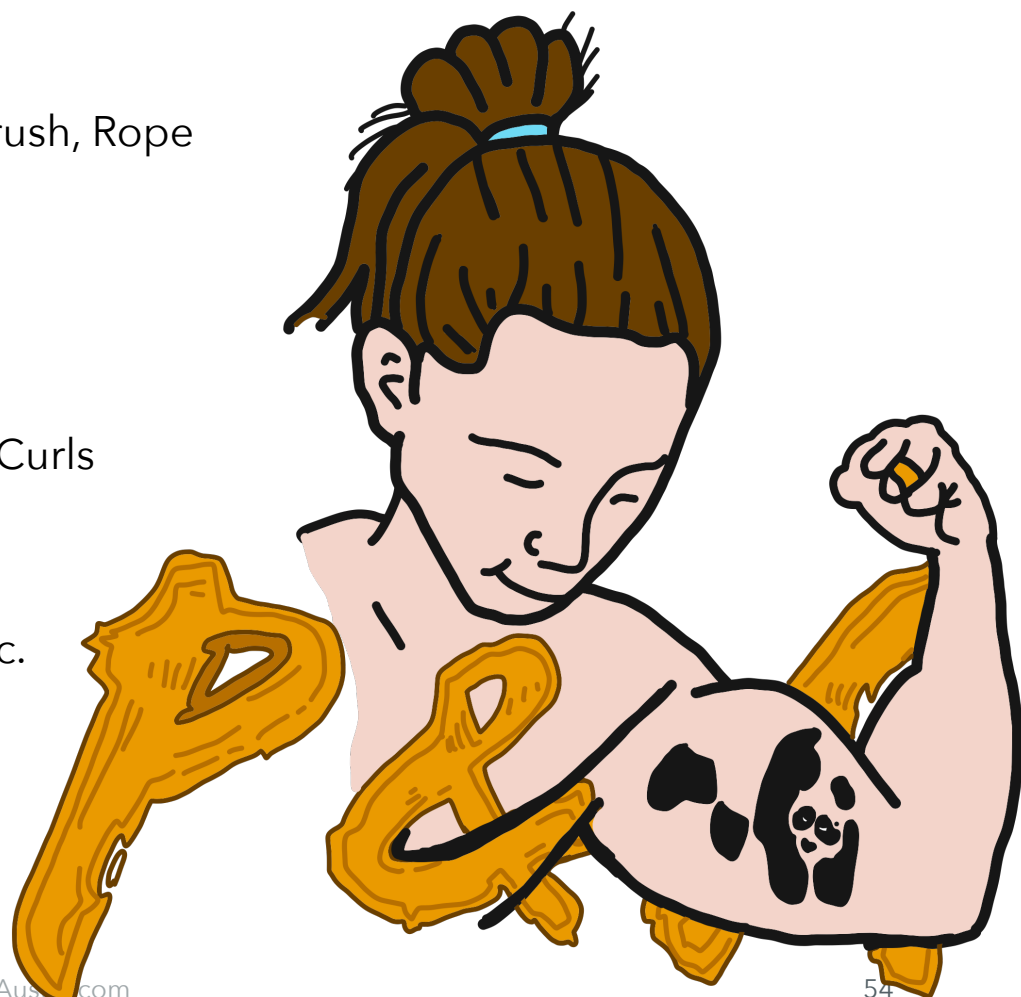
# ROUTINES

I am not a fitness model by all means, but my results are realistic and can be attained with my genetic flaws. I fill out my shirts and work my ass off every week. I feel good, look good, and my routine is very manageable and simple that can be pulled off throughout my busy busy days. If I have time to workout 5 days a week I will work out each major muscle (Chest, Back, Arms, Legs, Shoulders) and regardless if I have had a stressful week, tired, sick, or progressive week I will work out 3 days a week (Splitting each day: Chest/Triceps, Back/Biceps, Legs/Shoulders).

You can listen to your body and the amount of weight & reps you execute for each workout. Remembering that compound workouts will be most beneficial in the beginning of your workout when you are not fatigued. Isolated workouts is where you can have fun and exercise mobility to prevent future injury. Working out specific muscle groups you want to focus on is key to staying focused. The more isolated workouts you perform will help to prevent plateauing and continue to stay in growth mode.

My Minimal Workout Week looks like:

- **Monday:** Chest & Triceps for an Hour.
  - Flat Bench, Incline Bench, Flys, Skull Crush, Rope
- **Tuesday:** Cardio (Hockey)
- **Wednesday:** Back & Biceps for an Hour
  - Pull Ups, Lat Pulls, Rows, Curls & More Curls
- **Thursday:** Active Hobby
  - Ping Pong, Bowling, Golf, Climbing, etc.
- **Friday:** Legs & Shoulders
  - Squats, Deadlifts, Presses & Raises.





*You have to eat something, might as well not make it a pile of doggy do...*

# DIET TALK

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Most of us dread diets and that includes me. I switched my mindset when I became busy and just wanted to maintain a healthy diet. Mainly just avoiding things help me maintain.

- **Avoiding:** Processed foods, Sugars (Honey is cool)
- **Limiting:** Carbs, Cheese, Fruit, Starch
- **Eating:** Protein (if active), Vegetables (Antioxidants), Organic, Grass Fed, Healthy fat

Is a cookie good? No, but don't stress if you slip. Stress is way worse when trying to diet.  
Is candy good? No, but can help insulin levels after drop after workout. Reward habit?  
Is a sandwich good? Eh, but best carb load before a workout for quick glucose kick.

Regardless of what you eat, just understand what you are doing. I have seen the most athletic looking people eat whatever they want on the weekends, but they still avoid things like ketchup because of the sugar, drink gin and tonics for less carbs, avoid sugars, portion out their meal, etc. Eating like you are competing in a show everyday of every year is weird, there I said it. To be healthy is to be aware of when you do and don't do something bad or good. Counting calories takes a personality most people don't have, so don't force it.

Being aware of nutrition and diet is just like being interesting and relevant in news. Sometimes we are super interested in a new article, but forget what it was about in about a month or so. Diet trend fun facts are daily and can be learned & executed to see if you can relate with it. Just like working out the mindset, remember what keeps you motivated to stop eating shit and continue to control what you eat. Also, remember if you force a mindset, it's just like a forced fart, might become a big turd and stink. My belief is that we can NEVER blame a diet, but can always blame ourselves. If a diet doesn't work, you didn't give it time or didn't follow it correctly.

ALL the information that is taught to anyone is online. Don't think there is just a magic pill you can take that will give you results in a day. Invest in a mentor if you are lost and have them help guide you in a one stop shop in fitness.

# PERSISTENCE & AWARENESS

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Confidence is born through repetition. Here is at least a year's worth of diets. You could rotate each one daily or just choose one randomly everyday and see results. When you understand exactly what is going in your body just means you understand that you are committed to changing your lifestyle into a more healthy one and subconsciously will avoid shit foods. We all know what shit foods are, but sometimes the dopamine high we get from sugar is addicting to definitely an unbalanced individual. Cheat meals are okay, but understand your body type first will be crucial in how you see results listed below:

**Ectomorph:** Naturally Skinny, Younger

**Mesomorph:** A natural physique asshole and naturally Jacked all day, minimal effort

**Endomorph:** Naturally Slow metabolism or when getting older...

# FITNESS

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If you don't know me already, I am a fitness knowledge consumer and executer 3-5 days a week. This sounds like something I would put on my resume, but simply means I "lift things up and set them down" sometimes and don't eat shit throughout my day. I learn trends and new workouts to perform to keep and stay consistently healthy and fit without getting bored, injured, or plateaued.

FITNESS is science based and extremely important with strengthening your Rose's stem out of your foundation. Knowledge should come first before executing fitness to ensure you are feeding your rose properly and not blindly. You will need to already have a strong foundation with LOVE so there is something to even feed. This will motivate you and inspire you to *consistently* focus on FITNESS. When I am not motivated to going to the gym or eating crap, I tend to understand that I am not loving as strongly as I should and fix that first before forcing myself back in the gym. From this statement you can truly see who actually love's themselves by their body's being their resume or if they even care. Everyone can avoid crap food so don't challenge me with excuses on diet.



Growing up I was always the smallest, but always the most active. I could run the fastest and was always chosen first in team events because of my competitiveness and talent. When reaching high school however, I was humbled for the first time in the world of sports. I wasn't chosen first mainly because I wasn't tall freshmen year. I would still make the Varsity team in Golf, Baseball, and Hockey, but it was such a hard struggle to get past the politics of not being big enough. Regardless, I knew I couldn't control growing taller so I started controlling the things I could. I started working out religiously with more knowledge and practiced as much as I could.

I started lifting heavier weights after graduating high school and dieted a lot better in college. This was the first time one of my best friend's inspired me to better myself in fitness (Shoutout to Steve). He mentored me and everyone he surrounded himself to see results by pushing us to go to the gym, educated us on the what and how, and how to eat. The why we worked out was created by ourselves. Through his knowledge and pushing us to execute. He was always there for any questions we had when working out or dieting. His resume was his body, and lets just say he won 1st place in physique two times in a row when he only competed two times. Ya, I'm fan girling or bromancing, whatever.

Feeding your rose is important to perform daily. That brings me to the **BALANCED LIFE OF FITNESS** and why you should follow to become a beautiful "Nourished and fed" rose:

I chose power lifting and active cardio. Hiking, hockey, and climbing were and still are my main sources of cardio as running and stationary biking is super boring to me. I start my workouts with active stretches (Dynamic), maybe some yoga, and compound workouts. Then, towards the end of my workouts I focus on isolated workouts specific to each muscle I'm focusing on for that day and end with holding stretches (Static) to prevent injury.

Dieting is simple to me, don't eat shit. Knowledge of what to avoid is important and avoid those things on a regular basis. Honestly, I don't do well with diets working in the hospitality industry, but I know what not to eat everyday. Don't eat processed shit as much as possible, don't eat sugar, watch your portions, and do things in moderation (caffeine, drinking, carbs, etc.). If you want to lose access fat, try keto, vegan, elimination, or intermittent fasting plus cardio. The mindset alone of being on a diet will help you achieve results. Being knowledgeable and interested in diet trends will make fitness more fun for you and the people around you. Be open to listening people out.

In the fitness world things change often and fast. Always be learning, listen to others, and perform it weekly. This can keep a spark going for you and help create an amazing habit that is a fitness mindset.

Over time, working out and dieting, however you please while LOVING, will create:

STRENGTH, POWER, and PERSISTENCE

This will help you recover faster, build strength physically, help with stress, anxiety, strengthen mental health, and set a much stronger foundation to your rose. Once you feel balanced with fitness and consistently keep performing and achieving for months and years, you have become a MASTER of FITNESS. This will help you build and surround yourself with a FIT army of people thus, stay motivated. By being an example of a beautiful “nourished and fed” rose you can create a more powerful bouquet.

**FITNESS: The order of Fitness and Success to reach master BALANCE is:**

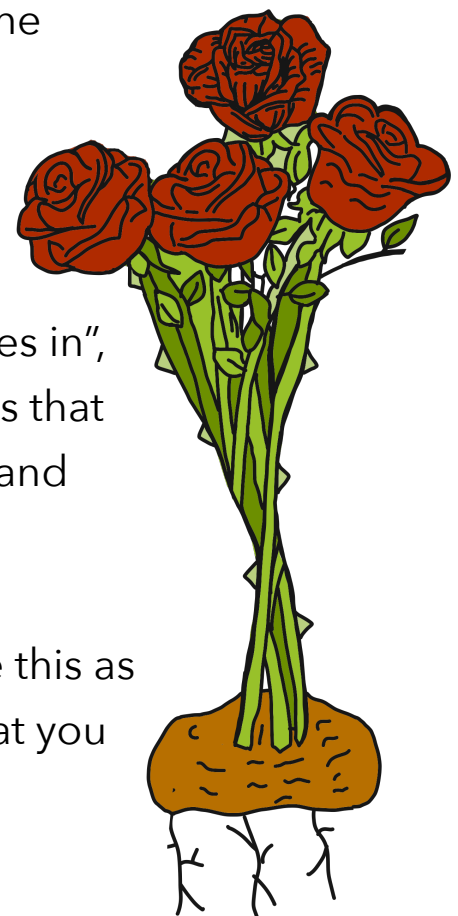


1. "Feeding" Your Foundation: The Dirt , will always be supporting you so make it Stronger... WORKOUT and DIET. That is why loving yourself first and creating a strong foundation with LOVE is an important first step before working on your Fitness. If you don't love yourself why would you even start caring about your health? Regardless of how many times you have hit your Restart Button and "Planted yourself again" remember it doesn't matter as long as you care to live stronger and live a longer more impactful life to yourself. This could prevent illness so you don't need hospitals to coat or fix problems. For me, fitness is a lifestyle and a necessity to my life. What is holding you back from your fitness goals and how can you overcome them?

2. "Feeding" The Thorny Stem: Fitness will help you grow in between the thorns with confidence and strength so keep it interesting... STAY ACTIVE always. Obstacles will come up and try to hurt your motivation to stay fit. You can even have thorns in Fitness such as gym membership costs, injury, sickness to name a few. Remember to push through and move on stronger with more nourishment from the sun, excuse free. The best way for me to stay consistent and not bored is to change my workout or active hobbies. Accept other people's thorns when trying to motivate fitness on them and know the whole truth of the people you inspire to be. "Not having enough time" however is not a thorn to why you can't workout or diet and is just laziness, an excuse, and a side effect of not having a strong foundation.

3. The Blossoming "Fed" Beautiful Rose: SUCCESS in FITNESS. This is the point of your life you can celebrate because you are strong physically, internally, and mentally. Help share the word of your natural success to others and build a bouquet of other grounded strong individuals along side you. The truth to this is to always remember though that you need to keep being strong, water your rose, and Love. Accept if "Weather comes in", your peddles fall off and you grow another thorn out of nowhere in fitness that sets you back, push forward and decide whether you want to grow taller and stronger or wilt and start over.

Fitness and Feeding your rose will make you strong and confident. Use this as a resume for yourself because it typically means you love yourself and that you are committed to strong growth in your life. Unless of course you take steroids... then your just insecure & a cheater cheater punkin eater.



*#Balance class in Session*

# GYM CLASS

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BY: AUSTIN PRAY



**(BEFORE CLASS) & AFTER CLASS**

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# EUGEN SANDOW

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If you don't, he was the beginning of the fitness industry...

Strength training was an act in the circus and for performing, not like today where it is a lifestyle and a dedication to our lives. I believe this is important to understand because it is still a performance, but in micro levels in the gym and to our day to day lives. It is exciting to know that you can lift more than most, hints peoples confidence when becoming jacked. I believe everyone knows how to workout and what to avoid, but understanding the originating and the story of Eugene is extremely important to understand the health industry while performing the basics as a whole and the importance of balance in our own lives. The story of Sandow was to be the first to entrepreneurialize the industry of fitness. He had substance and was the first to influence people like you and I to better ourselves to be healthier and stronger. He demonstrated strength in a very modern and unique way that was rare and exciting. He knew how to use light to pop his muscles and knew how to put a show together to be very entertaining.

