



KILLING COMFORT

PLANNER

**DO
THE
WORK**

AVIATE

HARD THINGS EQUATION

Pushing Forward
Against Your Own
Desire + DAILY OVER
DECADES = HARD
THING



NAVIGATE

CONTENT OR COMPLACENT EXERCISE

Are you content or are you complacent (circle one for each)?

Finances

- . Content or Complacent

Spiritual Life

- . Content or Complacent

Health/Fitness

- . Content or Complacent

Relationships

- . Content or Complacent

Business

- . Content or Complacent

Work

- . Content or Complacent

Personal Life

- . Content or Complacent



NAVIGATE

AIM - MOTIVATION - PURPOSE (AMP PROCESS)

Select an area from the content or complacent exercise to use during the AIM process.



Annual Goals (Personal):

- 1.)
- 2.)
- 3.)

Annual Goals (Professional):

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Annual Goals (Professional):

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NAVIGATE

AIM - **MOTIVATION** - PURPOSE (AMP PROCESS)

Ask yourself "why?" five times.



Why do I want to do this? 

Why do I want to do this? 

Why do I want to do this? 

Why do I want to do this? 

Why do I want to do this? 



NAVIGATE

AIM - MOTIVATION - **PURPOSE** (AMP PROCESS)

Your "AIM" tells you what to do next, your "MOTIVATION" keeps you fired up and focused, and your "PURPOSE" will pull you through when things get tough.



What is your purpose?



ELEMENTS

Committing to the E03 Elements is something that should be done daily over decades. To start, we recommend treating it as a game where you get ONE point per completed item. Rather than aim for perfection, aim for as many points you can get each day. Over time, it will go from game to habit. Once these habits become a part of who you are, your life will dramatically change. You will forever be primed for high-performance in all areas of your life. This is the foundation we build better humans on. Make the commitment today, play the game, and build the habits!

SLEEP

Did you get 7+ hours of sleep last night?

HYDRATION + MINERAL BALANCE

Did you consume 50-60% of your BW (lb.) in ounces of water today?

NUTRITION

Meat + Veggies in two meals today?

BLOOD FLOW

Light aerobic work (walk, jog) for 10 min outside of normal training?

SUN

Did you get adequate sun exposure today?

DIGESTION

Chew food. Smell food. Limit liquids during eating.

MEAL TIMING

Has your body fasted for at least 12 hours?

WARM-UP / COOL-DOWN

Did you complete a 5-min warm-up and cool-down during training?

DOWNREGULATION

Meditation. Breathing. Limit Nighttime Light Exposure.



THE PLANNER

To learn more about this planner and how to use it, please visit the following link for videos and instruction:

KillingComfort.com/planner

EXAMPLE PAGES

MOTIVATION:

- ▶ BE THE BEST.
- ▶ BUILD AN EMPIRE.
- ▶ LEAVE A LEGACY.

KC3:

- HARD THING:** MEDITATE
HORMESIS: TRAIN + SAUNA
ONE THING: FOCUSED WORK

ELEMENTS:

- SLEEP
- HYDRATE
- NUTRITION
- BLOOD FLOW
- SUN/VIT. D
- DIGESTION
- MEAL TIMING
- W.U. + C.D.
- DOWNREG.

TOTAL: 7 / 9

GRID:

20	11	15
10	15	12
10	20	15
20	10	10

TOTAL: 168 reps

TRAINING:

MINUTES: 53 min.

COMPLETION:



GRATITUDE: A HEALTHY & HAPPY FAMILY

NO-FAIL ITEM:

COMPLETE TODAY'S JOURNAL PAGE (THIS PAGE)

MONTHLY PERSONAL GOALS:

- 1.) USE THIS JOURNAL EVERY DAY FOR A MONTH
- 2.) TRAIN/WORKOUT 300 TOTAL MINUTES
- 3.) GET 7, OR MORE, ELEMENT POINTS DAILY

MONTHLY PROFESSIONAL GOALS:

- 1.) COMPLETE 2-4 HOURS FOCUSED WORK DAILY
- 2.) COMPLETE ONLINE MARKETING COURSE
- 3.) COMPLETE BOOK OUTLINE/START DRAFT

TODAY: 20 JAN 2020

- Schedule time to use this journal
- Train for 50-60 min
- Review element points at end of day
- Complete 2 hours of work with no distractions
- 30 min of online marketing course
- 30 min brainstorm on book outline



WEEKLY REVIEW

► DATES: 20-26 JAN 2020

Total Grid Reps: 1,029 reps

Total Element Points: 42 / 63 | 67 %

Total Training Minutes: 318 minutes

- = 5 complete sessions
- = 1 partial session
- = 1 day skipped

Is your hard thing and/or one thing moving your forward?

