





I want to thank you for signing up, this is going to be a very fun and incredible experience especially for those that put their all into the Bootcamp.

Over the 21 days you will receive an email as well as a post with a video within the group which will give you a challenge/task for you to complete. This experience is all about taking our lives to the next level and after reading the book called The War of Art by Steven Pressfield he talked about turning into a pro in your own life. You have to take a look at every single aspect of your life every day, whether it be with your family, in your business, your health, fitness etc and leading yourself to the highest level.

## **WE CALL THIS CHAMPIONSHIP LEADERSHIP.**

There are many different areas of your life and we will be covering things like physical, mental, mindsets, communication, relationships, being detail oriented, and expectations and we will deep dive into all of these. Don't be overwhelmed as none of these tasks will take you more than 20 minutes to complete and can literally be life changing if you follow the process.

I understand that your time is valuable and one of our greatest assets. Time will not be an obstacle for you not to be able to complete this Bootcamp.

You are here, you have made a commitment to be here, turn pro and become a Championship Leader in your life.

I am excited to work with you, some of you I have worked with in the past and some of you have not. Either way, we have a group of powerful people in this group.

I ask you to participate at a high level, engage in the group and that will make or break the experience for yourself and the rest of the community.

I want to give you the best experience possible and to get the most out of the Bootcamp so there are some simple rules you will need to follow in order to stay in the group.

## **GROUP RULES**

- Engage and participate.
- Complete each daily task and post in the comments that you completed according to that day's instructions.
- You can miss one daily task and stay in the group by paying the "penalty". Miss a second (consecutive) daily task and you'll be removed from the group. You can come back next time to do it again. (Shouldn't have to remove anyone)
- Let's have fun together with this!

Please confirm on this post in the group that you have understood the rules and know what to expect by commenting 'clear' under the Welcome post.

# DAY 1



## MAKE YOUR BED/LAY OUT YOUR CLOTHES

Each day your task will be simple and not complicated. When we make things complex we get overwhelmed and we then procrastinate and don't follow through.

Some of the tasks are super simple and you may think you are already doing that. However, I challenge you to ask yourself. 'Am I doing it at the highest level?' We want to be operating at an extremely high level and become Championship Leaders. You are going to master the mundane by doing simple things at the highest level in all aspects of your life and you can help others to do this too.

When you take charge of your life and become a Pro in life - whether it be in finance, fitness, faith or family and show up with extraordinary attention to detail people take notice, they want to follow you and be led by you.

In order to lead others you first need to lead yourself. We are going to start with the basics and keep things simply by mastering the mundane and fundamentals of our daily living. How you do one thing is how you do everything, as you go through this process over the 21 days it will roll into how you show up as a leader everywhere in your life too.

Don't let the simplicity fool you. Don't be of the mindset that its stupid or too simple. That is not a Championship mindset. Be in the mindset of 'Yes I already do this, but how can I pay more attention to the detail and do it at the highest possible level?' You don't want to go through the motions of these tasks, you want to be doing things to the best of your ability and with purpose.

Today's challenge is to get up and make your bed and to set out your clothes for tomorrow before you go to bed. It gets you thinking about what you will be doing tomorrow and what you need to lay out to get the best possible start to the day.

If you already make your bed, take it to the next level and plump your pillows or stack them neatly rather than just throwing them on the bed. Make it look as neat as possible, use military corners and into detail. Admiral William H McRaven wrote a book called 'Make Your Bed' . He was a Navy Seal and said if you want to make an impact on the world you have to start your day by making your bed. Simple as that.

### ACTION POINT

Comments below the video in the group with a photo of your crisp clean beds and your clothes set out neatly before bed.



# DAY 2

## MAKE A LIST

Today's task is to make a list of the things you are going to do today. Not what you want to do or need to do. What you are GOING to do. I am not casual in the words I pick and I particularly want you to write it for the things you are going to do.

This is all about commitment. If you write a list of what you want or need to do you are not committing to something and the list is meaningless. Someday I need to do that, and we all know that 'Someday' doesn't exist.

