

RESILIENCE ROADMAP

for

FREEDOM

*25 easy, effective, and science-based
ways to simplify your life.*



Life. Health. Relationships.



THE ONLY PERSON YOU ARE MEANT TO BE, IS THE PERSON YOU DECIDE TO BE.

-Ralph Waldo Emerson

Emerson was right.

But here's the catch: we're a species of delusional idiots.

We're obsessed with more. More stuff, more status, more validation. We're constantly chasing the next shiny object, convinced it will finally bring us happiness.


But the truth is, the more we chase, the less we have. We're stressed, anxious, and perpetually dissatisfied.

To break that cycle of overwhelm and anxiety, we must simplify.

We only have so much time in this life. Let's make the most of it:

- **Unclutter Your Mind:** Learn to prioritize tasks, let go of worries, and cultivate a calm and focused mind.
- **Simplify Your Lifestyle:** Minimize distractions, declutter your space, and focus on what truly matters to get more clarity.
- **Optimize Your Time:** Time management techniques to increase productivity and reduce stress.
- **Nourish Your Relationships:** Build deeper connections with loved ones through mindful communication and genuine presence.
- **Ignite Your Creativity:** Tap into your imagination and unleash your creative potential.

Here are 25 easy, effective, science-based ways to simplify life, cultivate health, and strengthen relationships.

P.S. Watch for the Game Changers. They are marked with this:  **GAME CHANGER**

LIFE HEALTH RELATIONSHIPS

Here are 25 easy, effective, and science-based ways to simplify life, cultivate health, and strengthen relationships.

1

Set Intentions Every Morning

How: Begin each day with a clear intention to ground yourself and set a positive tone.

Why: It helps you stay purposeful whether it's about productivity, kindness, or balance.

Science: Activates the prefrontal cortex for decision-making, planning, and focus. You're priming your brain for a productive and positive day.

Tip: Smile first thing, even if it's forced; the movement triggers muscles in the face that trigger your brain to release “feel good” neurotransmitters like dopamine, serotonin, and oxytocin.



2

LIFE HACK

Daily Reflection Before Bed

How: Empty your mind by jotting down your thoughts, reflections, or worries at night.

Why: It helps you let go of the day and improve sleep quality by reducing mental clutter.

Science: It taps the Amygdala, the part of the brain that processes emotion and reduces the stress hormone cortisol.

Tip: Use a specific prompt, like “What did I learn today or where could I be better?” to structure your reflections.

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GAME CHANGER

LIFE HACK

Practice Gratitude Daily

How: Identify three things you're grateful for each day.

Why: Gratitude can increase happiness, reduce stress, and improve overall well-being.

Science: Stimulates the release of neurotransmitters like dopamine and serotonin for pleasure and happiness.

Tip: Go to the basics if you can't think of anything to be grateful for. You are alive and breathing. Simple as it sounds, it works.



SIMPLICITY IS THE ULTIMATE SOPHISTICATION

-Leonardo da Vinci

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Reflect on Your **Monthly Goals**

How: Set aside time monthly to review your progress, celebrate achievements, and adjust your goals as needed.

Why: Regular reflection helps you stay on track and progress towards your long-term goals.

Science: When we set a goal, our brain creates a mental representation of the desired outcome.

Tip: Use a goal-tracking app or a simple notebook to keep track of your progress.

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LIFE HACK

Declutter One Space Each Week

How: Focus on one small area, such as your desk or a drawer, and remove anything you don't need.

Why: A clutter-free environment can reduce stress and improve focus and productivity.

Science: A cluttered environment can overload the prefrontal cortex, the part of the brain responsible for decision-making, problem-solving, and focus.

Tip: Do a "10 Minute Tidy". Set a timer for 10 minutes and get 'er done!

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LIFE HACK

Set Boundaries With Technology

How: Establish specific times for screen-free activities, such as during meals or before bed.

Why: Limiting screen time can improve sleep, reduce stress, and enhance relationships. Blue light from the devices is the bad actor.

Science: Excessive screen time can lead to eye strain, headaches, and sleep disturbances.