The Pros of Sandow's story:

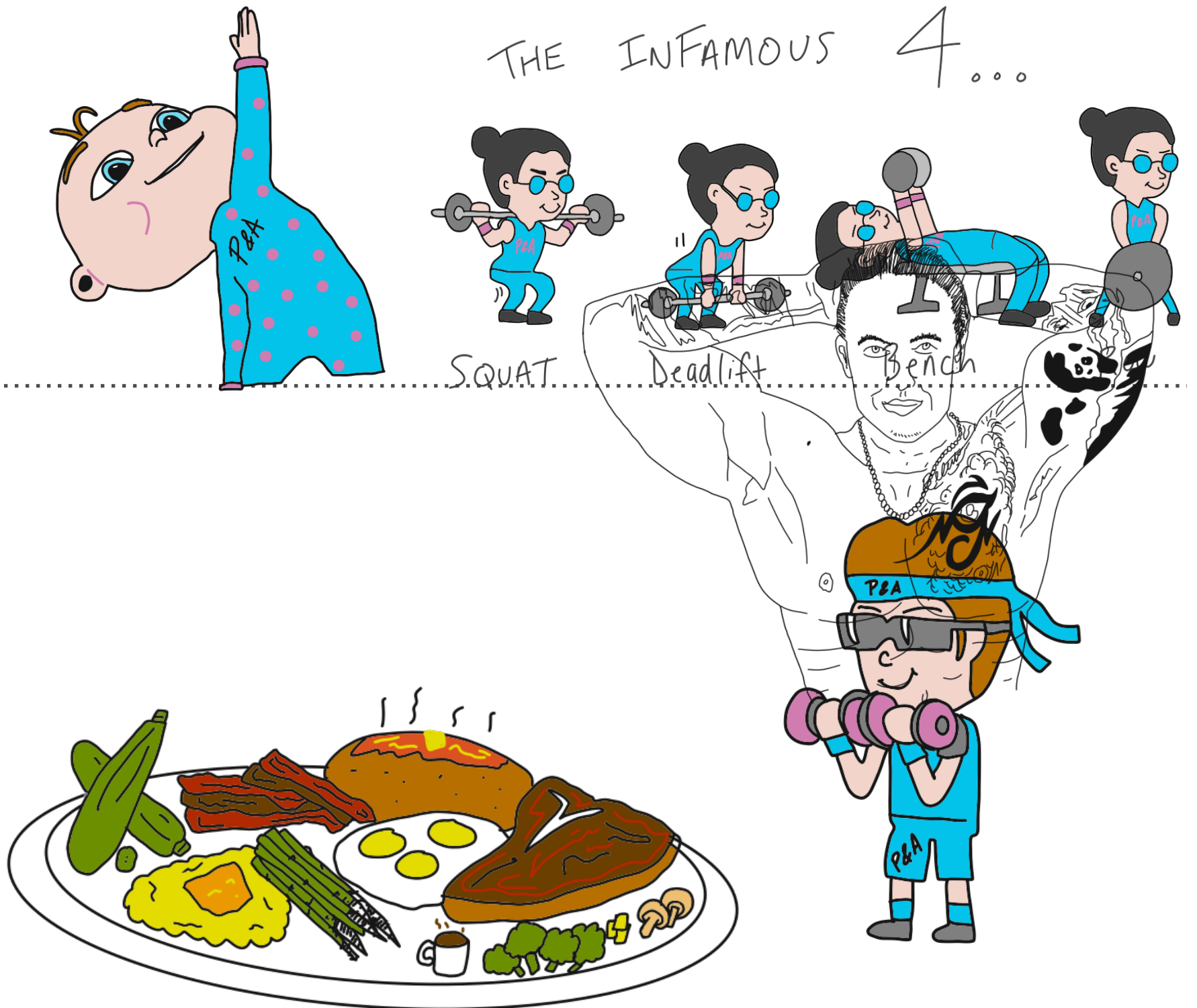
1. Identified you can workout even when sitting down.
  2. Made it known that even women can lift weights, too.
  3. Notably for mentioning fitness makes for better poops and digestion.
  4. Understood drying yourself after baths made you colder
  5. Youth fitness routines.
  6. Gym Machines are overrated... Real life fitness is important.
  7. My favorite, he was known to say it's okay to check yourself out in the mirror.
  8. Mix up the weight levels you perform with to trick your muscles.
  9. Water over Caffeine. (Boo)
  10. Moderation is the key to success. Good living with moderation. Diet in moderation.
- & If you can't afford a horse buy a bicycle, Workout outside, keep bedroom warm, Persevere, and Women... don't wear heals he all mentioned.

The negatives and makes sense to today's industry was he hit rock bottom when fame getting to his head trying to make Cocoa ( Supplements) and becoming a huge dickhead.



# FITNESS CLASS

THE CLASS OF LEARNING THE FOUNDATION





# MOBILITY WORKOUTS

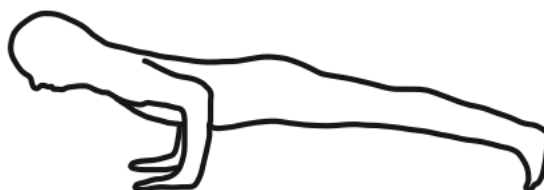
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Freshman year always starts off with the nervousness and insecurities to the unknown of what the next year will bring. Change definitely into something new and different is always a little scary. Risk is also always scary, but the ones that succeed are the ones that understand and push forward.

Mobility and fast twitch muscles are some of the most important muscles to begin strengthening your foundation before building any other muscle. These muscles help out flexibility and can help prevent future injuries. Just like when loving and making money, build that foundation first! You will find in life creating a strong foundation in everything is always a good beginning point. If it is a sport you want to practice the foundations of being quick and smart. Understanding the game first is important to your future. It's just like at the gym where you need to work on a strong foundation for your future of weird injuries and stamina. Being flexible and consistent will help prevent most injuries and your future self will thank you. If you have neglected this, it's okay to start now.

Body weight exercises, yoga, stretching, core focus, and light cardio are all great examples of what to do while working on your mobility.

YOGA:



DYNAMIC STRETCH: Active Warm Up, Pre.  
STATIC STRETCH: Long Deep Stretch, Post.

CORE STRETCH: Important to stretch your abs and remember they are a muscle, but always a good reminder that your "6-pack" is always under your fat...

# ISOLATED WORKOUTS

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Form is one of the most important things to practice when working out and can never be perfect, but can be recognized when terrible. Isolated workouts are good to perform before going straight into compound workouts because you will form your muscles to hold enough weight and get stronger. Remember that it is all about form and control.

These are specific workouts for specific muscles. When you want to workout just your biceps in one exercise, that is an isolated workout. Isolation Workouts are good for learning the basic knowledge in form. Performing things with the correct form after you have built the basics of your foundation is key to when you want to start lifting heavy. Form and light weight crucially important when performing isolated workouts.

- **Curls (Biceps):** Concentrated curls, keeping your elbow slightly off your knee sitting on a bench and controlling the dumbbell up and down. Hammer curls, dumbbell held vertical and curled working the bottom bicep. Arnold curls, dumbbell held vertical at beginning and while curling up turning the dumbbell horizontal.
- **Raises (Shoulders):** Front lateral raise, raise a dumbbell in-front of you. Side lateral raise, raise a dumbbell to the side of you.
- **Arm Extensions (Triceps):** One arm dumbbell extensions, bending elbow and extending up and down. Ez-bar extensions, the "not straight" bar that is easier on the wrists.
- **Leg Extensions (Quadriceps):** Machine that could be done with one leg or two.
- **Leg Curls (Hamstrings):** Machine that you lay down in and curl with your legs.
- **Straight Arm Pull Downs (Back):** With the lat pull down machine, don't bend the elbows and pull the weight down.
- **Reverse Barbell Curls (Forearms):** Grab the barbell with your hands facing downward and curl the bar up and down.
- **Cable Crunches (Abs):** I like using the rope adapter and get on my knees. Grab the rope and "bow" down with the weight.
- **Chest Flys (Chest):** Best stretch is with the machine and weight, but can be done with dumbbells.

# COMPOUND WORKOUTS

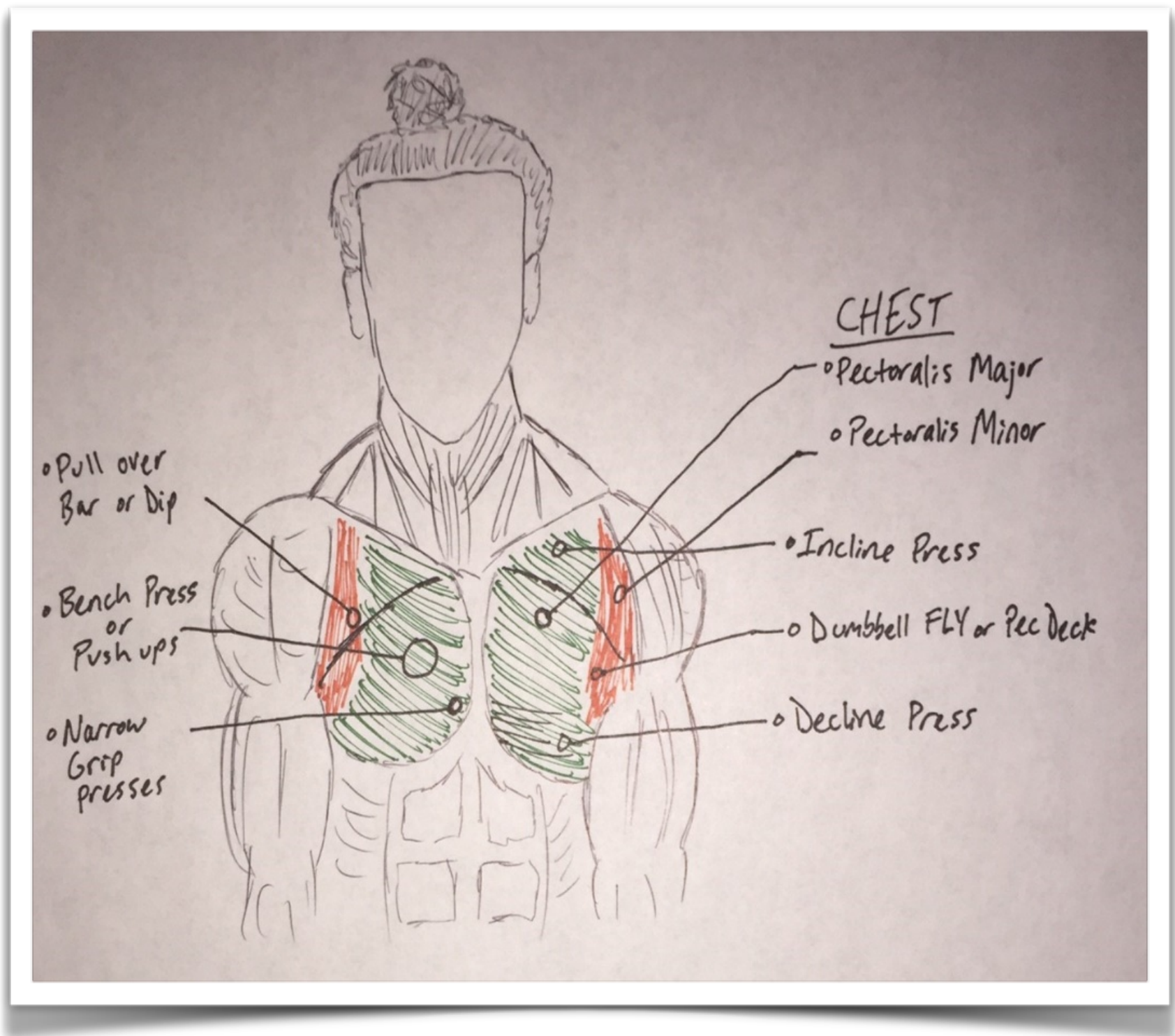
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Now that you know and hopefully have built your core and stability muscles and exercise with correct form you will be ready for heavy lifting. This is when you start to gain mass and stand out from the crowd. At the end of talking about what compound workouts are you will go straight into the senior class where you learn specific routines you can do combining all mobility, isolated, and compound workouts to get the benefit of all three and always working on your foundation. Very important for your future to be patient when working out. You see people that take steroids becoming injured all the time because they grow way to fast before they build a strong foundation to support all the new muscle mass. Not saying that people don't just jump into the senior class and get big, but they jump into the senior class and neglect the first three classes of importance for preventing injury.

Ready to get real muscles the natural way? Work out more than just one muscle while performing these workouts.

- **Barbell Bench Press (Chest, Anterior Delts, Triceps)**: When performing a good bench press you want to keep the rib cage high, the lower back arched, and the shoulders down and back.
- **Squat (Quadriceps, Hamstrings, Glutes)**: When performing a good squat you want to keep your head up, lower back slightly arched, and the bar set on the upper traps as you squat slowly to a position where the thighs drop just below parallel to the ground.
- **Barbell Deadlift (Quadriceps, Hamstrings, Lower Back, Traps, Forearms)**: When performing a good deadlift you want to control the weight while stopping the weight on the floor in between reps.
- **Bent over Row (Lats, Traps, Rhomboids, Lower Back)**: When performing a good bent over row you want to keep your knees slightly bent to help support the lower back. Make sure to bend the torso at about 80 degrees and pull the bar to your belly button to activate the lats to greater degree closer to the chest will work out upper back.
- **Military Press (Anterior Delts, Upper Pec, Triceps)**: Standing up if you can.
- **Pull Up (Lats, Traps, Rhomboids)**: Can change the width of your grip.
- **Shrugs (Traps, Forearms)**: Holding strength

# ROUTINES, CHEST



Chest workouts are my favorite to grow and also perform because you can feel and see it the most when you have an amazing workout. Almost validates your workout instantly when you are done. My go to sign to know if I had a good workout is if it is the first thing I think of when I wake up (the soreness) then it was an amazing workout. Of course there is many variables to why someone is sore, but for me it just means growth.

## **FRESHMEN CHEST WORKOUT**

- Get in the Gym and do some push-ups and active stretches like swinging your arms in circles and loosen up your shoulders. I like to warm up the fragile joints so I don't hurt myself. Chest workouts are all Push: Dips, Bench, Presses.
- Remember that the FRESHMEN workout is to learn form and the basics first.
- Form and building your "Fast Twitch" muscles or stabilizer muscles are key to your success and future success.

**1st:** Flat Bench: High Reps, low weight. It is all about CONTROLLING the weight.

- Flat bench Dumbbell. Dumbbells are a good idea to start with because it forms better symmetry in your pectoral muscles. Also, works better on stabilizing your muscles and fast twitch muscles around your main muscles.

- 15 Reps for Set #1
- 12 Reps for Set #2
- 10 Reps for Set #3
- 8 Reps for Set #4 + Super set 15 Push ups right after

**2nd:** Incline Bench: High Reps, low weight. Upper Chest Workout.

- Incline Bench Dumbbell.
- 15 Reps for Set #1
- 12 Reps for Set #2
- 10 Reps for Set #3

**3rd:** Decline Bench: High Reps, low weight. Lower Chest Workout.

- Decline Bench Barbell or Dumbbell.
- 15 Reps for Set #1
- 12 Reps for Set #2
- 10 Reps for Set #3

**4th:** Flye: High Reps, low weight. Outer Chest Workout.

- Pec Deck (Chest Flye Machine) or Dumbbell Flye on Bench
- 10 Reps for Set #1
- 10 Reps for Set #2

**5th:** Push ups for 3 sets till failure each set. 10-60 push ups depending on how sore.



## **SOPHOMORE / JUNIOR CHEST WORKOUTS (Light Weight Vs Heavy Weight)**

**1st:** Incline Barbell Press: Heavier weight stacking on to gain more muscle

- 10 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3
- 4 Reps for Set #4                      or                      2 Rep MAX for Set #4 as Junior

- Do not exceed 90 degree, tuck your chin, suck stomach, push feet, hips, upper back.