Before you leave the house today you need to write a list and pick 3-5 things that you are going to do. Then you are going to do them throughout the day and cross them off. You have to commit to do these things no matter what.

If you are one of those kinds of people that runs out of the house because you're always running late you need to get up 5-10 minutes earlier so you can get your list done. This cannot be skipped, if you do not do this there will be a forfeit.

Hold others in the group accountable too, if you see that someone hasn't done their task yet give them a nudge. This is what a leader would do. We want everyone to be successful so we allow you to have one slip up when you miss a task, if you miss 2 then you are out. This isn't baseball and we want you to be committed for the 21 days not as and when you feel like it.

### ACTION POINT

Post a picture of your list in the comments under the video in the group. Blur out the context if you need to. It can be handwritten, on your phone, a dairy or even in a task management tool. It doesn't matter as long as you do it and post a picture in the group.

### TODAY I WILL:

1.

2.

3.

4.

5.



# DAY 3

## READ 10 PAGES OF A BOOK

Day 1 you were asked to make your bed and set out your clothes for the following day and yesterday you were asked to write a list of things you were going to do that day. It is NOT a requirement for you to keep doing these tasks each day and add on the new task. You are ONLY required to do the task assigned to you for that day, however to become a Championship Leader I do all of these things everyday without thinking about it. They are a part of my daily life and I did this by doing them every day and it became a habit/ritual/routine ingrained into my life.

You create these habits by doing these tasks time after time, day after day for 21 days and continue to do them until they become part of your routine. Having the tasks anchor and fit with your current schedule will make the habits easier to create. Like reading your book during your lunch break or before bed etc. Making your list when you have your morning coffee, tasks become habits quickly if you anchor them to something that is already part of your routine.

Remember if you already do these tasks you want to make sure to do it to the best of your ability and see how you can pay more attention to the details.

Today you are reading 10 pages of a book, not an audio. You have to physically read them. It doesn't have to be personal development, you can read something for fun and let you know what I got from the reading or why I enjoyed it etc.

### ACTION POINT

Comment below the video in the group with a picture of the book that you read and to let us know what you learned, what you enjoyed, what you got from it etc.

**The book I read is :**

**What I got from the book:**



# DAY 4

## LISTEN TO A PODCAST

I want to thank you for slaying the simple tasks we have provided for you and see you turning pro and becoming a Championship Leader in life.

Once we lead ourselves at a very high level we can start to inspire, impact, motivate and in turn lead others at that same leadership level.

Yesterday you should have read at least 10 pages of a book. As a leader it is important actually it's crucial to continue to grow and learn. When we have the responsibility of leading ourselves and others that are watching and following us you always need to be on a path of growth and expansion and constant learning.

We are going to continue that path today by listening to a Podcast. It doesn't have to be an entire podcast Here are a couple that I am going to plug Integrity Bank podcast - short 5 -7 minute episodes there are 100 to choose from.

Championship Leadership Podcast - this is more of an interview style and they are around 30 minutes long.

You just need to pick one, it might be one you already listen to regularly or perhaps you have been meaning to listen to something new. You could also pick an area you would like to develop and search under that category and choose one. You will be able to find 1000s on your podcasts for you to choose from ' Leadership' 'Keto' "Health'

Joe Rogan has some great podcasts episodes and they differ in length greatly.

### ACTION POINT

The challenge is to listen for a minimum of 10 minutes -15 minutes of your chosen podcast. Take a screenshot of the podcast you watched and let us know what you learned underneath the video in the group.

**Today I listened to:**

**I learned:**





# DAY 5

## MEAL PREP/PLAN

Today is all about preparing your meals. This is something that if you get into a routine of doing it will help so much as this is something that many struggle with. When you take charge of your nutrition it helps you with your training and allows you to be in control.

If you do not prepare to plan you are by default preparing to fail. Everything we do is intentional as Championship Leaders, a big part of that is planning your meals and/or prep.