Tip: Use apps or website blockers to help you stay on track.

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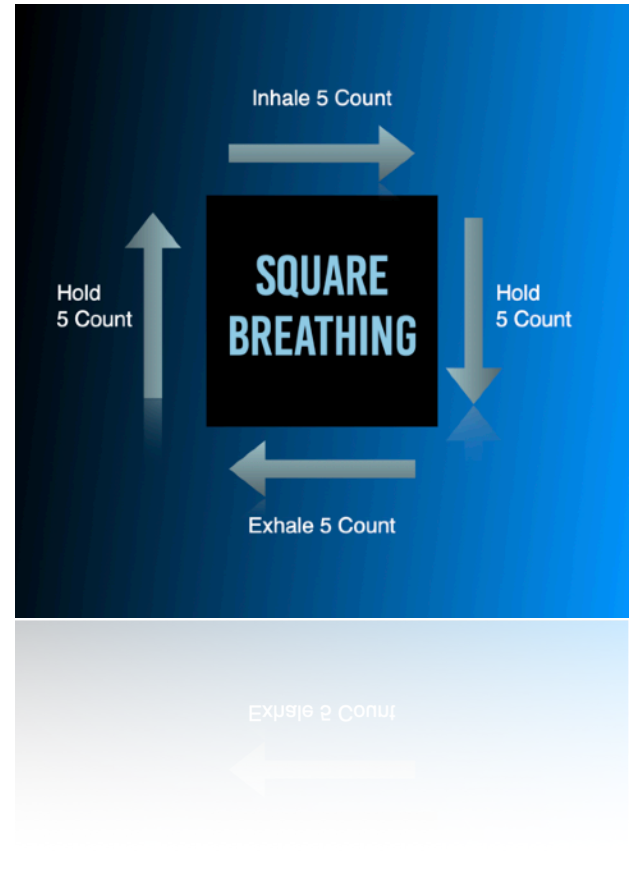
Try A New Skill Or Activity Every Month

How: Learn a new language, take up a new hobby, or try a new recipe.

Why: Learning new things keeps your mind sharp and boosts your creativity.

Science: Learning new skills stimulates the brain to form new neural connections and neuroplasticity.

Tip: Teach it to a friend. When you teach what you are learning, it forces you to learn better.



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GAME CHANGER

LIFE HACK

Use the 80/20 Rule In Everything

How: By focusing on the 20% of tasks that yield 80% of the results, you can maximize your productivity and minimize wasted effort.

Why: You maximize your efficiency and increase the big-picture impact on your life.

Science: By focusing on high-impact tasks, you can trigger dopamine release, increasing motivation and focus.

Tip: Apply it to your budgeting, food, and relationships. It works on almost everything in life.

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GAME CHANGER

LIFE HACK

Square Breathing During Stress

How: Inhale, hold, exhale, hold for equal counts. This technique can help reduce stress, improve focus, and enhance overall well-being.

Why: Quickly reduces stress and anxiety and lowers your heart rate.

Science: During stress, we hold our breath. Square or Box breathing activates the parasympathetic nervous system for calm.

Tip: Use this whenever you are nervous or in new situations. It helps with panic attacks too.



**WHEN YOU
BECOME FULLY
PRESENT, THE
PAST AND FUTURE LOSE
THEIR POWER OVER YOU.**

-Eckhart Tolle

10

Mindfulness Power of Now

How: Focus entirely on breathing and your body for 5 minutes. Pay attention to the present moment without judgment.

Why: Mindfulness can help you gain self-awareness, reduce stress, and improve decision-making.

Science: Mindfulness activates the parasympathetic nervous system, promoting relaxation and reducing stress hormones like cortisol.

Tip: Feel gravity as it pulls your body into your chair or bed as you relax. Combined with a focus on your breath, this helps you quickly become more aware of the big picture of life.

11

LIFE HACK

Limit Negative Self-Talk

How: Challenge negative thoughts and replace them with positive affirmations.

Why: Positive self-talk can boost self-esteem and motivation.

Science: Negative self-talk can lead to depression and anxiety.