**2nd:** Incline Dumbbell Press: Controlled but heavy weight. Working on form.

- 8 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3

- Do not exceed 90 degree, keep eyes up, grab inside portion of dumbbell handle.

**3rd:** Machine Press: Heavy and can do one arm focused presses

- 10 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3
- 6 Reps for Set #4                      or                      6 Reps each arm for Set #4 as Junior

- When driving your shoulders back into the bench can help avoid shoulder pressure in the shoulder joints.

**4th:** Dumbbell Flye: Controlled Weight and good form

- 8 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3

- Hugging motion on the way up very controlled with "soft elbows"



## **SENIOR CHEST WORKOUT**

### **1st:** Flat Bench Max

- 5 Reps for Set #1
- 3 Reps for Set #2
- 2 Reps for Set #3
- 1 Rep for Set #4 with a spotter until you can't do the weight. Be fully stretched.

### **2nd:** Clavicle Curls: Heavy Dumbbells

- 5 Reps for Set #1 (Heavy)
  - 7 Reps for Set #2 (Minus some weight)
  - 7 Reps for Set #3 (Minus more weight focus on form)
  - 10 Reps for Set #4 (Low weight more stretch)
- Pull Arm inward while protracting shoulder forward. Limited range of motion.
  - Almost like a shrug, but focusing on upper chest.

### **3rd:** Incline Bench Max

- 5 Reps for Set #1
- 3 Reps for Set #2
- 2 Reps for Set #3
- 1 Rep for Set #4 with a spotter until you can't do the weight. Be fully stretched.

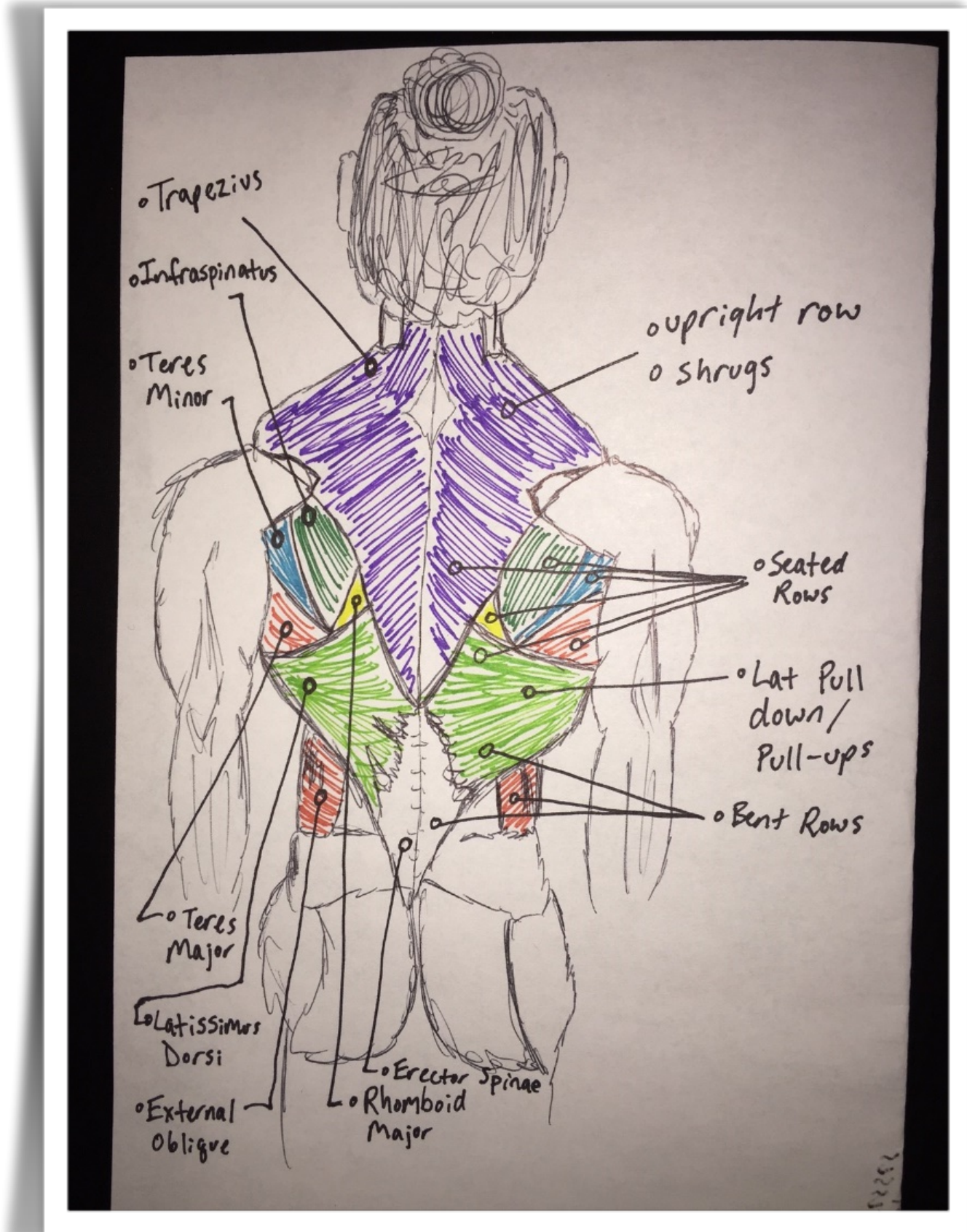
### **4th:** Superset Pinch Press with Pullover Dumbbell

- 7 Reps with 30 seconds rest straight to pullover dumbbell 7 Reps for Set #1
  - 5 Reps with 30 seconds rest straight to pullover dumbbell 5 Reps for Set #2
  - 5 Reps with 30 seconds rest straight to pullover dumbbell 5 Reps for Set #3
- Superset is meant for the most pump and end of workout. Remember that it is about burning out so do enough weight to barely get the last rep in. Feel a good stretch.
  - However sore you want to be the next day is due to however much weight you want to perform in each workout.

### **5th:** Cable Crossover: All Variations and whatever you want to focus on

- 5 Reps for each leg switch x 3 Sets
- Low to High, Pulses, High to Low, Flat Level, Circles (Careful), ISO-walks, Flyes.

# ROUTINES, BACK



Back workouts can be very simple and can be the quickest to perform while getting the best workouts in. The best workouts can be the holds and stretches while working out. You can typically load the most weight working out back, looking at how big and how many muscles you have it seems fairly simple. Be weary of your lower back and be safe.

## **FRESHMEN BACK WORKOUT**

- Get in the Gym and do some pull-ups and active stretches like swinging your arms in circles and loosen up your shoulders. I like to warm up the fragile joints so I don't hurt myself. Working out back there are: Pull Downs and Rows.
- Remember that the FRESHMEN workout is to learn form and the basics first.
- Form and building your "Fast Twitch" muscles or stabilizer muscles are key to your success and future success.

**1st:** Lat pull down: Close Grip, Kneeling, Straight Arm, Wide Grip, & Dual Cable.

- 15 reps for Set #1
- 10 reps for Set #2
- 8 reps for Set #3
- 6 reps for Set #4

**2nd:** Rows: Sitting down or bent over. Cable, Barbell, Inverted or Dumbbell.

- 10 reps for Set #1
- 8 reps for Set #2
- 6 reps for Set #3
- 4 reps for Set #4

**3rd:** Straight arm Cable Pulldowns: For less stress on your lower back.

- 10 reps for Set #1
- 8 reps for Set #2
- 6 reps for Set #3

**4th:** Pull Ups: A good body workout to stretch all your muscles

- Max Pull ups till failure for x3 Sets
- Being that back is very simple and there isn't much variation you can do, it is important to push yourself to put more weight and stretch your back more with the weight to see benefits from working it out.
- Squeezing at the end of each rep is a good way of controlling your muscles and important to growing.



## **SENIOR BACK WORKOUT**

### **1st:** Barbell Row Max

- 5 Reps for Set #1
- 4 Reps for Set #2
- 2 Reps for Set #3
- 1 Rep for Set #4 with Max weight you can do without hurting yourself

- Remember to pull the weight into your hips and not your chest, chin tucked into chest, have soft knees that aren't flexed, and drive your hips back.

### **2nd:** Cable Row Wide Grip Max

- 5 Reps for Set #1
- 4 Reps for Set #2
- 2 Reps for Set #3
- 1-2 Reps for Set #4 with the most weight you can do without hurting yourself

- Remember to always control the weight, pull shoulders back and down.

### **3rd:** Close-Grip Heavy Pull Downs

- 5 Reps for Set #1
- 5 Reps for Set #2
- 5 Reps for Set #3

- Remember to pull shoulders back and down while keeping pressure on pinky and ring fingers when performing exercise, suck stomach in and control the weight.

### **4th:** Kneeling Pulldown, Straight arm rope pulldown, & Inverted Row Superset

- 5 Reps each for Set #1 with no break
- 5 Reps each for Set #2 with no break
- 5 Reps each for Set #3 with no break

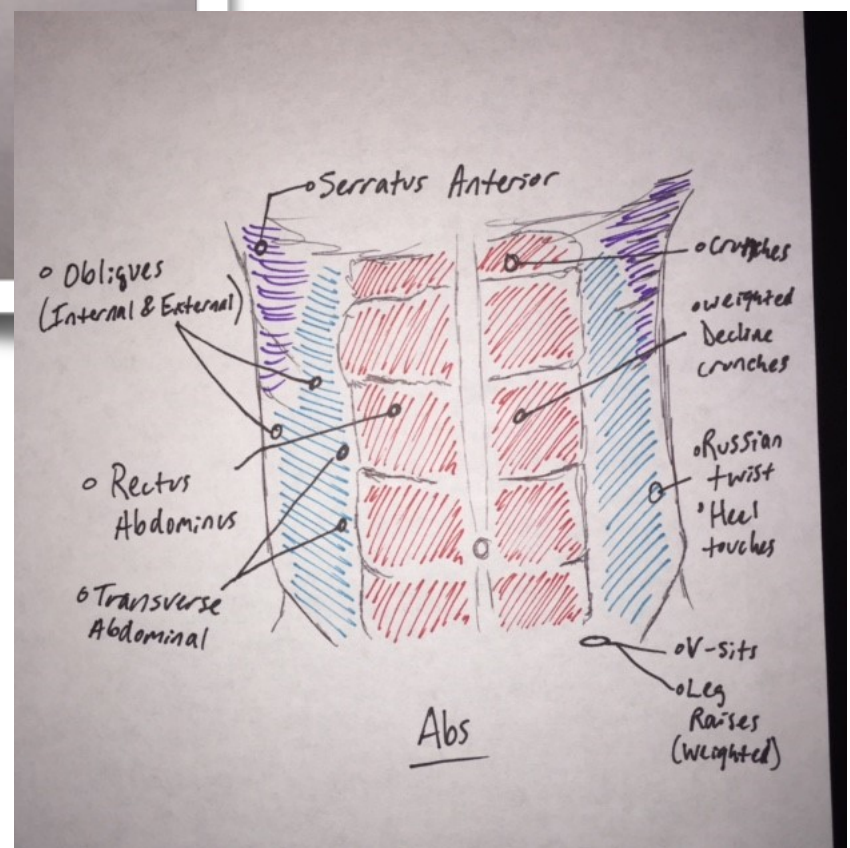
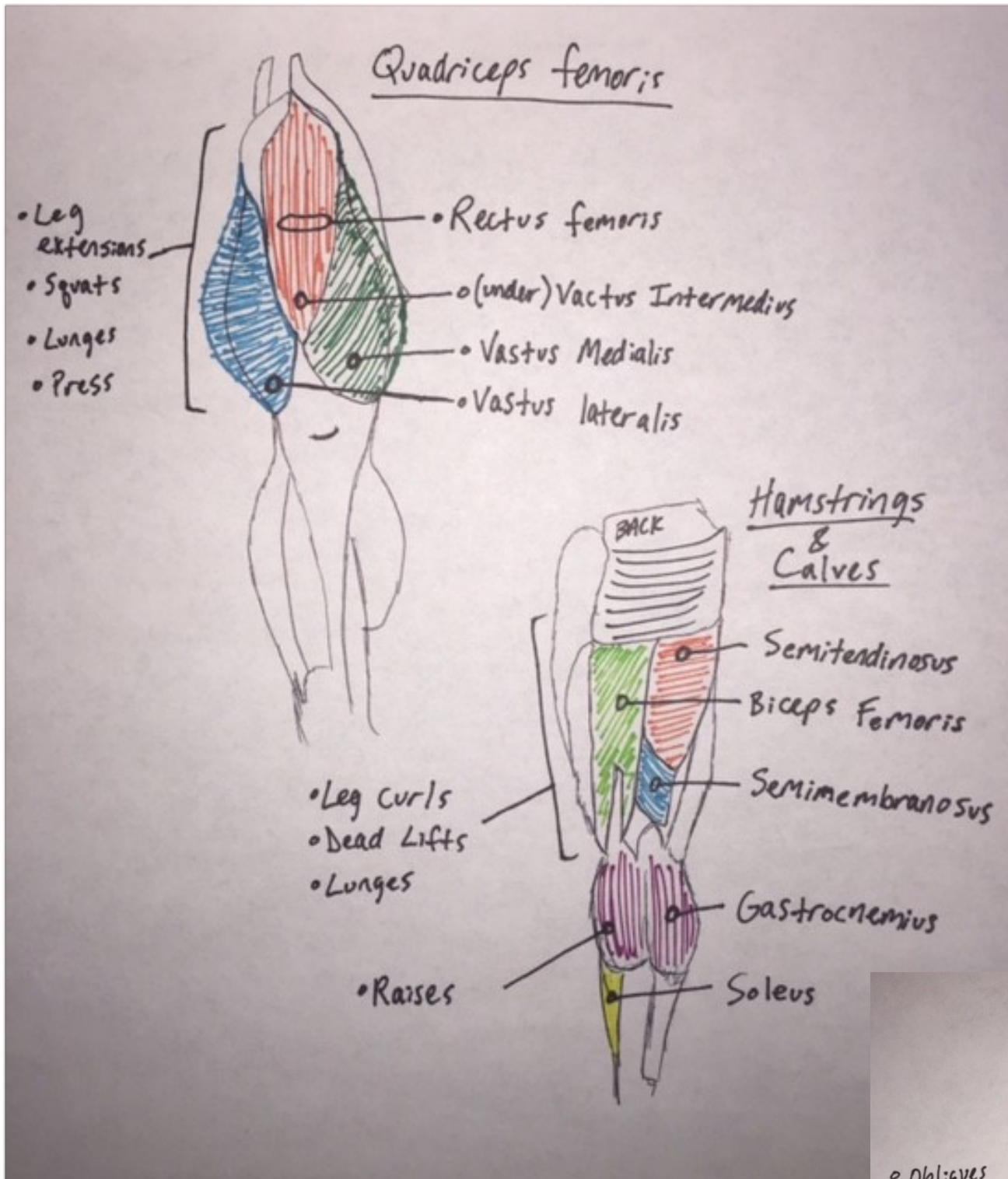
- Kneeling pulldowns are meant to do with one hand while switching your legs that you are kneeling on next to the seat.

- Straight arm rope pulldowns are meant to start high and finish to your hips while driving your hips back, rounding your spine, and arch your back as much as possible.