Yes! Meditation still proves to be an activity that is pressing forward against my desire and still beneficial.

Goal Progress (Personal):

- 1.) Used the journal every day this week = on track!
- 2.) Trained 318 min this week = on track!
- 3.) Averaged 6 element points per day this week = off track...

Goal Progress (Business):

- 1.) 4 days of focused work this week, so that could be improved.
- 2.) Made it almost halfway through marketing course = on track!
- 3.) Completed book outline, next time to start draft.

Adjustments:

- More emphasis on getting in the elements. Schedule it on calendar.
- Use "do not disturb" during focused work attempts

Tasks:

- Start book draft from created outline
- Start planning next month's goals



MONTHLY REVIEW

► DATES: JAN 2020 - 30 DEC 2019 to 2 FEB 2020 (5 weeks)

Total Grid Reps: 4,779 Reps

Total Element Points: 210 / 315 | 67 %

Total Training Minutes: 1,526 minutes

● = 25 complete sessions

● = 5 partial sessions

● = 5 rest days

How'd you do?

Goal Progress (Personal):

- 1.) Used journal every day ✓
- 2.) Trained >300 min weekly ✓
- 3.) Avg. 6 elements daily X

Goal Progress (Professional):

- 1.) Avg. 3 focused days/wk. X
- 2.) Completed Mkt. Course ✓
- 3.) Outline comp. & Draft started ✓

BIG PICTURE

Annual Goals (Personal):

- 1.) Make Killing Comfort a Habit
- 2.) Train >300 min every week
- 3.) Make Elements a Habit

Next Month's Goals (Personal):

- 1.) Use journal every day
- 2.) Train >300 min weekly
- 3.) Inc. avg. elements from 6 to 7

Annual Goals (Professional):

- 1.) Create DEEP Work habit
- 2.) Get Better at Mkt to inc. Sales
- 3.) Write a book

Next Month's Goals (Professional):

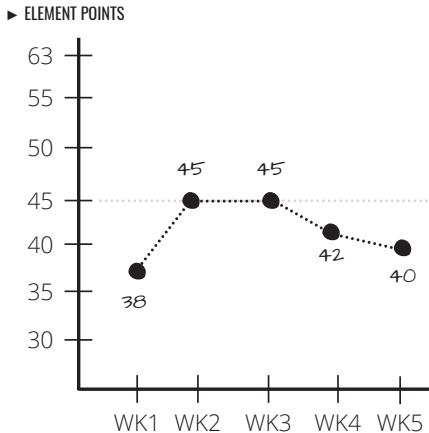
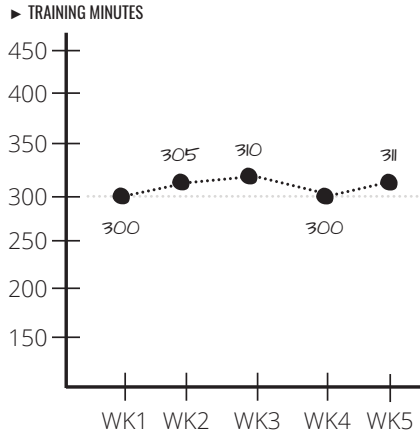
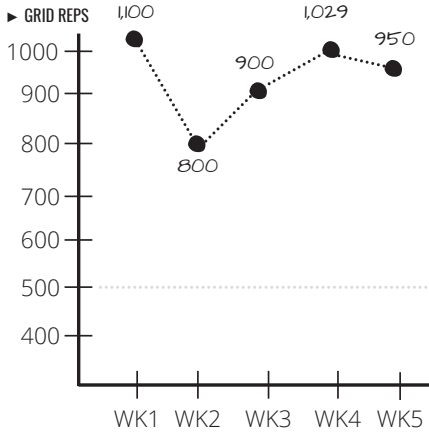
- 1.) Inc. avg. focused work from 3 to 4
- 2.) Create Marketing Calendar
- 3.) Write Ch. 1-3 of book

What's next?