Tip: Pretend you're watching a play where two actors argue about the better person. This helps a lot!

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LIFE HACK

Learn to Say No

How: Politely decline requests that don't align with your priorities.

Why: Saying no can reduce stress and improve time management.

Science: Saying no can help you avoid burnout and maintain a healthy work-life balance.

Tip: Practice in a mirror. Use communication to express your needs and boundaries.

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GAME CHANGER

Cultivate Patience

How: Practice patience in all areas of your life, from relationships to projects.

Why: Patience can reduce stress, improve decision-making, and increase resilience.

Science: Research shows that more patient people have lower stress levels, healthier relationships and are more successful.

Tip: The 5-Second Rule

When making a decision, count backward from five. Helps a ton with procrastination, too.

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GAME CHANGER

LIFE HACK

Track Your Habits

How: Start with one habit, track your progress, and create a routine.

Why: Small, consistent steps lead to significant results. 1

Science: Every time we check off a habit our brain releases dopamine, a neurotransmitter associated with pleasure.

Tip: Shoot for 1% better each day. After 365 days, that's a 37x increase!



**THE FUTURE
BELONGS TO
THOSE WHO
BELIEVE IN THE BEAUTY OF
THEIR DREAMS AND ARE
PATIENT ENOUGH TO WORK
FOR THEM.**

-Eleanor Roosevelt

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LIFE HACK

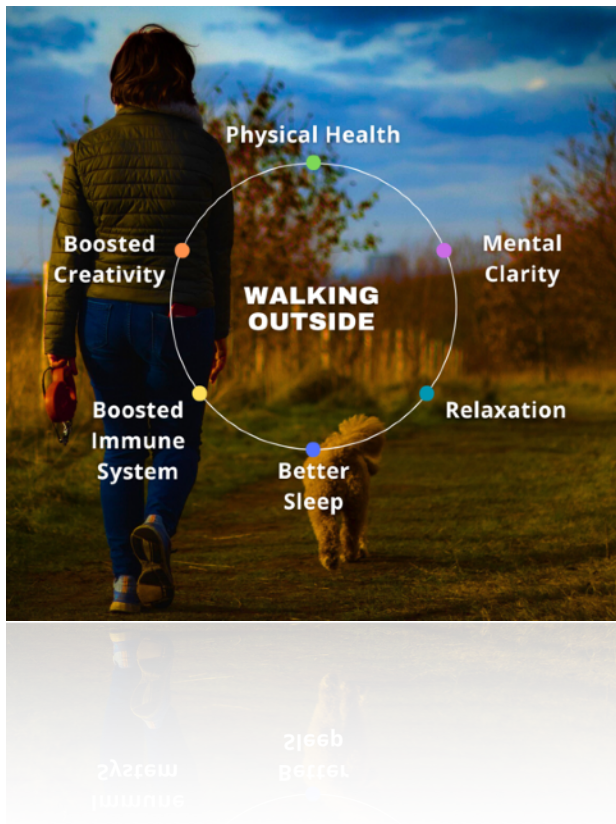
Spend 7-20 Minutes Meditating A Day

How: Sit quietly, focus on your breath, and let go of distractions.

Benefit: Meditation can reduce stress, anxiety, depression, and heart rate.

Science: Activates the parasympathetic nervous system. Reduces stress and lowers blood pressure and heart rate.

Tip: Use guided meditations to get you started and stay focused and consistent.



16 GAME CHANGER

10-30 Minute **Walk Outside**

How: Go for a short walk in nature, a park, or even around your neighborhood.

Why: Walking can improve physical health, mental health, and cognitive function.

Science: Exposure to nature and sunlight can reduce stress, improve mood, and boost creativity. Sunlight triggers vitamin D for bone health and the immune system. Increases serotonin for better mood, appetite, and sleep.

Tip: Disconnect. Your creative mind will kick in. Use this time for big-thinking.

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LIFE HACK

Drink More Water

How: Carry a reusable water bottle and drink throughout the day.

Why: Drinking water can improve hydration, energy levels, and overall health.