- Inverted Row is almost like a standing pull up. Put legs in front of bar and lean back.



# ROUTINE, LEGS



Legs are very important for overall aesthetics of your build. It is important because it supports your core and also you use them everyday. To have a strong core you have to have a strong base. Buttocks, Hamstrings, Quadriceps, Calves, Abs



## **FRESHMEN LEG WORKOUT**

- Knowing the importance of a strong base is important. Buttocks muscles are important to show off and for ultimate strength.
- Get in the Gym and do some sprints and active stretches like jogging, body weight lunges, jumping jacks. I like to warm up the fragile joints so I don't hurt myself. Working out legs there are: Squats, Lunges, Extensions, and Curls.
- Remember that the FRESHMEN workout is to learn form and the basics first.
- Form and building your "Fast Twitch" muscles or stabilizer muscles are key to your success and future success.

### **BOOTY WORKOUTS:** (Ya that important)

**1st:** Barbell Thrusts or Bridges. Pro Status Frog Bridge with weight on your crotch area.

- 10 Reps for Set #1
- 8 Reps for Set #2
- 8 Reps for Set #3

**2nd:** Prone Spreaders and Lifts. Pro Status with Prone Iso-Extensions with Smith Machine

- 10 Reps for x 3 Sets
- Prone just means laying on your stomach and how you work your booty is what your doing with your legs. Either spreading them to the sides or just lifting them up. Iso-Extensions with Smith Machine just means to hold the weight up with your feet, laying your hips on a flat bench, and while looking towards the floor and crossing your arms, do reverse sit ups.

**3rd:** Supine hip bridges & Single leg

- 10 Reps for x 3 Sets
- Supine is when your looking towards the ceiling while holding your feet flat on the ground bending your knees and lifting your booty cheeks with pausing at full extension.

**4th:** Lateral Tube Walk with Bands

- 10 Reps for x 3 Sets
- Walking side to side like a crab with hands on your hips. Walk in with resistant bands.

## **SOPHOMORE ABS WORKOUT (Your Core is engaged the most working out legs)**

### **1st:** Cable Single Leg, High-Low Chop

- 15 Reps for Set #1 both sides
- 12 Reps for Set #2 both sides
- 10 Reps for Set #3 both sides
- 8 Reps for Set #4 both sides

### **2nd:** Reverse Crunch

- 10 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3

- Brings knees up to your chest bent at a 90 degree. Best to perform on a decline.

### **3rd:** Hanging Leg Raise

- 10 Reps for Set #1 hold for 1-2 seconds
- 8 Reps for Set #2 hold for 1-2 seconds
- 6 Reps for Set #3 hold for 1-2 seconds

### **4th:** Dragon Flag Negatives

- 10 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3

- Knees bent at 90 degrees, suck stomach, hold on while laying on bench and raise legs and extend legs while raising your booty at top. Lower slow. Complicated workout.

### **5th:** Dumbbell Single Leg, Low- High Chop

- 15 Reps for Set #1 each leg
- 12 Reps for Set #2 each leg
- 10 Reps for Set #3 each leg

### **6th:** Scissors, Planks, & Rocky's (Side to side while laying down feet up off the ground)

- 10 Seconds for Set #1 for Each workout (30 seconds total)
- 15 Seconds for Set #2 for Each workout (45 seconds total)
- 20 Seconds for Set #3 for Each workout (1 minute total)



## **SENIOR LEG WORKOUT**

### **1st:** Barbell Squat Max

- 5 Reps for Set #1
- 4 Reps for Set #2
- 3 Reps for Set #3
- 1-2 Reps for Set #4 doing as much weight as you can with a spot.

### **2nd:** Deadlift Max

- 5 Reps for Set #1
- 4 Reps for Set #2
- 3 Reps for Set #3
- 1-2 Reps for Set #4 doing as much weight as you can with a spot.

### **3rd:** Front Squats

- 5 Reps for x 3 Sets
- Putting the barbell in front of your face on your shoulders, drive knees outward and elevate heels on plates if you need to feel a bigger stretch. Focus on tension in the quads.

### **4th:** Goblet Squats

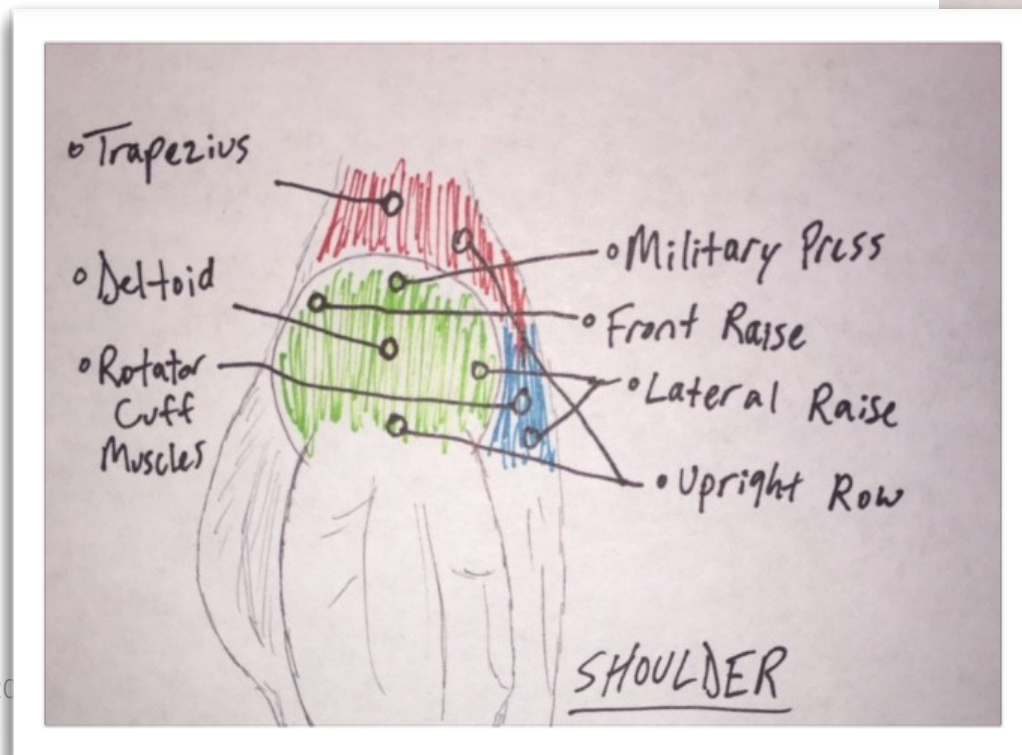
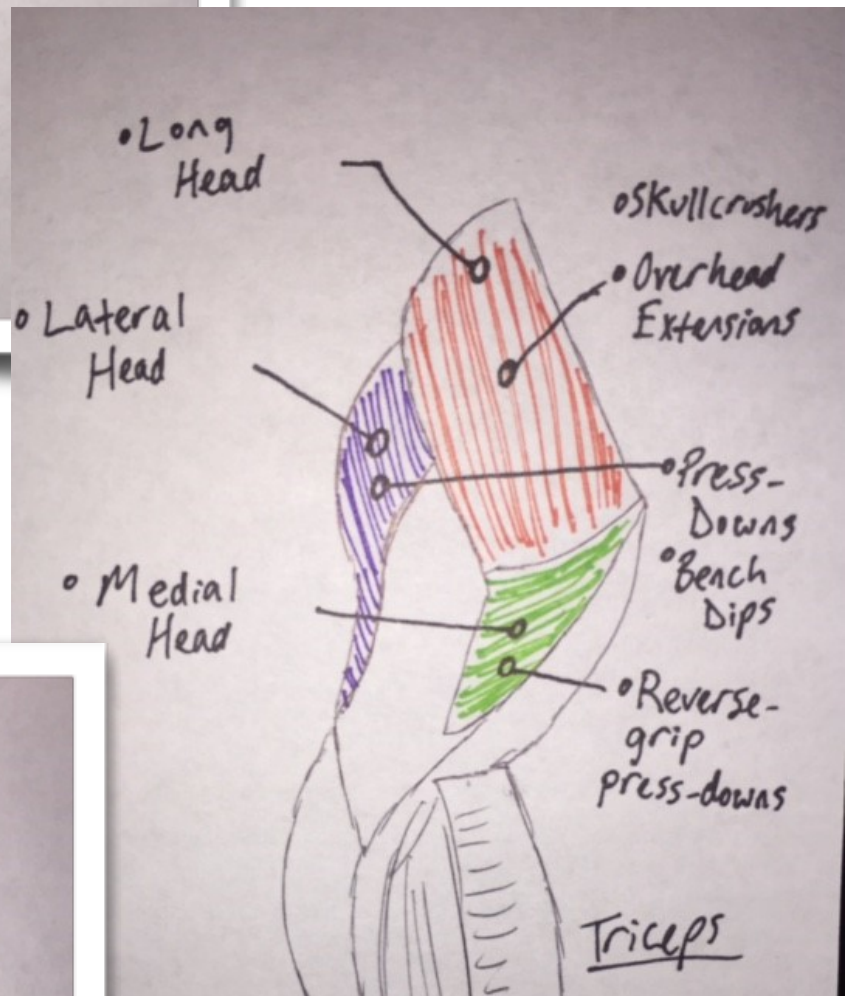
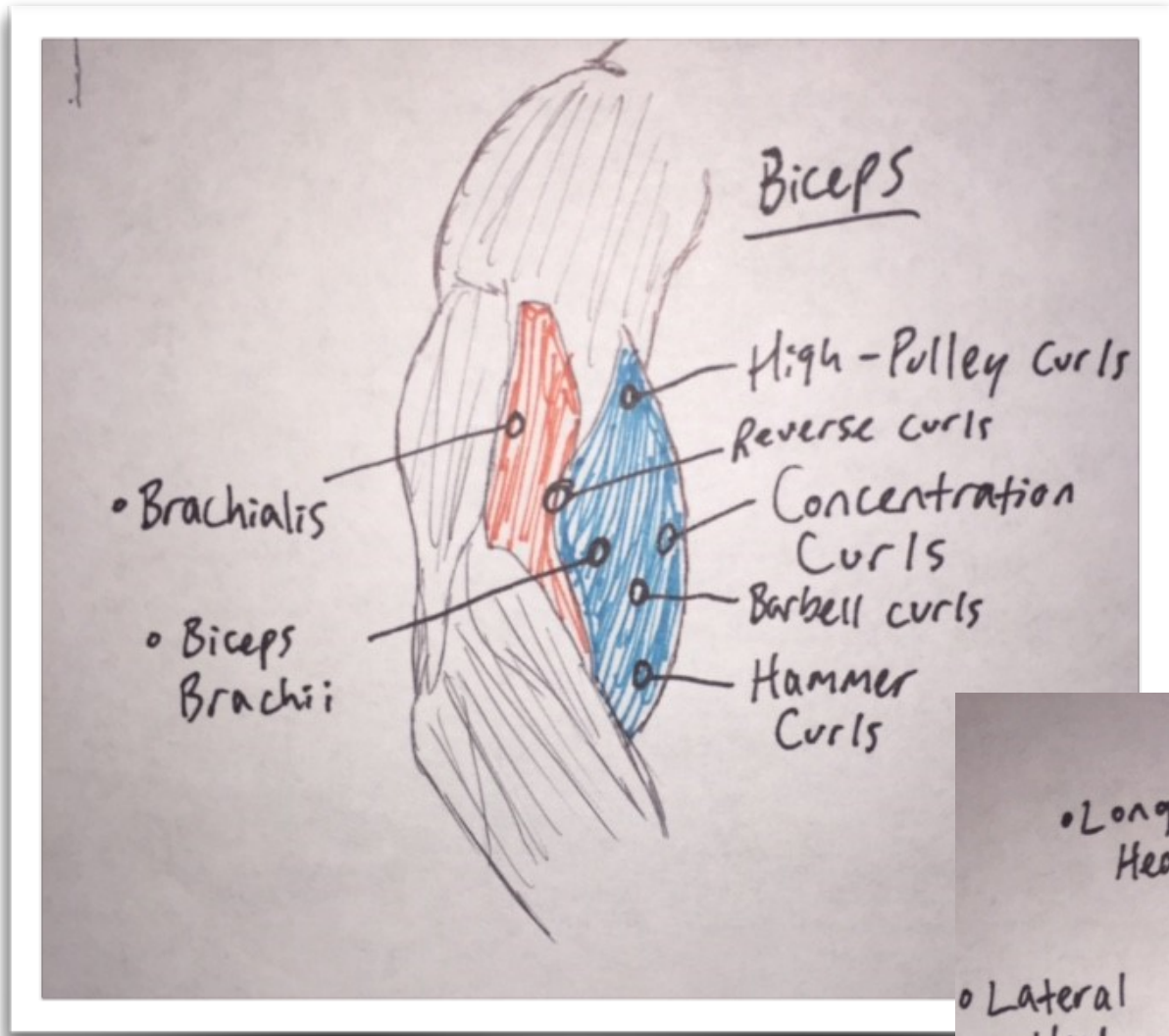
- 5 Reps for x3 Sets
- Squats with one dumbbell or kettlebell between your legs while holding the top of the weight. Squat like normal with knees out over 2nd toe, keep weight close to your body, drive elbows forward.

### **5th:** Sissy Squats

- 5 Reps for x 3 Sets
- Start on balls of your feet, lean backward and make sure knees travel forward to help you balance. Pull knees up into quads on the way up and never lock your knees.

### **6th:** Any workout from the Booty Freshmen class

# ROUTINE, ARMS





## **FRESHMEN ARMS WORKOUT**

- Arms day is to stay formed and big even though when performing compound workouts you should be working out your arms the entire time.
- Get in the Gym, jog and perform active stretches like swinging your arms. I like to warm up the fragile joints so I don't hurt myself. Working out arms there are: Shoulders, Biceps, and Triceps.
- Remember that the FRESHMEN workout is to learn form and the basics first.
- Form and building your "Fast Twitch" muscles or stabilizer muscles are key to your success and future success

### **1st:** Shoulders: Prone Rear Deltoid dumbbells

- 10 Reps for Set #1
- 10 Reps for Set #2
- 8 Reps for Set #3
- 8 Reps for Set #4

### **2nd:** Shoulders: Front and Side Dumbbell Raises

- 7 Reps Each way (Front and Side) for Set #1
- 5 Reps Each way (Front and Side) for Set #2

### **3rd:** Shoulders: Seated Dumbbell Press

- 10 Reps for Set #1
- 8 Reps for Set #2
- 7 Reps for Set #3

### **4th:** Triceps: 90/90 Tricep Extensions (DB), Superset with Close Grip Tricep Press

- 8 Reps for Set #1 for both exercises.
- 6 Reps for Set #2 for both exercises.
- 6 Reps for Set #3 for both exercises.

### **5th:** Rope Tricep Extensions

- 10 Reps for Set #1
- 8 Reps for Set #2
- 8 Reps for Set #3



## **SOPHOMORE / JUNIOR ARM WORKOUT (Light Weight Vs Heavy Weight)**

### **1st:** Bent-Over Rear Deltoid Cables

- 10 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3

- Grab two cables without handles or anything and cross your arms (Right arm grab left cable, Left arm grab right cable) and pull back till straightening your arm, not locking.

### **2nd:** Prone Press lying stomach down on incline bench

- 10 Reps for Set #1
- 8 Reps for Set #2
- 8 Reps for Set #3

- When pulling up the dumbbells, control all the way squeezing shoulders together.