MONTHLY VISUAL REVIEW

► DATES: JAN 2020 - 30 DEC 2019 to 2 FEB 2020 (5 weeks)



**PRESS
FORWARD
AGAINST**

**YOUR
OWN
DESIRE**

MOTIVATION:

- ▶
- ▶
- ▶

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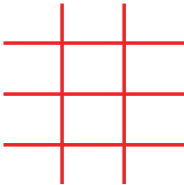
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 HORMESIS:
 ONE THING:

ELEMENTS:

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- HYDRATE
- NUTRITION
- BLOOD FLOW
- SUN/VIT. D
- DIGESTION
- MEAL TIMING
- W.U. + C.D.
- DOWNREG.

TOTAL: / 9

GRID:



TOTAL:

TRAINING:

MINUTES:

COMPLETION:



GRATITUDE:

NO-FAIL ITEM:

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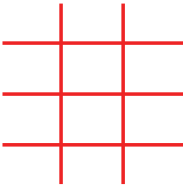
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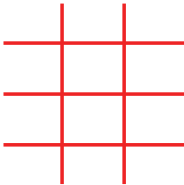
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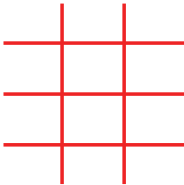
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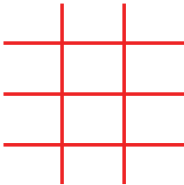
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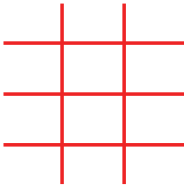
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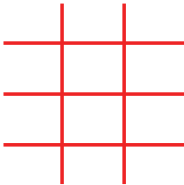
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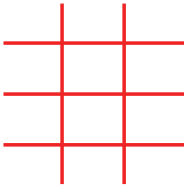
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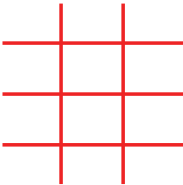
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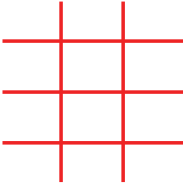
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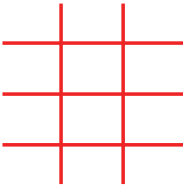
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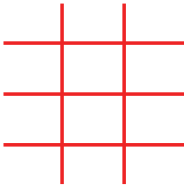
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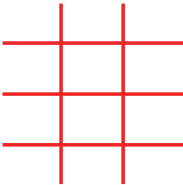
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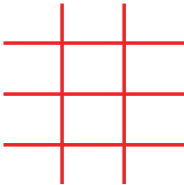
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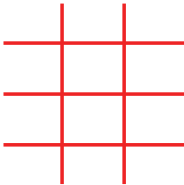
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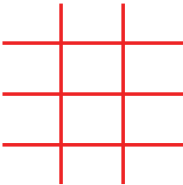
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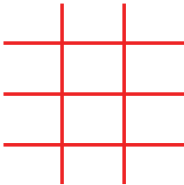
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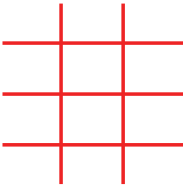
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- ▶
- ▶

KC3:

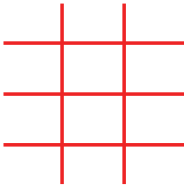
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 HORMESIS:
 ONE THING:

ELEMENTS:

- SLEEP
- HYDRATE
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- BLOOD FLOW
- SUN/VIT. D
- DIGESTION
- MEAL TIMING
- W.U. + C.D.
- DOWNREG.

TOTAL: / 9

GRID:



TOTAL:

TRAINING:

MINUTES:

COMPLETION:



GRATITUDE:

NO-FAIL ITEM:

MONTHLY PERSONAL GOALS:

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- 2.)
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MONTHLY PROFESSIONAL GOALS:

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TODAY:



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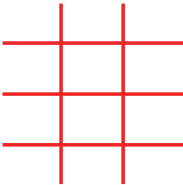
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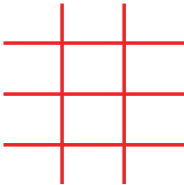
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WEEKLY REVIEW

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Total Training Minutes:

-  =
-  =
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Is your hard thing and/or one thing moving your forward?