The challenge is to prepare your meals by tonight ready for tomorrow. You can prep whenever you like within your day but make sure it is done before you go to bed.

If you eat out regularly, I would like to prepare a list of what you are going to eat the next day which is in line with your current goals. If you are eating out, you can check the website and see what they have on the menu. The hardest part about eating well when you are out is to make the decision to pick the right thing. By picking in advance it stops you from making an impulse decision which usually doesn't align with your current nutrition goals.

Plan and write it down in advance so when you show up you have already made a commitment you do not even need to look at the menu. You just let them know what you have already pre selected.

If you are eating out for just one meal tomorrow, I recommend that as well as picking your meal in advance you prep your other meals in advance. You can have your breakfast things set out in advance before you go to bed. You can just grab it in the morning and get cooking.

By picking and planning your meals in advance you take away the decision making process and you get things prepared which makes it much easier to stay on track. Decision fatigue is a real thing and by removing this from the equation it sets you up for the best possible outcome.

### ACTION POINT

Comment below the video in the group exactly what you are going to eat tomorrow and if you are not eating out, also share pictures of your prepared food.

#### Tomorrow I am going to eat:

Breakfast:

Lunch:

Dinner:

Snacks:

#### Meal Prep done:

Breakfast > Lunch > Dinner > Snacks



# DAY 6

## COLD SHOWER

Today we are switching it up a bit and we are going to be taking a cold shower.

There are so many benefits to taking a cold shower.

There is no argument that cold showers wake you up and rejuvenate you.

You need to take a shower for a minimum of 2 minutes in order to get the full benefits.

### A few things to keep in mind:

- It's only two minutes you can do it!
- Remember to breathe do not hold your breath
- Take big deep breaths
- It will try and take your breath away
- Stick it out

Focus on your breathing and get into the right mindset before you step in and just try and be with it and how it will make you feel afterwards.

You will feel incredible, recharged, reset, awake and ready for the day.

I encourage you to do some research on the benefits of cold showers and embrace the process. If you wake up feeling tired I guarantee you will feel wide awake after you take your cold shower.

### ACTION POINT

Post in the comments under the video about what you experienced, how did you feel during it and how did you feel afterwards?

### The shower made me feel:



# DAY 7



## MEDITATE

Congratulations for making it this far. You are a third of the way through now. Let's keep it going and keep knocking these daily tasks off and even begin to start stacking some of these tasks onto your daily habits.

Today is all about meditation. Some of you I know meditate regularly and some of you have attempted to mediate.

All I want you to do today is to meditate for 5 -20 minutes today. This can be just sitting at your desk, lying on your couch and just focus on your breathing. Or if you prefer guided meditation you can search on YouTube or use an App called Calm.

It's natural to have thoughts pop in, just try and concentrate on your breathing and push thoughts out of your mind.

### ACTION POINT

Comment below the video in the group with an image of where you chose to meditate if doing it without a guide and if you did have a guide take a picture or screenshot of what you chose to listen to.



# DAY 8

## 24 HOUR FAST

**You have finished week 1 - so well done you have done amazingly.**

Today's task is an exciting one and it's a 24 hour fast. So that means no food, no artificial sweetener in your coffee.

So you can have water or coffee only.

You need to decide when you are going to start and then you do not consume any food for 24 hours. It doesn't matter when you start.

You can start from the last meal you had yesterday as long as you have not already eaten. You can start at noon after your brunch and then just set a timer for 24 hours.

It doesn't matter when you start just as long as you do the full 24 hours, if you do not do the 24 hours you will not get the full benefits.

It's pretty simple. I have done up to 5 day water only fast before and it was an incredible experience although challenging. It was empowering and it made a huge difference in my body and energy. I learned a lot about my body and how reliant I am on food unconsciously.

People have done longer fasts and there have been amazing results. There was a story about a severely overweight person that did it for one whole year and the body fed on their fat stores. However, I believe that they were given intravenous vitamins and minerals in order to do this safely.

If there is for any reason you do not believe you would be able to do this safely (there are very few reasons that would limit you) however, if there is a medical reason then I would instead recommend you do a 24 hour social media fast. That might even be more challenging than the food tbh!