### **3rd:** External Rotation Cables

- 8 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3

- With a cable or band, keep your elbow in a fixed position rotating in and out. Make sure if your doing weight you do really light weight.

### **4th:** Bicep Dumbbell Curls

- 10 Reps for Set #1
- 8 Reps for Set #2
- 6 Reps for Set #3

### **5th:** Drag Curls, Keep the Barbell as close to your legs as possible.

- 8 Reps for 3 x Sets

### **6th:** Preacher Curls

### **7th:** Tricep Cable Push downs

### **8th:** Dumbbell Kickbacks

- 8 Reps for 3 x Sets on each workout.                      or                      Superset all three as Junior

## **SENIOR ARM WORKOUTS**

### **1st:** Shoulder Military Press, Standing

- 5 Reps for Set #1
- 3 Reps for Set #2
- 2 Reps for Set #3
- 2 Reps for Set #4 with as heavy weight as you can do without hurting yourself.

### **2nd:** Drag Curls

- 5 Reps for Set #1
- 5 Reps for Set #2
- 3 Reps for Set #3 with as heavy weight as you can do without hurting yourself.

### **3rd:** Close Grip barbell press

- 5 Reps for Set #1
- 3 Reps for Set #2
- 2 Reps for Set #3 with as heavy weight as you can do without hurting yourself.

### **4th:** Single Arm Dumbbell Tricep extension

- 8 Reps for Set #1
- 6 Reps for Set #2
- 4 Reps for Set #3

### **5th:** Pinch Front Raise Dumbbell with superset lateral raise

- 7 Reps for Set #1 each workout
- 5 Reps for Set #2 each workout
- 5 Reps for Set #3 each workout

### **6th:** Arnold Curls to Zottman Curls to Reverse Curls

- 8 Reps for Set #1 each workout
  - 6 Reps for Set #2 each workout
  - 5 Reps for Set #3 each workout + Burning out till you can't do anymore.
- 
- Perform the Arnold curls on an incline bench, start with a hammer curl with the dumbbell straight up and down and while curling up turn to flatten the DB horizontally.
  - Zottman Curl is a standing curl with dumbbells where you curl up normally with palm facing up and on the way down turn dumbbell so your palm is facing the floor.

# DIETING

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Dieting is the senior level class, it takes the most skill to perform daily. I always believe that working out will help you also create the mind set of health in your life, thus taking your diet more serious when you have been working out for a while. Dieting should sometimes be fun, sometimes be taken extremely serious, and most of the time just know what to avoid will do. Just being aware of what you put into your body is hard to track in our busy lives, so try to simplify it.

You will hear a new diet every day and just like bullshit we have to filter it out. We can always believe the ones that make sense and try them, but remember if you don't commit 100% to it, it won't work. Diets are funny because they all will say not to eat shit, so why don't we realistically start there. Just avoid the cookie at lunch, just avoid the fast food, just avoid the soda, avoid the obvious first. Cheat days are fine and sometimes motivate us to do better, everything to moderation. The diets that I have tried with 100% effort and can give my honest opinions on is the:

- **Keto**
- **Paleo**
- **Intermittent Fasting**
- **Elimination Diet**
- **Bulking**
- **Cutting**

My results varied slightly and truly skewed depending on how I worked out. However the reality I saw were mental focus for the first two weeks because I had focus for a specific thing to eat at every meal. Organization & the feeling of accomplishment will always give someone mental focus but persistence and the ability to adapt when something comes up is what creates results. Keto was fun because you can eat a lot and the best thing is you can test your ketones in your urine with urine strips. Paleo makes sense but also is based on a diet for someone's scarce source of food and unhealthy life. Intermittent fasting just means skip breakfast and try to catch up after starving yourself. Elimination diet was the best and literally the one I continue daily if I can. Bulking diets and cutting diets are the amounts.

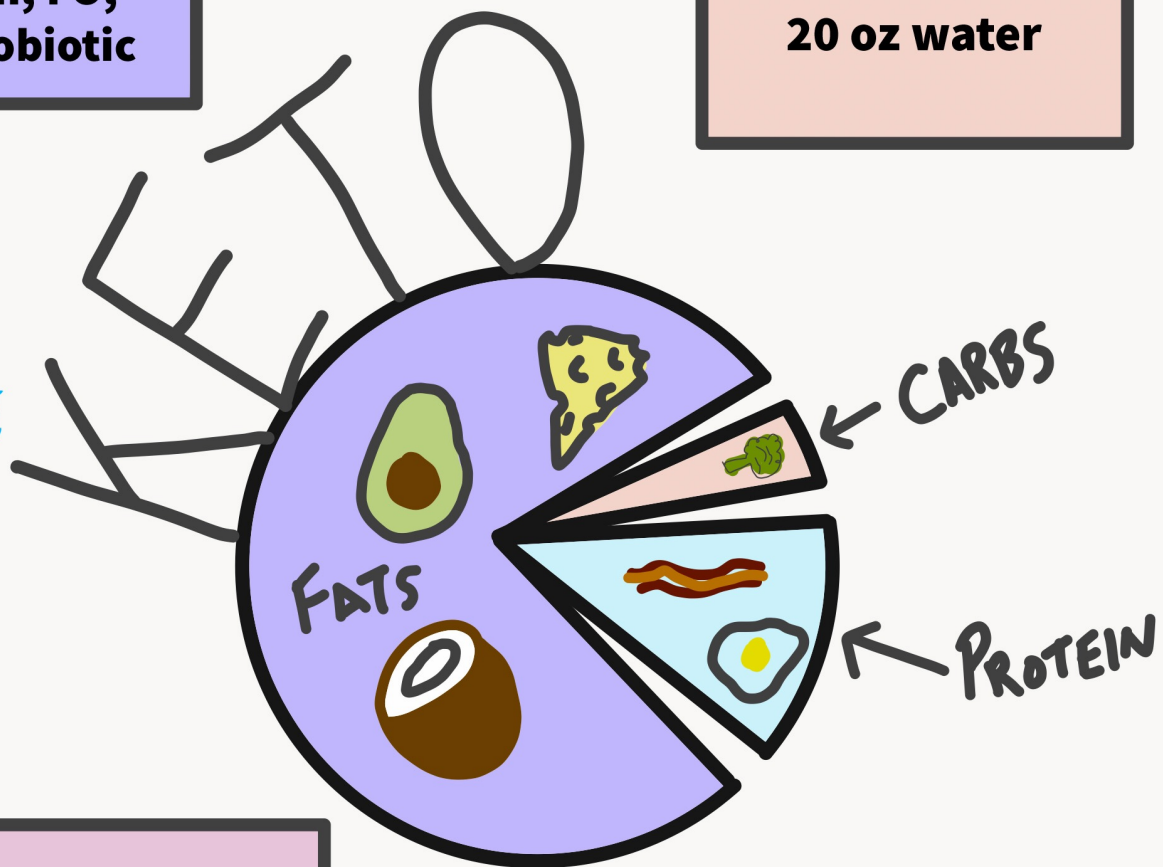
*Eat as much healthy fat & meat fat as possible, avoid carbs & sugars*

# KETO

**Meal #1**  
8 oz Eggs  
4 oz Beef  
1 Tbsp. MCT oil  
20 oz w/ lemon  
Black Coffee  
Vitamin, FO,  
CLA, Probiotic

**Meal #2**  
2 Scoops  
Whey  
3 oz  
Avocado  
20 oz water

Avoid  
Sugar &  
Carbs



**Meal #3**  
6 oz Ground  
Turkey 99%  
3 Bacon  
3 oz Avocado  
1 cup Cauliflower  
20 oz Water  
FO, CLA

**Meal #4**  
6 oz  
Chicken  
3 oz Cheese  
6 Asparagus  
20 oz Water

*Giving your digestion a rest and fasting*

# INTERMITTENT

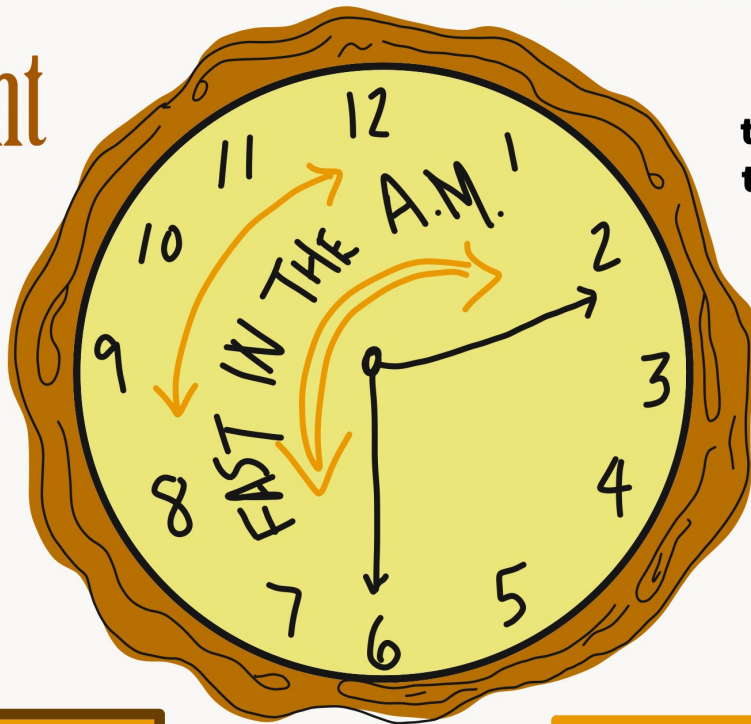
## Meal #1

No Food  
20 oz Water  
Black Coffee or Tea

## Meal #2

8 oz Eggs  
4 oz Beef  
3 oz Avocado  
20 oz Water  
Black coffee or Tea

## Intermittent Fasting



**Don't believe the "Hollywood this, Hollywood that" it just means "Skip Breakfast"**

## Meal #3

6 oz Ground Turkey 99%  
3 Bacon  
.5 oz Oats  
3 oz Avocado  
1 cup Cauliflower  
20 oz Water

## Meal #4

6 oz Chicken  
.5 cup Oats  
3 oz Cheese  
6 Asparagus  
20 oz Water



*Eliminating processed foods, preservatives & eating organic*

# ELIMINATION

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## Meal #1

**8 oz Cage Free Eggs**  
**.5 cups Organic Oats**  
**3 oz Organic Avocados**  
**1 cup Organic Broccoli**  
**20 oz Bottle Water**  
**Limit Caffeine if its a problem**

## Meal #2

**10 oz Organic Chicken Broth**  
**4 oz 100 % grass fed beef**  
**1 Tbsp MCT oil**  
**20 oz Bottle Water**

Elimination  
Preservatives  
and things you  
know that are  
bad for you.



**Elimination  
Diet**

## Meal #3

**3 oz Organic Avocado**  
**1 cup Organic Cauliflower**  
**2 cup Organic Romaine**  
**40 oz Bottle Water**

## Meal #4

**6 oz Hormone Free Chicken**  
**3 oz Hormone Free Cheese**  
**6 oz Organic Asparagus**  
**20 oz Bottle Water**



*When your seeing results and want to keep getting gains*

# BULKING

**MEAL #1**

**8 OZ EGG WHITES**  
**.5 CUP OATS**  
**2 TBL. NATURAL PEANUT BUTTER**  
**1 BANANA**

**20 OZ WATER**

**VITAMIN, FO, CLA, PROBIOTIC**

**MEAL #2**

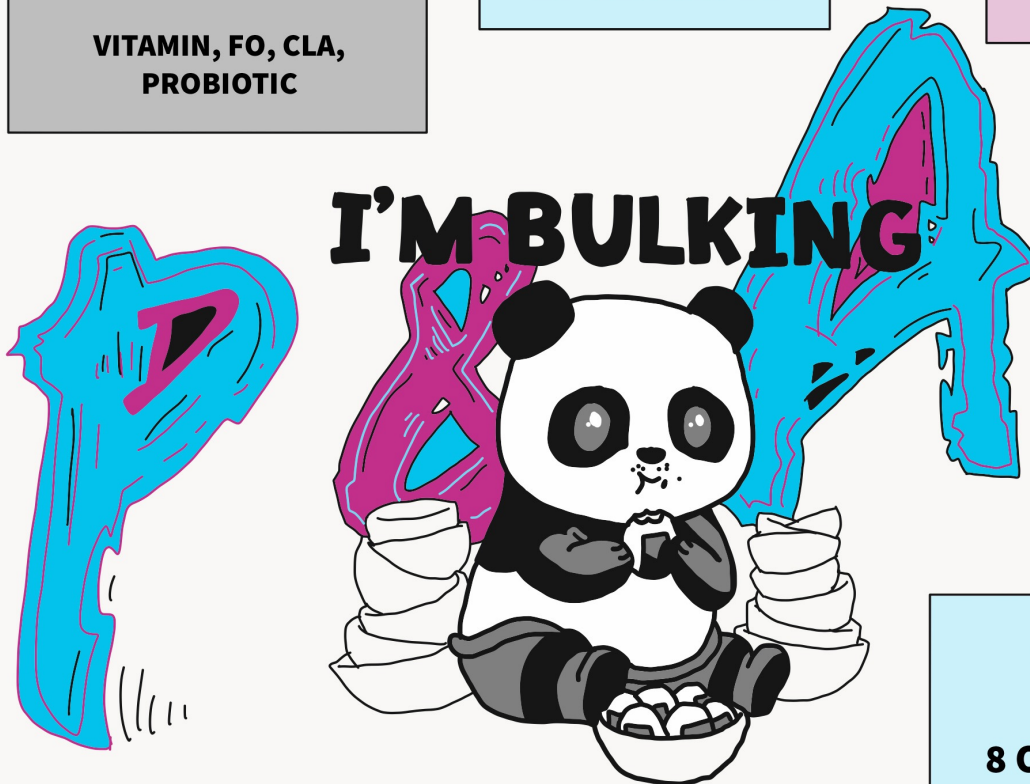
**2 SCOOPS WHEY**  
**.5 CUPS OATS**  
**2TBL. NATURAL PEANUT BUTTER**

**20 OZ. WATER**

**MEAL #3**

**6 OZ GROUND TURKEY**  
**4 OZ SWEET POTATO**  
**3 OZ AVOCADO**  
**1 CUP BROCCOLI**

**20 OZ WATER**



**MEAL #4**

**6 OZ CHICKEN**  
**4 OZ BROWN RICE**  
**6 ASPARAGUS**

**20 OZ WATER**

**MEAL #5**

**6 OZ BEEF**  
**6 OZ WHITE POTATO**  
**3 OZ AVOCADO**  
**1 CUP SPINACH**

**20 OZ WATER**

**MEAL #6**

**8 OZ SALMON**  
**4 OZ BROWN RICE**  
**1 CUP SPINACH**

**20 OZ WATER**

## PHASE 1

Eating more organic, natural foods. Eat foods that you can pronounce

# BULKING

## MEAL #1

8 OZ EGG WHITES  
4OZ BEEF  
.5 CUP OATS  
1 TBSP MCT OIL  
1 BANANA

20 OZ WATER

VITAMIN, FO, CLA,  
PROBIOTIC

## MEAL #2

2 SCOOPS WHEY  
.5 CUPS OATS  
2TBL. NATURAL  
PEANUT BUTTER

20 OZ. WATER

## MEAL #3

6 OZ GROUND  
TURKEY  
4 OZ SWEET POTATO  
3 OZ AVOCADO  
1 CUP BROCCOLI

20 OZ WATER



# I'M BULKING



## MEAL #6

8 OZ SALMON  
6 OZ BROWN RICE  
1 CUP SPINACH

20 OZ WATER

## MEAL #4

6 OZ CHICKEN  
4 OZ BROWN RICE  
6 ASPARAGUS  
1 TBSP MCT OIL

20 OZ WATER

## MEAL #5

6 OZ BEEF  
6 OZ WHITE  
POTATO  
3 OZ AVOCADO  
1 CUP SPINACH

20 OZ WATER

# PHASE 2

When trying to get shredded, it will take persistence to become "Corn"