Goal Progress (Personal):

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Adjustments:

Tasks:



MOTIVATION:

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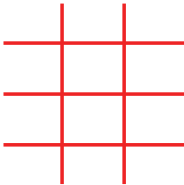
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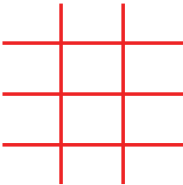
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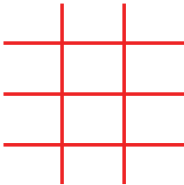
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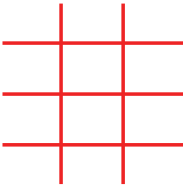
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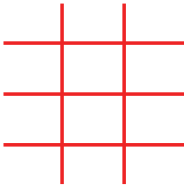
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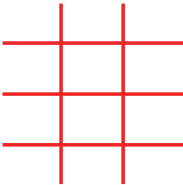
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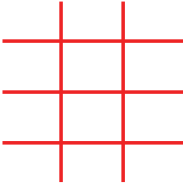
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● =
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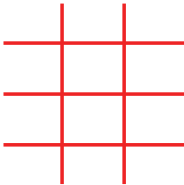
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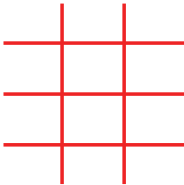
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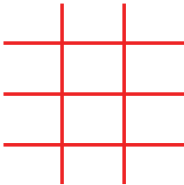
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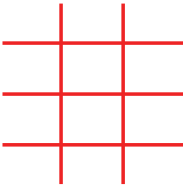
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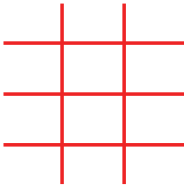
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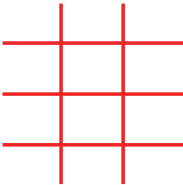
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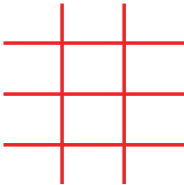
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Tasks:






MONTHLY REVIEW

► DATES:

Total Grid Reps:

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-  =
-  =
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How'd you do?

Goal Progress (Personal):

- 1.)
- 2.)
- 3.)

Goal Progress (Professional):

- 1.)
- 2.)
- 3.)

BIG PICTURE

Annual Goals (Personal):

- 1.)
- 2.)
- 3.)

Next Month's Goals (Personal):

- 1.)
- 2.)
- 3.)

Annual Goals (Professional):

- 1.)
- 2.)
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Next Month's Goals (Professional):

- 1.)
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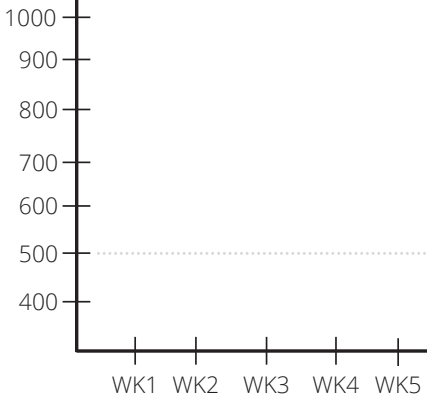
What's next?



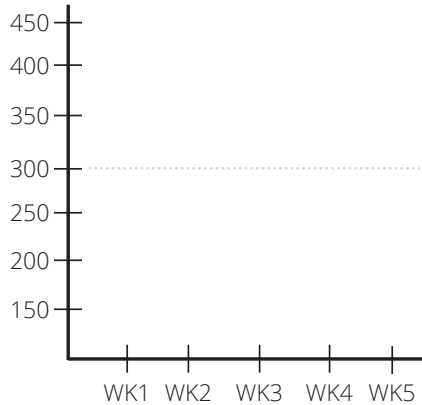
MONTHLY VISUAL REVIEW

► DATES:

► GRID REPS



► TRAINING MINUTES



► ELEMENT POINTS

