

A silhouette of a person standing in a park at sunset, with their arms raised in a gesture of triumph or freedom. The background shows a path, trees, and a low wall, with the sun setting behind the trees on the right. The overall mood is one of hope and achievement.

Regain Control

**A Short Free Ebook
from levelupstud.com**

Regain Control

This free ebook shows you the basic things you need to know to regain control of your life and improve:

- Your Physique
- Your Productivity
- Your Money Habits
- Your Sleep

The following pages are based off of free content given on levelupstud.com

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I'm living life and learning every single day.

So check back often, I'm sure you'll find what you're looking for.

- Rich

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+ Physique

Goal: To manage and lose weight

If you are trying to lose weight, decide what your target weight is. Then multiply that weight by 10. The resulting number is your caloric cap each day.

Example:

You want to weigh 160lbs.

$160 \times 10 = 1,600$ calories

Every day you're only allowed to consume 1,600 calories. No more than that.

Although most people have no problem *knowing* how to lose weight. The majority of people who fail, do so because they don't have a plan of attack.

Here are the two best strategies to losing weight. Pick one and stick with it until you achieve your target weight.

Intermittent Fasting

Give yourself a "feeding window". This is the time that you are allowed to eat. You will not eat any time before or after your feeding window.

You control:

- How many hours your feeding window lasts
- What times your feeding hours are
- How many calories you can eat

Example: You give yourself a feeding window of 6 hours. You decide these feeding hours will be between 12:00 NOON to 6:00PM. Between NOON and 6:00PM you are allowed to eat. You allow yourself to eat 2100 calories a day. Any time before NOON or after 6:00PM you are not allowed to eat.

You can eat as many meals as you want in the feeding window so long as you don't overdo your calories.

I personally preferred eating all my calories in one sitting.

At first you may have difficulty with this method because you could find yourself hungry outside of your "feeding window".

Remember that 'starvation' is discipline. When your stomach is growling that's a sign that it's eating itself.

Chew gum to get your empty stomach rumbling. That way you could **'feel' your progress.**

Don't dread the word 'starvation'. You could last weeks without eating any food.

Don't quit because you feel hungry after 8 hours. Only a fat moron would cry and call that starvation.

Eat Twice a Day

Pick two meal times. You eat big meals at those two times.

You control:

- What times your two meals are
- How many calories you eat

Example: You choose to skip breakfast (Black coffee or tea with calorie-free sugar is fine). You eat a big meal for lunch and a big meal for dinner. Don't surpass your necessary calorie restriction.

This method is my favorite. I personally prefer eating breakfast and lunch, skipping dinner.

Say you can only eat 2,000 calories a day to be in a deficit. Split both meals into about 1,000 calories each.

When each meal is a feast and you still experience fat loss, what's not to love?

+ Money

Goal: To reclaim control over your money, manage your spending, savings, and debt

Your green army marches uphill, painfully aware of their fate. While the red army relentlessly charges down at them with no remorse.

A battle ensues and soldiers on both sides become slashed and spent. As the last of the reds fall, the battle is won. You've lost much of your men, but the war is not over.

Your green army continues to march upward with new recruits barely catching up. Without having time to celebrate victory, you spot the next wave of the red army in the distance.

How big is your army = How much money do you have?

Life with money is an uphill battle. Your forces march upwards for every dollar you earn, and forces charging downwards for every expense and debt you have.

"But what if I don't want to be a part of this game? I don't even need money. All I care about is being happy and free."

Listen up! You're a part of this like it or not! And don't pretend that you "*don't need money*". That's bullshit! Everyone needs money.

Look at Mike The Bum living in the dumpster by the alley. He sure as shit isn't happy and he sure as shit isn't free.

The truth is: there's a system in place and **you have no choice but to make money**. Because money is as valuable as food and water. *Without it, you will die.*

You live and fight this war every day. A war to make enough money and more. Because the purpose of money is to buy our **freedom**. And to buy our freedom takes winning the war.

Winning the War

You have a hand in both sides. Green and red, income and expenses.

Start by cutting your expenses. By having smaller expenses the waves you face will be more manageable.

Then reprogram your understanding of money:

By producing value, you earn money.

Then use that money to create something that will help you produce more value and money for yourself. This is called a business or a brand.

To do so, your money is best allocated towards the following:

Living Expenses: I've said it once and I'll say it again. You don't need much more than food, rent, transportation, and insurance.

Self-Investment: This is money that is spent on yourself as an asset and building a business/brand. Whether in the short or long run, these investments will bring you positive returns in the future.

Debt Killing: Pay off that debt.

Savings: Always have money put away for possible **unforeseen** circumstances.