# CUTTING

**MEAL #1**

- 8 OZ. EGG WHITES
- 4 OZ. BEEF
- .5 CUP OATS
- 1 BANANA

-20 OZ. WATER  
-1 TBSP MCT OIL  
MULTI VITA, FO  
CLA, PROBIOTIC

**MEAL #2**

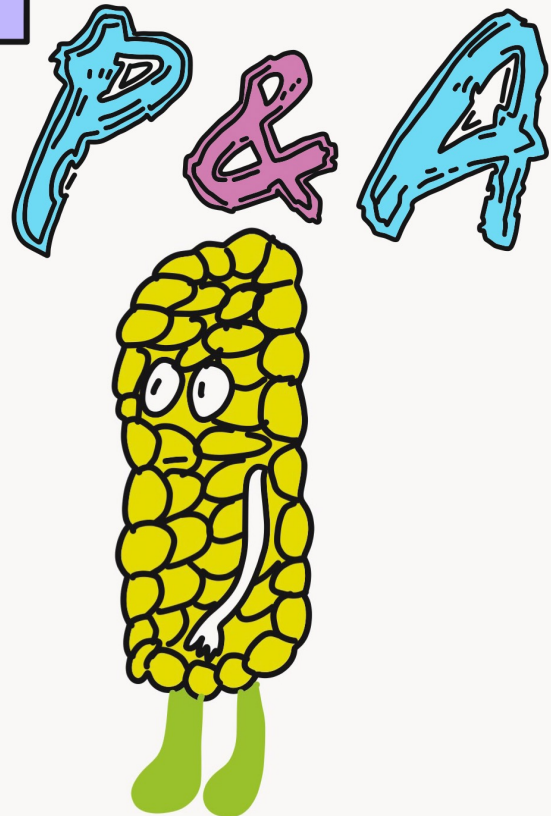
- 2 SCOOPS WHEY
- 2 TBL NATURAL PEANUT BUTTER
- 20 OZ. WATER

**MEAL #3**

- 6 OZ. GROUND BEEF 99%
- 6 OZ. SWEET POTATO
- 3 OZ. AVOCADO
- 1 CUP. BROCCOLI

-20OZ. WATER  
FO,CLA

1ST 6 PACK  
DIET



Be the Guy or Girl with  
the Abs this season.

**MEAL #4**

- 60Z. CHICKEN
- 60Z. BROWN RICE
- 6 PIECES ASPARAGUS

-200Z. WATER  
-1TBSP MCT OIL

**MEAL #5**

- 6 OZ. BEEF
- 4 OZ. WHITE POTATO
- 3 OZ. AVOCADO
- 1 CUP SPINACH

-20 OZ. WATER  
FO,CLA

**MEAL #6**

- 8 OZ. SALMON
- 4 OZ. BROWN RICE
- 1 CUP SPINACH

-20 OZ. WATER  
-1 TBSP. MCT OIL



When trying to get shredded, it will take persistence to become “Corn”

# CUTTING

## MEAL #1

- 10 OZ. EGG WHITES
- .5 CUP OATS
  
- 20 OZ. WATER
- 1 TBSP MCT OIL
- MULTI VITA, FO
- CLA, PROBIOTIC

## MEAL #2

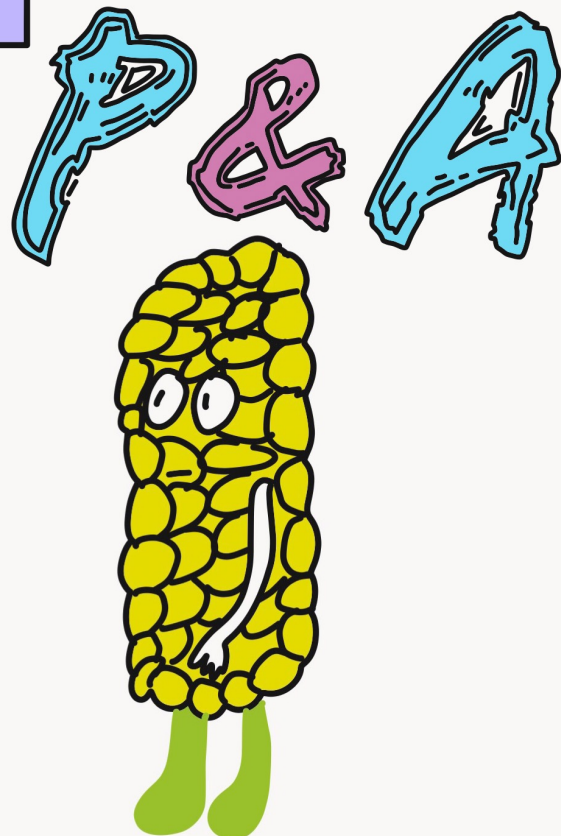
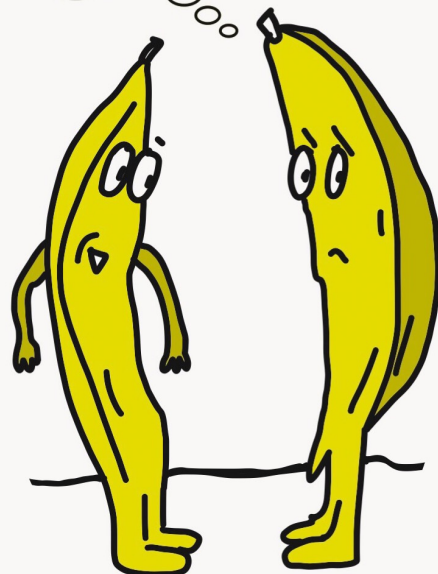
- 2 SCOOPS WHEY
  
- .25 CUP OATS
  
- 20 OZ. WATER

## MEAL #3

- 6 OZ. GROUND BEEF 99%
- 6 OZ. SWEET POTATO
- 1 CUP. BROCCOLI
  
- 20OZ. WATER
  
- FO,CLA

“Check out the abs on that dude!”

2ND 6 PACK  
DIET



Be the Guy or Girl with the Abs this season.

## MEAL #4

- 6OZ. CHICKEN
- 6OZ. BROWN RICE
- 6 PIECES ASPARAGUS
  
- 20OZ. WATER
  
- 1TBSP MCT OIL

## MEAL #5

- 6 OZ. BEEF
- 4 OZ. WHITE POTATO
- 1 CUP SPINACH
  
- 20 OZ. WATER
  
- FO,CLA

## MEAL #6

- 8 OZ. COD
- 1 CUP SPINACH
  
- 20 OZ. WATER
- 1 TBSP. MCT OIL

When trying to get shredded, it will take persistence to become “Corn”

# CUTTING

## MEAL #1

- 10 OZ. EGG WHITES
- .5 CUP OATS
  
- 20 OZ. WATER
- 1 TBSP MCT OIL
- MULTI VITA, FO
- CLA, PROBIOTIC

## MEAL #2

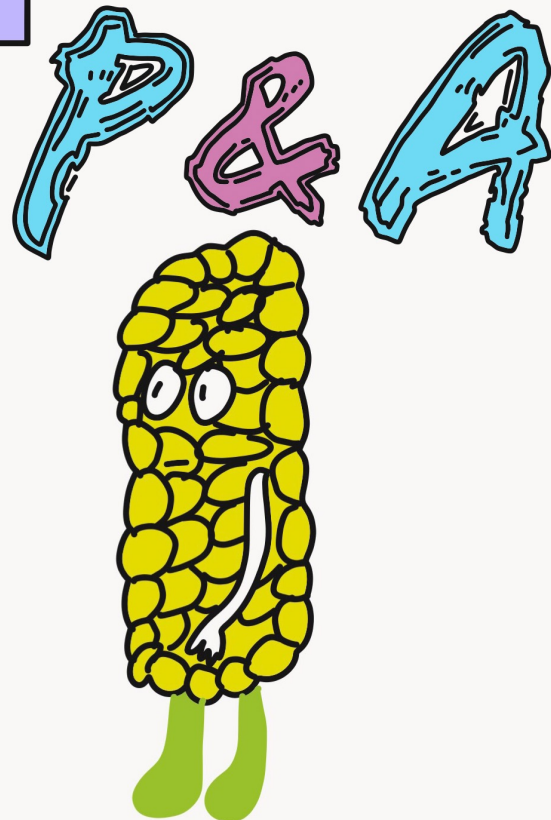
- 2 SCOOPS WHEY
  
- 20 OZ. WATER

## MEAL #3

- 6 OZ. GROUND BEEF 99%
- 6 OZ. SWEET POTATO
- 1 CUP. BROCCOLI
  
- 20OZ. WATER
  
- FO,CLA

## 3RD 6 PACK DIET

-45 MIN FASTED  
CARDIO BEFORE  
AND AFTER  
WORKOUT



Be the Guy or Girl with  
the Abs this season.

## MEAL #4

- 6OZ. COD
- 6OZ. BROWN RICE
- 6 PIECES ASPARAGUS
  
- 20OZ. WATER
  
- 1TBSP MCT OIL

## MEAL #5

- 6 OZ. GROUND TURKEY 99%
- 6 OZ. SWEET POTATO
- 1 CUP SPINACH
  
- 20 OZ. WATER
  
- FO,CLA

## MEAL #6

- 8 OZ. COD
- 1 CUP SPINACH
  
- 20 OZ. WATER
- 1 TBSP. MCT OIL

# THE REAL WORLD OF FITNESS

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Being fit can be one of the hardest things you can achieve in life. This class's purpose is to not only educate with routines and diets that work, but to understand how to create the mindset for yourself. You can only get the results that only YOU want, meaning your results are 100% based on how much you love yourself and how much self confidence you have for yourself. Only you can look in a mirror and either feel accomplished or feel like there is more work to be done. Just to summarize what we have learned and what we can apply now in the real world is:

**1. FRESHMEN CLASS: Mobility Workouts: CONTROL, PATIENCE & FOCUS on the mindset of building your foundation:**

- Breathing techniques and focus on BODY CONTROL
- Learning how to STRETCH PROPERLY

PASS

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**2. SOPHOMORE CLASS: Isolated Workouts:**

- Knowing the importance of focusing on SPECIFIC MUSCLES
- Slow and perfecting your FORM

PASS

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**3. JUNIOR CLASS: Compounding Lifts:**

- Finding how to lift like the pros
- Squatting, Deadlifting, Benching, and Rows will get you HUGE

PASS

---

**4. SENIOR CLASS: Dieting:**

- Controlling and avoiding crap
- Don't stress or make it hard on yourself
- Rinse and Repeat, change it up. All will work if you have patience

PASS

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- BALANCING YOUR FITNESS DAILY and FOCUSING these 4 steps continuously will help you as it helps me, if you care of course. If you need simple FREE workout & diet tips, I have created some of my favorites on my website as well to help people start and not give excuses. Share with your friends, family, parents, grandmas, whoever.



# REALITY OF FITNESS

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Most people don't want to see you succeed...keep that in mind to your motivation in the gym. People will doubt until you prove them wrong. Diets will eventually work with just the mentality of control. This is extremely hard to adapt to and create the habit of, but if it wasn't hard everyone would have six packs. Don't force it, but ease into it if your personality loves to eat cookies or soda/beer, watch TV or go to the gym.

There are always two things that ruin diets that are good to remember and prepare yourself to:

- **Un-supportive people and "haters" telling you their 2 and 15 sense on why it won't work for you.** There will always be people around you that will make it hard to continue your diet, but flip them off and push through. With the guide it will be easier to continue at least one of the diets everyday. I personally get distracted very easily, so I tend to change what kind of diet I am going to do daily. This works for me because I'm always mentally focused to at least paying attention to what I am eating. Jealous people will be jealous always. With results you will have the confidence to shut up the haters.
- **No patience with seeing results. It is normal to give up before seeing results, hints why people with results aren't normal.** Of course working out and dieting is the best way to speed up your results, but since we are all doing this naturally, patience is important to stay healthy, become less prone to injury, and continue longevity of your results.

With your mentality focused on your future and enjoying the process and present moment is all you need to focus on daily. Once you start seeing results and starting to plateau your genetic barrier, always be changing up your routines in the gym and in the kitchen. Always be throwing positive curveballs at your body (muscle confusion) to get past your plateaus. Also, getting a friend that is either above you to mentor you is key to observe and motive, a friend at the same level as you fitness wise is key to continual motivation if you need it and persistence to get to the gym and diet (competition) and a friend that is brand new and maybe a little below you on results to help along your journey.

*Wealth is the most misunderstood topic & Varies the most culturally and socially*

# FAMILIARIZING WEALTH

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**YOU'LL NEED  
MENTORS**

**YOU'LL NEED  
BOOKS & LEARN**

**EMULATE  
SUCCESSFUL  
PEOPLE**

*If you don't understand the Importance of Wealth, check your pulse & get back to us*

# IMPORTANCE OF WEALTH

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**VALIDATING**

**EXPERIENCE**

**PUTTING  
INTO ACTION**

*Your a Master in Wealth & now a triple threat in giving value and listening to value*

**F\*CK, JOBS**

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**YOU ARE THE  
FULL WEALTH  
PACKAGE**

**YOUR BalancéD  
& LEAD WITH YOUR BRAIN**

**DAMN,  
STEVIE JOBS**

# 3. CREATING A RO\$E



- *Learning*
- *Making Money*
- *Creating Skills with Balancing*



# A “ROSE”

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Talking about wealth, money, and knowledge is the foundation of blossoming the “Rose”. Remember that I am not re-creating the wheel, but just performing it daily. The formula is already created, but listening to it and living by it needs some guidance and that is what I will try to do for you as I did for myself, but of course could be dramatically different for yourself having two different personalities and work ethics.

The balance of love and balance of health is what can balance your knowledge and wealth represented as the rose. When you love yourself and the ones around you, you can leverage off this and become well liked in the community of business. You can learn a lot more efficiently, effectively, and humble yourself to know that you can learn from anyone. You can create a group of mentors and people who can help you succeed. Remember that the science of wealth is creating value for someone in the form of trades or services. Most of the time people will exchange and trade money to something they find valuable, either a luxury or necessity. I can give examples for days of celebrities or people we think are “successful” most missing balance that creates a good example of why being balanced will keep you sane.

“Ah ha” moments is where it gets fun. Explaining what I mean and getting people to understand what the hell I am talking about is the most fun part of this journey and usually explaining examples is a good way to express people who seem extremely balanced and blossomed, some that seem not so balanced and a “Lilly pad”, and some that are middle class balanced and happy. So....

**Young Pop Star Fame** Love them or hate them, the boys and girls are usually extremely talented and of course Rich. Most famous people are great examples of Lilly Pad's because being a Lilly pad is just being rich and skillful with not much foundation or health. They understand the “what” that makes them money, the “how” that makes them money, but sometimes forget the “why” they make money. Sometimes I observe their flower as filled with no dirt, stem, or thorns.