I encourage you to look up the benefits of a 24 hour fast.

### **ACTION POINT**

Comment under the video with how you found the 24 hour fast. Did you find it hard? What did you like about it? How did it make you feel?

**I found that my 24 hour fast:**



# DAY 9

## 10,000 STEPS

Well done on your 24 hour fast yesterday, I know it was a challenge but as leaders you have come together and overcome and it's powerful to see.

You can see how important it is to surround yourself with similar people and to have a leader to push you to grow.

Today's task is pretty simple and its just to walk 10,000 steps today. That is it. If you have a fitbit, a garmin watch, a smart phone it is relatively easy to track your steps throughout the day.

For anyone that doesn't have a device that will help them with this, let me know and we will work out how far the actual distance is for 10,000 steps. However, if you have a smartphone it should be quite easy, however if not perhaps you can borrow a Fitbit for the day to track your steps.

It's all about getting your body moving and being more active day to day. Being conscious and being intentional about getting away from your desk throughout the day.

You can also involve the family and go for an evening walk, it's such a great activity to do together and great for your mindset too.

If you are not able to take regular breaks throughout your day, I recommend you get up an hour earlier and get out for a walk or go for a walk during your lunch break or even make it part of your commute by parking further away, getting off the bus at a stop earlier etc. Don't look for problems, create solutions that will work with your current routine.

### ACTION POINT

Comment below the video with a picture of your watch face or your phone app showing how many steps you have taken. You can also share how you found the walk and how you felt afterwards.

**Today I walked:**

**It made me feel:**



# DAY 10

## 100 BURPEES/SQUATS/JUMPING JACKS

Today I am looking forward to hearing your thoughts on this one.

Today's challenge is to do 100 reps of one of three exercises. Depending on your skill level and how much you want to challenge yourself you can pick between burpees, squats or jumping jacks.

You don't have to do them all in one go, you can spread them out throughout the day if you prefer. However you can more than likely get 100 burpees done in 20 minutes.

There is an online challenge where people try and get 100 burpees done in 10 minutes so if you can do that - that is amazing!

It doesn't matter which type of burpee you like, you can make it as challenging as you like. With the squats you can do super lower squats, you can raise your hands in front of you or above your head if you like. You can choose how you want to do them.

Jumping Jacks are the simplest: you just put your feet and arms out wide and bring them in again.

### ACTION POINT

Post a comment under the video with a video of you doing your last 10 reps and let us know how you felt afterwards.

**I am going to do 100 :**



# DAY 11

## MAX PLANK

Great work so far and I love seeing you going through this process.

Today we have another fun challenge for you.

All you have to do is to hold the plank position for as long as you can (with good form!) You will be on the floor raised from your feet and your elbows and your shoulders, hips and ankles should be aligned. Your butt should not be sticking up in the air so be conscious of keeping that down.

You can do it on the forearms or you can do it in the push up position if you find the forearms too difficult. You are done if you put your knees down, you go into the pike position, you rock from side to side, you dip or raise your butt and finally you lower your arms. Just stay in the full plank position and hold on for dear life.

Time yourself from when you are in position and see how long you last. Keep breathing and grin and bear it. Squeeze your glutes and keep those abs tight. This is also a mental challenge as your brain may give up before your body does to make sure you put some music on that will motivate you and push yourself as long as you can.

We have already discussed stacking some of these tasks into your daily routine and if you continue to do this task and some of the other physical activities you will notice a difference by the end of the 21 days. Even in that short amount of time you will have improved some what.

### ACTION POINT

Underneath the comments of this video share a video of your max plank and so we can see you and how you did.

**My max plank today was:**



## DAY 12

### RUN/WALK (1, 2 OR 3 MILES)

Today we have another physical challenge for you. You have all done so great and pushed yourself. I am a firm believer that taking care of your body helps to raise the level inside of all areas of your life. If you don't take care of yourself, you're overweird, you're sluggish, you don't perform at your best as a partner, father or in your work. You're tired and you don't show up at a high level in your business due to your fatigue and it shows.

