

Life Hack #1

Morning Exercise

The home gym in Covid times:

Some free weights and an exercise machine will do!

Get a heart rate monitor like a Fitbit.

You can estimate your maximum heart rate based on your age. To estimate your maximum age-related heart rate, subtract your age from 220. For example, for a 50-year-old person, the estimated maximum age-related heart rate would be calculated as $220 - 50 \text{ years} = 170 \text{ beats per minute (bpm)}$.

Warm up 3 minutes, get your heart rate to 80% of maximum, for a minimum of 15 minutes, cool down 3 minutes.

3 to 4 times a week for 45 min.

** Get a picture

Life Hack #2

VAKS, Mantras & Meditation

In an easy and relaxed manner,

In a health and positive way,

In its own good time,

For the highest good of all,

I desire and intend (insert desire)

To come into my life,

And into the lives of all those who hold this same intention.

THIS OR SOMETHING BETTER.

And in exchange, I am willing to (what are you willing to give back?)

Life Hack #3

Dress for Success

Paul's Top 5 Dress for Success Tips

#5 – When wearing jeans, blend with a button-down shirt or blouse, or t-shirt & jacket.

#4 – Get some nice Egyptian Cotton Socks.

#3 – Wrinkles are out! Get an iron. For men, get your shirts cleaned & pressed professionally.

#2 – Nice hand bag or leather briefcase.

#1 – Shoes, shoes, shoes.

Life Hack #4

Make the Bed

How to make the perfect Bed.

Step 1 – Get a great mattress and protect it with a mattress cover.

Step 2 – Get 2 or more sets of great fitting sheets.

Step 3 – Comforter set (preferably down filled). In winter, layer on covers.

Step 4 – Great pillows and pillow shams. Place them nicely.

Step 5 – Throw pillows & throw blankets.

**Get a bed picture

Life Hack #5

Healthy Eating

The Top 5 Tobey healthy eating tips.

1. No processed sugars
2. Single ingredient foods
3. Juicing
4. Drink filtered water
5. Baked instead of fried

Paul's power shake recipe. Prep time 5 minutes

1/2 cup blueberries
1/2 cup berries, peaches, pineapple etc.
1 green apple (alkaline)
1 ripe banana
1 cup of unsweetened almond milk
2 shots frozen wheatgrass (alkaline)
1 tablespoon Flax
1 tablespoon Hemp hearts
1 tablespoon Chia Seeds
Some filtered water. Enough to blend smoothly
Keeps in fridge for 3 days.

Benefits of Alkaline:

- Promotes weight loss.
- Improves kidney health.
- Prevents cancer.
- Treats or prevents heart disease.
- Improves growth hormone levels.
- Improves back pain.
- Prevents osteoporosis.

Life Hack #6

The Placemat Exercise

1. Take a piece of paper, approximately the size of a paper placemat (that's where the name comes from) or any other large enough size for your to-do list.
2. Divide it into two sides, left and right.
3. On the left side, write: Things I will do today.
4. On the right side, write: Things for the universe to do.
5. Then pick out some of the things you absolutely MUST do today from your to do list and write them in your column. Make sure you pick only as many as you can comfortably do that day within a reasonable amount of time.
6. Put the rest of your to do list in the other column.
7. Do the tasks on your side.
8. Enjoy having finished your portion of the to-do list.
9. Pay attention to the items that evaporate or take care of themselves on the other side.
10. Repeat the next day.

Life Hack #7

15 Minutes a Day

Instead of getting overwhelmed with nesting tasks that pile up, try doing the work only 15 min a day, every day.

That adds up to 1 hour 45 minutes a week.

15 minutes passes quickly, use your phone timer.

Life Hack #8

When You Go to Work... Work!

Keep a calendar

Get an automatic standing desk

Break rituals: Coffee & healthy treats

Keep the social media to a minimum unless you get paid for that

Keep a project management board (Agile, Basecamp etc.)

Life Hack # 9

Set a Nice Dinner Table

Placemats
Dinnerware
Flatware
Wine Glasses
Cloth Napkins

Demonstrate how to fold napkins.

Life Hack #10

Get a Challenging Hobby

Grow something

Learn to cook (healthy preferably)

Write a Book

Learn an instrument

Chess

Learn to Dance

Golfing

Tennis

Curling

Learn a new language

Boating

Skiing

Life Hack #11

Watch Less TV – Much Less!

5 Reasons to stop watching tv.

You...

- will not sit as much. You were not intended to sit for as long as you do.
- will have a healthier brain.
- will find out you have a lot more free time than you thought.
- will begin making up your own mind, form your own belief system.
- will stop feeling inadequate.

How to stop:

- Pick a show, watch an episode.
- Mix in a few documentaries and a good movie once a week.
- A little golf on Sunday and you're good to go 😊

Life Hack #12

5 Morning Rituals

Make the Bed

ESP Requests

Hugs

Greetings

Drink some tea

Bonus Ritual: Meditate

Life Hack #13

Get Out

You gotta go somewhere. Anywhere. Experience something new.

5 Great reason why people travel:

1. Challenge yourself
2. Learn something
3. Expand your perspective
4. Build new relationships
5. Have an adventure
6. Relax and Rejuvenate

Life Hack #14

Detox From Toxic People

Love them, appreciate them, be grateful for them, but if they no longer serve your well-being, put distance between you and them.

Naysayers are that infect you rather than affect you. People that emotionally keep you down, make you feel small for the purpose of making themselves feel big.

Instead you should surround yourself with people who:

- Are positive people
- Support your life's purpose
- Share wisdom and guidance from an authentic place
- Love you

Say yes to parties, networking opportunities, conferences, workout groups, a neighbor's invite, a dinner.

Life Hack #15

Slow the Accumulation of Things

Even if you do own a Rolex, a Jag, or a Picasso, you should know that you are only a temporary custodian.

Is stuff is weighing you down?

- Closets
- Garage
- Drawers
- Basement
- Storage Units
- Barn
- Property

Is it weighing you down in credit?

Is it emotionally tying you down?

Physically tying you down?

Stuff is okay if it passes the stuff test.

Will you feel honored by be temporary custodian of it?

Is it a necessity?

Does this thing have a “purpose” for you in your life right now?

Will it bring you temporary joy or extended (lifetime) joy?

Is it an investment?