You could reference a thousand young “successful” celebrities as a Lilly Pad, that have to go in reverse. This is almost impossible to do, because they will feel a false

emotion of being successful and have “made it” when in reality you lost the genuine connection to life, love, and genuine friendship. They are lost in most cases and a good example of how money and fame doesn’t measure all of someone’s success. The thorns aren’t as painful with lots of money. The fitness battle is easier won with lots of time, money to eat organic, have meals prepped by others, and personal trainers keeping you in gear. The “thorn” you always see in articles and TV is the loss of Love for themselves and the loss of Love for others which is usually shown through NOT normal behavior like the disconnection to reality, talking to people however they want, spending their money however they want, etc. I see young success doesn’t give these people time to build the structure of a balanced LOVE life, which as you know should be number one. Most of the time they don’t truly love themselves, genuinely don’t love others, and don’t care enough to work on relations or balanced families. I believe it is because nowadays relationships are so dispersible with getting into a new one immediately following a break up and is for social status half the time.

The formula process should not be rushed or skipped. The formula is meant to be balanced daily and understood that it will never be perfect, that is not what we are looking for. We are looking for a balanced, balance formula where someone is loved, confident, healthy, wealthy, and smart.

**Tim Tebow** I believe shows the most balanced life over and over of being a complete rose. It seems he has always loved himself, he has always loved others, and of course loves god and his religion. He is extremely healthy by his resume of his body and hard work. He is always learning, writing books, knowledgeable in sports, helping others, and I’m sure is compensated generously. Love him or hate him, you can’t deny any of that as a general description of what he is portrayed as.

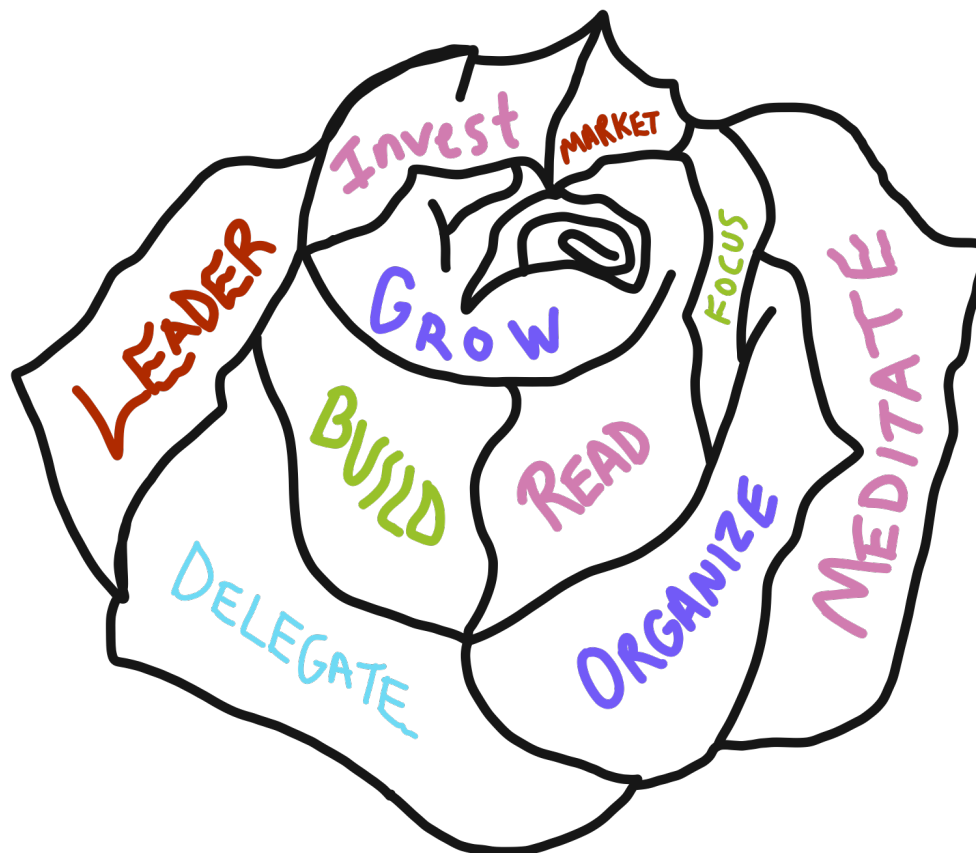
**Austin Pray** can use myself as an example of how I feel balanced on a “peasant normal middle class level”. I have always wanted to read something that I would want to read myself and can relate to at a normal and realistic level. I have read everyone else’s story of how people have mastered one category, how they made millions, but I have never read “the balance of all at a realistic and low amount of free time level” book where it outlines a balance formula for a normal rose going through it at the moment. I get the formula in each one, but balancing them is an insanely tough journey and understanding life is challenging. However, even without you knowing me I want to express how I have achieved a balanced, self control and aware lifestyle even



when thorns grow, and trust me there are a lot of them. I Love myself through hobbies and quality time with my family, Love others with understanding two sides to each story, genuinely listening to others, work out at least 3-5 days a week, don't eat shit, read, learn, don't take shit, manage other people's businesses, and own my own. I understand the struggle of building your own brand because I have been putting myself in the placed for years now and have been creeping up to it patiently while executing more and more everyday. I have realized if you say you don't have enough time (which I have done in my pubescent years along with many other mistakes) then make time. Stay up till 4am and wake up at 6:30am and nap, it is not the end of the world. If you say you don't have enough money, then make it entrepreneurially or pick up a second job. Remember where you came from always...



If you imagine your rose pedals as being all the skills you have learned and the center being the money you acquire from knowing the skills, it can create a beautiful picture of how success can all come together. The more skills you care to make, the more success monetarily you will be rewarded with.



# INTERNET

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Today, almost everything is sold online. Goods and services seem to all be able to purchase or manage online. Even groceries and food can be purchased and delivered at your door all through online platforms. Of course you can't get your haircut online or a surgical procedure online, but you can market and give knowledge on your expertise at the touch of your finger. The internet always will win because it is so time saving to people.

Most people do not like to learn how to do something new and the internet is changing everyday. It is stressful to understand the internet or look for perfection online. The internet is meant to be fun and resourceful. If you find yourself struggling for money then create streams of income. Sell someone's product as a brand ambassador, join a multi level marketing brand, sell books door to door, start a lemonade stand. Knowing and giving enough value to even earn a buck is crucial to growing a business. Things don't happen overnight so you have to be patient, but at least put yourself out there. Create an idea by reaching out to someone in the field that is already killing it. Emulate success if you can and learn from experiences. Humble yourself for help and even partner with someone who is doing something good that you can't do. I would be nowhere today if I didn't learn how valuable partnerships were.

Internet is a wonderful one stop shop to everything you need to learn to be successful and blossom your rose. You can even get really good at social media and create interesting and entertaining content. When you get good at your own brand you can get paid to create good content for others. It is actually that simple. People sometimes can be very intimidated by the vast amount of people on social media platforms and sometimes their personality will hold them back from creating really interesting content. Know who these people are and put yourself out there.

Create content and sell it. You will never know what people will find valuable....

*Lead with your mind, not with your heart...*

# LEADERSHIP

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If you don't love your brand or company you work for, you can not be a leader. People will not always like you and that is okay. A leader understands the what, how, & why. I've heard this before plenty of times, but people don't ever explain specifics so I will try...

**What:** Leadership is someone who first understands what they are doing and what the results need to become. What is the companies mission statement and what is the problem you are solving? The what in a marketing role is to appeal more business by reaching hot leads to help support the business they are marketing. Examples: The "what" in restaurants is to feed people when they are hungry effectively and efficiently. The what in sales is to acquire a new business client or fulfill the clients happiness.

**How:** People who are great leaders know how to achieve great results by knowing how to achieve what they need to accomplish effectively. How you do things best is with amazing training and passionate training to others. To guide in a leadership tone is just like being a coach on the field. How do we achieve great results? How do we reach our goals this month? The how in marketing can be social media, cold calling, coupons, events, etc. Examples: The how in restaurants is to ensure great customer service, with health and safety procedures in place, while up selling, and creating a great overall experience for the guest. The how in sales is to persuade, how you will solve a problem for them, and close.

**Why:** The why however is how you become successful hands down. Sure anyone can understand the what and how pretty effectively, but understanding the why is 100% based on how much the person cares to grow the company & grow themselves. The why should always be asked everyday. Why do we love ourself, why do we love others, why do we need to workout and diet, why do we need knowledge and make money. If you don't know why you do any of those you won't succeed. The why is person to person and this is where someone's personality will shine. When you are balanced, you will never question your why because you will always know and execute exactly what you are confident in doing.

When leading you have to follow some steps that outline how you coach and not become a boss. Don't be a power headed, don't micro manage, but guide & coach them.



# ADDRESS GUIDE

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1. Address your mission statement about the company and your “why” you are excited to go to work everyday.
2. Address why the employees are so appreciated and why you wouldn't be where you are today without them.
3. Address who the leader is in the business and why they were chosen for the job as a leader or why they should be respected. They have your back so might as well have theirs.
4. Address how you are a team with everyone and you should treat everyone with respect. Team players should always be as one and on the same page. Communicate.
5. Address the value of everyone. Remember one toxic person could fail the entire system by the attitude shifting to a very negative tone.
6. Address the balance within your career. Delegate things you find your not the best at to someone who is good at it. Deal with things quickly and move on.
7. Address that you as a leader will except blame when things aren't performing and praise the team when performing successfully.
8. Address that when solving problems in business, never follow with your heart first, follow with your HEAD and use the skills and knowledge to make successful pivots.
9. Address that training and mentor ships are key to becoming successful. Learning and growing is important to practice. In business try not to be emotional.
10. Address that discipline should be a positive experience a learning opportunity. Don't punish anybody in life, learn how to correct their behavior.
11. Address performance daily, weekly, and monthly. Build positive experiences.

# GROWTH

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Through all good, evil, and fame is money and most definitely not what justifies “success”. Look at the “successful” people out there and get to know their regrets on their death bed, they mostly refer to not loving enough, regret of not doing enough and taking their health for granted...

Two examples come to mind:

Steve Jobs: obviously wealthy, admitted unhappy.

Warren Buffett: obviously wealthy, diet = legendary “terrible” status, but still alive. Lucky.

A balanced GROWTH example is someone who grows with knowledge, wealth, freedom, and has experienced a lot in life. To be balanced around work is to have time to spend on loving yourself, others, while sparing time to workout and eat properly, read and learn. Receiving money as a result of doing so is a good side effect to being balanced to become a complete package.

I can give a thousand examples of how I have made career changes because I was spending too much time away from my family, friends, & health and was being consumed by work. I’m not sure who thinks that the amount of time you spend working on something is the only way you can measure productivity and success. Efficiency and effectiveness is way more important to producing results while retaining employees. With being more effective in your work environment the more you will feel you have impacted something. Delegation can help this by delegating tasks that you don’t like doing or to give to others who are good at completing them. This can free up time to do things that you are amazing and talented at. This is why I partner with companies that can produce things for me to make money, I delegate tasks to managers to help run businesses, I delegate chores at home, etc. Being efficient creates time to complete a balanced lifestyle as a team.

GROW yourself first, listen to your heart, lead with your mind, and continue to be knowledgeable in health and fitness. Always be relevant in the news, social media, sports,

business trends, health news, investments, hot topics, books, podcasts, etc. There are so many apps that can help you get all this information on the fly everyday. These days things change so fast, but continue to be interesting and relevant so that you can network with your army or bouquet. For example in my life I have made thousands of dollars in the restaurant industry through experiences, education by completing college, leading, and adapting to trends. When I feel like the restaurant industry is consuming me then I create side businesses such as painting houses on the side in the summer, creating apps, own real estate, apparel companies, invest, etc. and quit my job if I have to, shake hands, and move on. This helps me not become a salary slave to my employer that “own” my time.

With patience, knowledge, and dedication to learning and creating streams of income while LOVING and being HEALTHY, will create:

GROWTH, HAPPINESS, and LEADERSHIP SKILLS. You will become an absolute triple threat.

This will help you conquer any obstacle that presents themselves throughout life. Once you feel balanced doing all of these without thinking about it, you have become a MASTER of LIFE and can finally influence others fully by being in control and self aware. This will help you build and surround yourself with an army of GROWTH mentors, students, and partners. By being an example of a well fed “hydrated” beautiful rose yourself and a complete package, you will create a gigantic powerful bouquet of beautiful roses all around you.

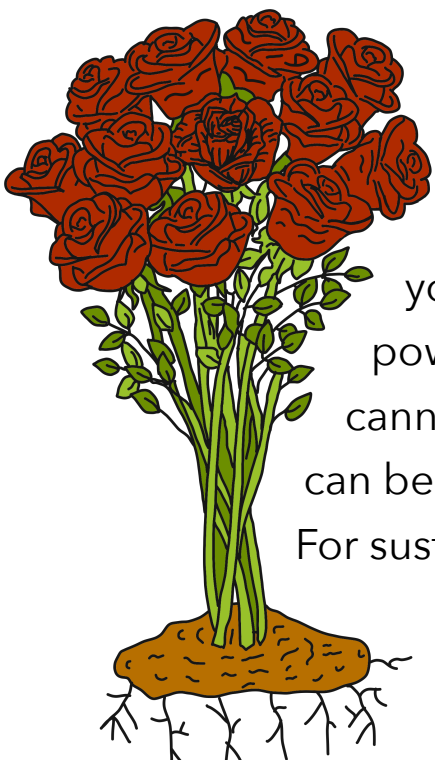
The order of Growth and Success to reach master BALANCE is:

1. “Watering” and feeding Your Foundation: The Dirt, will always be around, but remember not to drown it with arrogance... KNOWLEDGE is key. That is why we love ourselves first, while becoming very strong and containing a lot of information to learn from the masters of success that help us gain some of the most powerful knowledge of someone who has already done it. Regardless of how many times we have hit our Restart Button and “Planted yourself again” remember it doesn’t matter as long as you are growing and living. For me, love first, health second, and the freedom to do both and be financial free is the goal here. I believe somebody should always have a steady secure job, a side hustle, and a bunch of investments, no matter how big or small. Plan for a retirement fund (Safe), financially freedom fund (Risky) and dream lottery fund

(Extra risky) to set yourself up. How are you exercising your money and spending it? Are you investing money on something that can help you make more or donating it?

2. "Watering" and feeding The Thorny Stem: Each thorn is significant in your life and part of your journey... FINANCIAL STRUGGLES are bound to happen. Either you can replant and restart yourself, cut your thorn off and move on in the shadows, or embrace your thorn proudly and move on stronger with more nourishment from the sun. If making money was easy then everyone would have a lot of it. There are always ups and downs, but planning option A, B, and C with the money you have will continue your success. Accept other people's thorns. Embracing your thorns takes an intense amount of Confidence, Self Awareness, and Humbleness! I have failed time after time with money and have closed down two restaurants and that might sound scary, but it is not when you are balanced. The truth of the matter is, how will you get back up after you fail? Will you just stay down and give up or will you push forward and learn from your experience and grow? From failure I usually have two successes following, some big and some small. You have to enjoy failures as much as you do successes. Learning from other people's failures can also save you a lot of money. Learning what not to do is equal or greater to learning what to do.

3. "Watering" and feeding The Blossoming Beautiful Rose: you made it! SUCCESS in GROWTH. This is the point of your life where you tell me to shut up because you are already Celebrating and help share the word of your success to others and build a bouquet of other grounded individuals along side you because you focus on love and fitness. Remember you need to keep the foundation strong, water it often, and feed properly. Accept if "Weather comes in", your peddles fall off and you grow another thorn out of nowhere to bounced back more effectively. This is the time for you to decide whether you want to grow taller and stronger or wilt and start over.