The other part if we do not feel we look good it can also affect our self confidence. There is some self discipline to taking care of myself, I do the work required to raise all the areas in my life.

Its dedication and commitment which spills over into your business.

Today we are going to challenge you to get outside and have you run/walk for your chosen miles or you can just run or just walk. I think aiming to run the whole duration of the miles is the best and if you cannot keep running, walk for a bit and then run as and when you can.

If you're a runner, well actually we are all runners. We all have two legs! You just haven't done it in a long time. However if you are a regular runner I would say pick your miles and do it as quickly as you can. Just concentrate on getting outside and moving to the best of your ability. If you have some injuries then be safe and smart about it. You can do it on a treadmill but running outside has far more benefits to you and your well being.

You can do it with a friend or a family member. Pick in advance how far you are going to go and I encourage you to try and push yourself a bit more. If you sign up to do one that's fine, but please do try and do 2 when you're out there.

If you're a long distance runner and you will be running 10 according to your plan obviously do that rather than our 3.

#### ACTION POINT

Use either Map my Run and Strava to show us in the group that you have completed the task. Once complete, comment with your screenshot under the video and let us know how you felt.

Today I ran/walked:  miles



# DAY 13

## RUCK

We are continuing with the physical challenges for you.

We are going to be doing a Ruck. This is a walk with some weight. So this can be weight in your rucksack, it can be a weighted vest or the plates you add to your jacket.

I am not going to tell you how much weight you need to use. However, I do use about 30-45 lbs and I have been doing this for a long time. Don't start with a super high weight. Perhaps start with 10lbs. I do not recommend running with weights on your back, it's quite dangerous.

Pick whether you are going to do 1,2 or 3 miles and pack your weights and get out for a walk. Walk at a decent pace to get your heart rate up, it's such a great exercise for your cardiovascular system and helps strengthen your whole body.

### ACTION POINT

Use either Map my Run and Strava to show us in the group that you have completed the task. Once complete, comment with your screenshot under the video and let us know how you felt.

Today I rucked:  miles



# DAY 14



## 100 4 COUNT FLUTTER KICKS/SIT UPS/CRUNCHES

First of all, you have done amazing to get this far and you are embracing this experience so you are getting such benefits from it.

Today we are doing 100 reps of your chosen ab exercise. You can do them in sets of 25 if you like, you can do them throughout the day.

The 4 count flutter kicks are the hardest exercise and one rep counts as 4 kicks with your legs. However if you perfect you can do a full sit up which is with your arms across your chest you bring your chest to your knees. You can also put your feet over a bench or put your feet under something for added support. You can also do crunches which are less strenuous and all you have to do is get in the crunch position and bring the tips of your fingers to the tops of your knees. Be careful to tuck your chin and not strain your neck which is a common error.

It's up to you to pick an option which challenges you. I know some of you badassess may do all of them as I know you love to challenge yourself.

Push yourself past your perceived physical limits. You will have learned that you can do way more than you thought you could through these challenges.

This is part of the process, as leaders we are constantly asking others to push themselves further as we know and can see they have greater capacity. We are guilty of not seeing it ourselves sometimes.

### ACTION POINT

Post a comment under the video with a video of you doing your last 10 reps and let us know how you felt afterwards.

**I am going to do 100:**



## DAY 15

### PHONE A FRIEND OR FAMILY MEMBER

We are moving on from the physical this week. We know how important it is to look after our physical self and how it affects the rest of our lives.

We are taking a shift this week. I want you to ring a family member or friend that you haven't spoken to for a long time.

You will have had them on your mind and know that you need to give them a call and you have left it a while and it's well overdue. You keep meaning to give them a call and you put it off for whatever reason or you get side tracked with life. Well not today. Today you are going to call them.

We are all guilty of this and I am sure you have had it when you have been thinking about someone and then out of the blue they call you. It's like they have been receiving your thoughts and the universe brought you together.