Here is how you force yourself to save money:

1. *After receiving your income, put aside your living expenses*
2. *Then decide how much money you want to save*
3. *Put that money away into a separate checking account and lock away the card*
4. *Finally, the remaining money goes to Self-Investment and Debt Killing.*

Ideally, you want all purchases you make to be a part of Self-Investment. So make the most of your spending and **maximize your purchases**.

For example, whenever I go out socially I make the attempt to only purchase something that could buy me **influence**. Or I make purchases that feed into **accomplishing bigger goals**.

But I want to live life and have fun too!

Well too fucking bad. You have to win the war first.

Kidding. Everyone wants to enjoy life and spend money for funsies. That's fine, but you have to limit yourself.

Instead of going out every night, go out once or twice a week. If you think that's too restrictive, then clearly you're not building something that's going to win you your freedom.

There's no need to be cheap when you *do* go out. Feel free to spend a bit more, but don't go overboard. The point is to have fun on your one night out. Because one awesome night always beats six mediocre nights.

Always remember that frivolous spending is adding to the red army.

Don't fall further into the money rabbit hole

Don't get into any major debt. Be careful about taking out any student loans or a mortgage. They're going to take you years to pay back.

You won't become rich working a job. If an employer made its employees rich, it wouldn't have employees. *Become an owner and build something profitable. This is key to winning the war forever.*

Don't have a kid too early. As an adult you don't require more than some very basic expenses. But if you have a kid you *need* to spend more for food, diapers, clothing, healthcare, etc.

+ Productivity

Goal: To learn to focus and complete your tasks from beginning to end, manage your project time, and increase productivity

Here is the no-nonsense productivity trick:

1. Pick a project or task you want to work on
2. Determine how long you want to work on it
3. Grab your phone and set up a timer for that long
4. Start the countdown
5. Don't work on anything else but that one particular task

This is why you need the no-nonsense productivity trick

For example, you want to work on a project for just one hour. But people are being selfish and demanding your time.

Keep in mind that one hour is literally only about 4% of your day. That's really not too much to ask for.

That's why when these people bug you, you'll tell them: "Not now, I'll get back to you when I'm not busy." Or just ignore them and shut them out.

If you have a project you want to work on, it's your right to ignore everything else for one hour and work solely on that project.

If you feel you need permission to do that, you have my permission.

You're allowed to have **one hour** out of *your* day out of *your* life to do what *you* want. Don't ever let anyone else take that away from you – they can wait.

+ Tranquility

Goal: To get the best sleep you possibly can and increase your performance for tomorrow

Most fools think that sleeping for 8+ hours is quality sleep. They are absolutely wrong. Quality sleep has less to do with time spent asleep, and more to do with how deep a sleep you get.

Live to sleep and sleep to live. One prepares you for the other. Although it seems like common sense, at least one third of the population neglects their bed time.

When you don't get quality sleep you experience:

- a lack of alertness
- impaired memory
- increased stress
- decreased quality of life
- and more

In other words, *if you're never really asleep then you're never really awake.*

Enough of that. You can only live life when you're awake. And deep sleep is required to make the most of your living hours.

Here is How to Get the Best Sleep:

A tired head loves a ready bed. That's why you spend your daylight hours being productive so your mind has reason to rest. And you hit the gym so that your body stays fit and has need for recovery. Because a day that doesn't demand quality sleep is a wasted day.

Take a warm shower before sleep. The warm water relaxes you and helps relieve stress and insomnia. Then when you step out of the shower, the sudden cool-down tells your body that it's night time. This makes it easier for you to fall asleep.

Get rid of any noise and light. Young people are having more difficulty falling asleep because of their smartphones. This is because the body perceives bright light from a phone as daylight. So you must get rid of electronics to give your mind and eyes some rest. Near silence and a dark room is the environment you need to achieve deep sleep and recovery.

Sleep with heavier blankets. You use heavier blankets because the body recognizes the weight as human touch. So being completely covered is reminiscent of a warm hug. Which reduces anxiety and helps improve your quality of sleep. You also want the room to be at a cooler temperature to make up for the blankets keeping you warm.

Lay on your left side. Your lungs take in more oxygen when you lay down on your left side. Also keep your chin up rather than down to make it easier to inhale. Because adequate oxygen intake is more important than time spent asleep. This is why people who snore can't achieve deep sleep or even dream. They lack the oxygen necessary to do so.

Use pillows to prevent pain. Pillows are meant for more than just comfort. Use them for **skeletal alignment** to reduce bodily stress. First, use a pillow to keep your head aligned with your spine to prevent any possible neck pain. Second, sleep with another pillow between your legs to increase comfort and decrease the chance of back pain the following day.

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