Growing and Watering yourself with knowledge & wealth can be the toughest. It can be monetarily tracked and stare you in the face everyday you pay bills. Money is important, hints why it causes wars, stress, and power. It is not everything though if your looking for eternal happiness. You cannot be balanced and just be rich so focus on the complete package. Money can be inherited, won, or gifted for stupid reasons, this gives lazy people hope. For sustainability look for balance and knowledge to attain your wealth.

*Continue to stay balanced throughout life to leave an impact on the world*

# CLOSING

Life can be fun as long as you care, keep it simple, stay happy, smile, and most importantly... STAY BALANCED.

There will be thorns of obstacles, struggles, ups, downs, and tragedy. Remember that haters come out only when you are doing something amazing and becoming the spotlight and threat for competition. I try to gain more haters everyday, but right now I lack, that is how I know I need to continue to grow. The worst type of thorns are the deaths of a thousand paper cuts that are dusted under the rug, avoided, or not stood up to. Be proud of your past and journey and love yourself in the present moment. You will be able to get over anything and change. You only live once so don't sorrow in self pity.



Have a strong foundation of dirt, grow your stem tall and strong, embrace lots of sharp honest thorns that show continuous growth above and the willingness to push higher. Blossom into the most beautiful flower you can imagine. Use this to your advantage and build your boutique of balanced individuals and continue to grow and execute.

Understand that love is an equation and accept who you are with confidence. Understand that you can control how much you love yourself and perform more hobbies socially and individually. Knowing that you are enough can motivate you into success. Both of these will be attractive enough in itself to attract valuable people.

You can control how you diet and plan your week for your diet if you care to better yourself with health this will come naturally. Meal prepping or ordering something beside



shit will be the first steps to seeing the positive changes in your life. Working out will follow and can be a lot of fun. Workout has to be executed with self motivation and inspiring yourself to go even when you don't want to. You can find cardio in most active hobbies so start there. I show a lot of simple ways to gain knowledge in working out and dieting. When you start seeing results you will become more confident, you just need patience.

Business is the most difficult and the hardest to achieve, but really satisfying when done right. Business is typically based on confidence, leadership, and execution while winning people over. This is typically why people focus the most on business growth because there are so many variables and mostly strategically improvised daily. Experience can go a long way, with knowledge and heart while becoming successful. I will always express the importance of persistence, leadership, and business traits you need to understand from CEO to shift supervisor to dishwasher. Loyalty to the brand and employees is a no brainer but always forgotten. I could give you example after example of employers shitting on people including myself and I transitioning careers because the behavior should not be tolerated these days. There is a complete difference to stern coaching and upholding standers to being a ego prick with deep pockets. If you found this useful then please check out my website [PrayandAustin.com](http://PrayandAustin.com) to see further specific skills I have learned in the reality of business. Either you relate to something I do or just want to begin or advance your career, but you won't know if you get something useful out of anything until you check it out yourself. The balanced life of BUSINESS is always a work in progress and accept that.

Thank you for reading this E-book and I hope I inspired you to think more in depth in your life and I hope I have made life seem a little more simple with the examples I have shared from my journey and balanced life as a middle class entrepreneur. Remember if you don't find my information useful there is so much information out there you can check out and I would love to reference you to some I found useful along my journey. I am here for you regardless to help guide your journey and the hiccups that will be experienced. My email is [austin@prayandaustin.com](mailto:austin@prayandaustin.com) and you can ask me any question and I will try to do my best to figure out a reasonable solution to your problem. Questioning things is important to not being naive to life's Bullshit, but believing and committing to learning for yourself is huge in impacting this world. I believe that everyone can overcome most anything that comes up and has been proven to do so time after time. Please tell me stories of your journey and how you have overcame your thorns. I am along side you and we can help each other if we are on the same page. Regardless where you are in life, focus on the things you can control and execute your DREAMS.

Cheers, P&A Tab 5

*Your a Master in Wealth & now a triple threat in giving value and listening to value*

# CLICHÉ-SH\*T

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## MOTIVATIONAL STORIES

**STAYING BalancéD  
BEFORE YOUR F\*CKED AGAIN.**

**OVERVIEW**

*This is how I am unique following the same formula as all other success figures*

# 9 SIMPLE STEPS, 3 STAGES

STRAIGHT TO THE POINT: Planting a rose starts with grounding the seeds, planting it in the foundation of dirt, watering and hydrating the seeds, and feeding them with the proper sunlight. With continuous love, strength, and growth the rose will blossom to become a beautiful rose and then you can add more flowers to your foundation, bouquet.



To summarize >>>>>>> That Sexy Mo'FO >>

1. FOUNDATION: Loving yourself is **step #1** (Can't you tell I do? Ha) **Step #2** is Working out and Dieting because you care for your health. **Step #3** is knowledge strength and learning how to feel like you have a purpose and you are interesting, and above all be balanced, internally and happy. You have to have a strong base before you start to grow and become a blossoming rose. Everything in the Foundation stage can all be done today and right now, where I can help you!

2. THE THORNY STEM: Thorns are going to poke you and hurt along the journey, accept them and grow big and strong from them. **Step #4** is working through the Obstacles of love. After loving yourself and completing Step #2 & #3 through the process of life you will most likely have hardships along the way. Learn how to accept the things that happen and live in the present moment to move on from them and not cutting your stem and starting over to step #1. **Step #5** is staying active regardless of what is going on. This could be doing curls if you broke your leg, running if you gained 30 pounds, hiking and playing team sports, etc. and always keeping somewhat of a diet of not eating crap. **Step #6** is learning through financial struggles like being



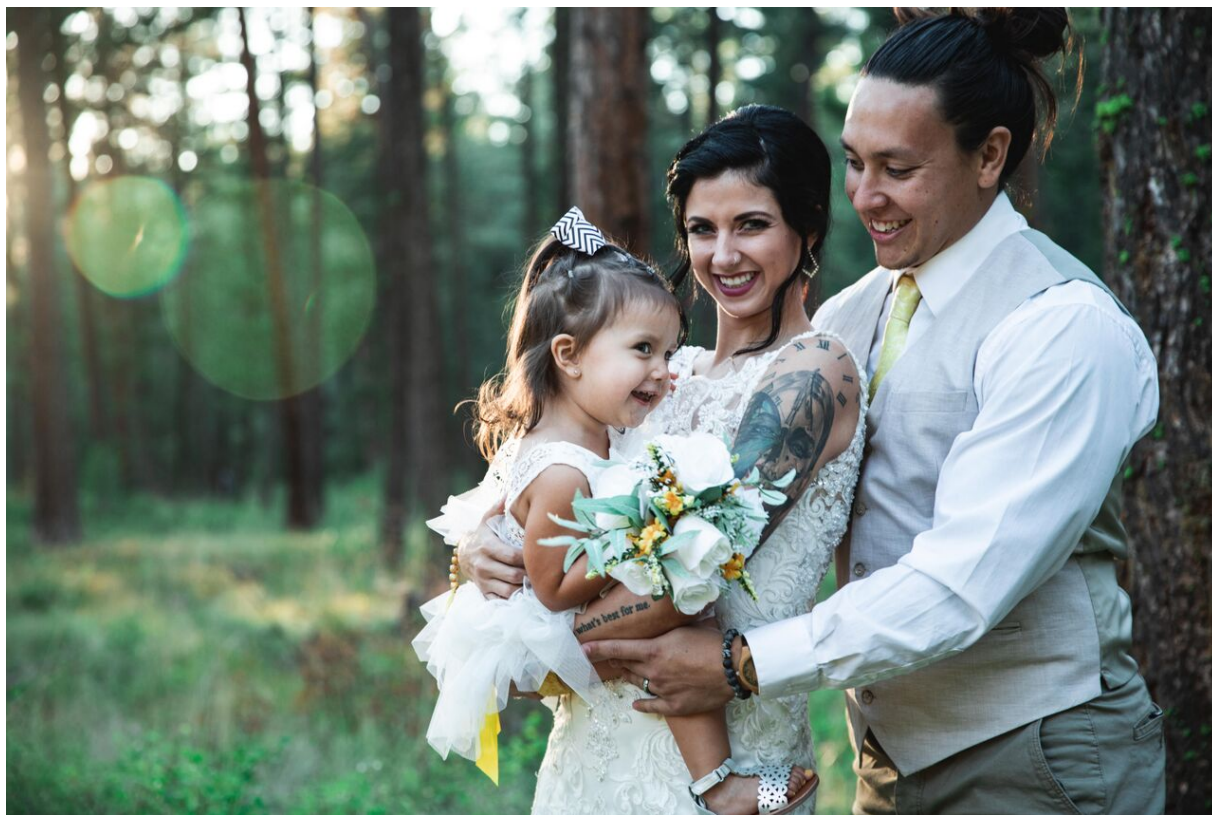


tight on cash to pay your bills, not being able to do things that you want to, or invest when the opportunity comes up. It is easy to blame “well I don’t have enough capital to start” when in reality you can partner with someone or find investors. You can also start businesses with no money or very little money down. NO EXCUSES to why you can’t move forward past these thorns to grow big and strong. Also, no time? Wake up early...

3. BLOSSOMING ROSE: Roses are beautiful, gain a lot of attention, smell nice, and win! Completing the balance of all of the above 1-6 steps and adding people to your foundation to make it stronger and start your bouquet, you can begin **step #7** where you Love yourself and become a happy genuine person with patience and motivation. Start loving people in public and loving your significant others selflessly. **Step #8** is where you start seeing results, stamina, and strength. People are noticing and most importantly you are noticing your health increase, have natural energy and focus, and be mentally in control and self aware of who you are with confidence. **Step #9** is completing everything with balance listed above and beginning your badass growth of success, knowledge, and money. This is why this is the hardest for everyone to become, Rich, because you have to be everything plus really



knowledgeable and smart... If you complete all 9 steps you will be untouchable hands down. You will be happy because you already love yourself by doing hobbies and accepting who you are. Your foundation will be the most strong it has ever been and you will stand straight up. You will be financially free, fit and healthy, and love yourself and the others around you daily. By this time you should have a huge bouquet of roses surrounding you with no limits to how big it can become with no problem. If you have any questions with any of the steps or you are wanting to grow taller with more fuller beautiful pedals, you can ask at any moment throughout the day and these people will be accessible to helping you out, and that person can be even me if you can’t think of anyone else or my team. If someone in your bouquet grows a thorn, you should be there for them as well. Nobody should start over, they should be supported to build.



Don't follow the herd, always take investing serious and keep emotions out of it. Don't be the hero but guide people. If your both trying to be the hero you will have conflict. Two Egos together are toxic, if your not open to others opinions, you are toxic to society. Find Solutions to the physical problem, the Internal Problem, and the philosophical problem in one transaction or one company or story. Fail Fast and appreciate the process and journey of it. Balance your life by thinking big and acting small. Find your treasure. Live in the present moment and don't try to change the things you can't to stay happy and balanced. Be effective and efficient when working and don't over work yourself. Observe the competition and emulate them so that you can get to the same level quickly. Customers are important so treat them all nicely so that they will tell their friends, and ALWAYS see the whole truth in any given situation. An opinion is just a relative truth and those that have so many opinions have an ego. Without knowing the whole truth you will always lose. Ego's. Know how to push forward, stay relevant, be interesting, and pay it forward.

Learn how to build off of each step of the balanced life. Think of a "SEE-SAW" when thinking about balance and your rose. When thorns become present make sure that your see-saw isn't just stuck on the floor, learn how to equal them all out during tough times so that you can feel invincible. With marriage and family comes a lot of balancing at home, so be aware when it exists. If you are not balanced and helping each other out, you will soften your foundation. You have to make time for yourself and also help your significant others do the same. If things frustrate you around the house, figure out how to level out the see-saw. Do things without wanting favors in return. When you don't do favors selflessly, they become toxic to you and the people around you. Takes more out of you with excuses then when you just execute what needs to be done, execute immediately and commit...



*There is a huge difference, learn first then be open minded with creativity in reality*

# EDUCATION VS REALITY

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**BE  
PROFESSIONAL**

**ADAPT  
TO CHANGE**

**REPEAT**

*There is a huge difference, learn first then be open minded with creativity in reality*

**F\*CKIN RIGHTS, UR A BADASS**

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**STAY**

**CONFIDENT**

**KNOW YOUR STRENGTHS,  
ACCEPT YOUR WEAKNESSES**

**DON'T FORGET  
TO SMILE :)**

# SPORTS

Another fun way to remember how to better yourself is through the 3 plan process:

Plan A: Individual & Independent methods. YOURSELF

Plan B: Defensive & Knowing your role to help offensive players shine methods. TEAM

Plan C: Quick decision & muscle memory offensive methods. TEAM



Plan A is figuratively and metaphorically speaking about self awareness and independence to how you act under pressure. Golfers, bowlers, tennis players, fighters, etc. are all relying on themselves to know everything to do during situations of stress. They can only blame themselves and no one else when they fall flat on their face.

When talking about Life as a metaphor to Plan A and self awareness as being really good at an individual sport is important. If you don't perform an individual sport, you should at least try to understand how the process looks to get really good at one or enjoy watching them succeed. The psychological toughness of these players have to perfect as well as the physical toughness and awareness of their body to be able to compete in these sports, well. This goes the same in normal life, if you want to be good at anything mentally and physically you have to be committed to the hard times and pushing through it. You have to be honest with yourself and what you can improve on.

For example: I take all my business partners and friends golfing to see if they lie about their score, don't take down score at all because they are just their to have fun, or the ones who count every single stroke no matter how high the score is. You can learn a lot about someone and their competitive edge with individual sports or video games. In team sports as well there are individual positions relying on the team to do their jobs exponentially well. Positions like goalies, quarterbacks, pitchers, captains typically show leadership skills.

## PLAN B

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Not that plan B, but the plan to knowing your position on defense and the team knowing you will do whatever it takes to stop the other team from scoring. If that means to take a puck to the face you will do it. You will also be trusted by the team to give the ball or puck to the offensive players who are better at scoring. Knowing the roles on the field is important to winning a match or game. If the defenders in hockey or soccer always try to take the puck or ball all the way to the goal every time, the other team will get more breakaways on the goalies, which is letting the team down and playing the position wrong. When you make an error in baseball it seems as if you weren't prepared enough or like you don't care to defend the other team from scoring as well as in football. You don't see the defense trying to play offense ever (I know sometimes one player does, but rarely).

The point that I am trying to make is in life people rely on people to play defense all the time so that you can "score". I'm not talking about people getting defensive about relative truths because they can't see two sides of a story, but the ones who will do anything for someone else to help someone else shine. These are known as the rocks of society. The ones who can follow direction well and know their role in society. They care for customer service, they care about others opinions, they are selfless, and the backbone to everything.

## PLAN C

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Plan C is what usually the only thing most people see or care about, but without Plan A of knowing how to get better yourself/ individually and practicing to be a better individual or team player, you won't score. Also, without Plan B of knowing how to "take one for the team" or letting someone else shine (by sometimes just passing) you will not get to Plan C effectively or efficiently. Regardless of how you score, the formula is all the same.

You can't run backwards with the ball or go against yourself/ team and shoot on your own goal to be successful in life or in the game. You will look stupid and those players should get fired or disciplined hard.