I guarantee you when you call this person they will have been thinking about you and hoping you would call.

It's all about connecting and catching up with someone that means something to you.

#### **ACTION POINT**

Comment below the video with who you spoke to and how it felt to speak to them



# DAY 16

## ACT OF SERVICE

As championship leaders it is important to be serving as a leader and to lift others up.

What can you serve and how can you help them?

It might be a project they have going on? It might be volunteering even though you are busy.

It doesn't have to be a grand gesture, it could be stopping at the local school and serving your community.

Give back and find a way to service someone.

It can be in business, the community, the school, the Church or even in your family etc.

You are not serving to get recognition, it is about capturing the moment and sharing it with us.

### ACTION POINT

Post a selfie in the comments underneath the video of you doing your act or service. Let us know what you did and how it made you feel.



## DAY 17

### WRITE/MAIL A HANDWRITTEN NOTE

Today takes us back as it stops us using technology. I want you to handwrite or mail a handwritten note to someone.

It can be your spouse, your children or a friend. You can sneak it under the door and send it in the post. You can put it on the fridge, you can put it on a mirror. I think a handwritten letter means more and you can use it to say thank you or to let someone know you are thinking of them.

Think of someone special to you and that you appreciate them. An email and a text doesn't feel the same as receiving a handwritten note.

#### **ACTION POINT**

Comment below the video with a picture of you mailing the letter, the address envelope or if you are hand delivering a pic of the note (folded over if you prefer) and let us know how it made you feel.



# DAY 18

## ACT OF KINDNESS

You may be asking what the differences are between an act of service and an act of kindness. While there are some similarities, an act of kindness is something like buying a coffee for the person behind you in the queue, or buying someone else's food for them, it's carrying someone's bags to the car for them.

It's a token of kindness is a smaller gesture and can be done by either creating an opportunity or taking the opportunity when it arises. It doesn't have to be a financial act of kindness.

I am going to let you come up with your act of kindness without suggesting too much.

### ACTION POINT

Post in the comments below the video with the act of kindness you did and if you can include a picture please do.



# DAY 19

## SET A 90 DAY GOAL/DETERMINE YOUR WHY

We are officially in the homestretch. The end is in sight. This is a fun one and the next few days all tie together. I want you to spend time time and energy on today's task.

I want you to set a goal or an outcome you want to achieve in 90 days. It can be something you have been thinking about for a long time. It can be something that you know you need to do but haven been putting off. You need to be excited about and would be really proud to achieve.

Pick an area of your life. Fitness, Faith, Family or Finance. It needs to be tangible and measurable.

### ACTION POINT

**The goal I want to achieve in 90 days is:**

**I want to achieve this goal because:**



# DAY 20

## COST/CONSEQUENCES

So now we know what the goal is we want to achieve in the next 90 days and why it is important.

I want you to think about the cost and consequences of you not hitting this goal.

What is it going to mean for you?

Will you regret it?

What could it do to your life?

Could it affect other areas of your life?

Really dig deep in this and think of as many costs and consequences as you can.

### ACTION POINT

Share your list of costs and consequences of not achieving your goals either in your journal (you can blur them out if you like) or you can type it up and share it as then it will really hit home how real these consequences are.

**The cost and consequences of me not achieving my 90 day goal are:**





## DAY 21

### DECLARE ON SOCIAL MEDIA

Well done and congratulations for making it this far. I am very proud of you and I have enjoying going through this process with you.

I am hoping this is not a goodbye and the start of something new.

You did what you said you would and have really committed to the process.

Today you are going to declare on your social media what your 90 day goal is. There is so much power in declaring this to the world. You have to go and do it. You don't want to be made to look like you make commitments and don't see it through.

I want you to share this publicly on your Facebook account and we will support you in this journey. It's not bragging at all, it's about being accountable and you are sharing something that is important to you and you can even say why it's important to you. Do it in a way that feels right for you.

#### **ACTION POINT**

Comment under the video with the URL to the individual post of your declaration on social media. That way we can give you some support too.