Science: Water helps with digestion, circulation, and temperature regulation, skin, and body cleansing.

Tip: Set reminders to drink water throughout the day. I put it on my tracker to try to drink 32 Oz./day. I also use habit stacking by leaving a bottle of water next to the fridge in plain sight.

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LIFE HACK

Learn to Say No

How: Politely decline requests that don't align with your priorities.

Why: Saying no can reduce stress and improve time management.

Science: Saying no can help you avoid burnout and maintain a healthy work-life balance.

Tip: Practice assertive communication to express your needs and boundaries.

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Practice Self-Compassion

How: Be kind to yourself, especially when you make mistakes.

Why: Self-compassion can boost self-esteem, reduce stress, and improve resilience.

Science: Self-compassion activates the brain's reward system, promoting positive emotions.

Tip: Talk to yourself with kindness and understanding. *Expert trick:* Pretend you are your parent guiding your younger self through a hard time. Using guided meditations helps too.



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GAME CHANGER

LIFE HACK

Active Listening

How: Give your full attention, maintain eye contact, and avoid interrupting.

Why: Improves communication and understanding and strengthens bonds.

Science: Coined by psychologist Carl Rogers in 1957, active listening activates empathy and promotes the release of oxytocin, a bonding hormone.

Tip: Use open-ended questions to encourage deeper conversation. Repeat what you heard back to make sure you understood correctly.

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LIFE HACK

Little Surprises, Big Results

How: Do something unexpected to show love and/or appreciation.

Benefit: Creates positive memories and strengthens bonds in personal and professional life.

Science: Surprises can trigger positive emotions and release dopamine.

Tip: List small gestures you can do for people in your life. Also helps strengthen professional relationships at work. Keeping track of birthdays is a good one!



22 GAME CHANGER

Prioritize Sleep

How: Establish a regular sleep schedule, create a calming bedtime routine, and optimize your sleep environment.

Why: Sleep is where we heal. Adequate sleep is essential for physical and mental health.

Science: Sleep consolidates memories, regulates emotions, and boosts the immune system. The body releases growth hormones in deep sleep that stimulate tissue repair and muscle growth.

Tip: Avoid screens 30 minutes before bed. Blue light emitted by electronic devices like smartphones, tablets, and computers interferes with falling asleep and staying asleep.

23 GAME CHANGER

LIFE HACK

Eat A Healthy Diet

How: Opt for whole, unprocessed foods like fruits, vegetables, whole grains, lean proteins, and healthy fats.

Why: A balanced diet can improve energy levels, boost immunity, and weight loss.

Science: Avoids chronic diseases, heart problems, diabetes, and cancer, to name a few. Eat healthy; it's a no-brainer.

Tip: Use a free **food tracker** like My Fitness Pal. *Veggie color trick:* **Red**=lycopene, heart health. **Orange**=beta-carotene, vision.

Yellow=vitamin C. **Green**, vitamin K, blood clotting. **Purple**= anthocyanins, antioxidants.

24 GAME CHANGER

LIFE HACK

Write Down Your Goals

How: Set specific, measurable, achievable, relevant, and time-bound (SMART) goals.

Why: Setting realistic goals focuses you. A clear picture in your mind with a timeline is the first step to success!

Science: Writing down your goals locks them into your brain. The prefrontal cortex, for decision-making and planning, is activated.

Tip: Review your goals regularly and adjust them as needed. Imagine looking back on your success in 10 years. Build the process into your habit tracker in small steps!

Believe In Yourself!

I'm not going to sugarcoat it. It's hard to believe in yourself sometimes. I know. Because I've *been there*. But, I am talking to YOU. (LMAO pic is a little cheesy).

We are not given a choice in how we got into our world or how we were raised. That shit is deep, and it leaves scars. If you're reading this now, you are making real changes.

And now you get to make the choices.

Your desire to grow. To be better. To be more. That's the first choice. Then, you need to strengthen that with learning, good influences, the right tools and HARD WORK.

So how do you do it?

6 years ago...



STEP 1- GET DEEP

EXERCISE

How: Get out your pad and paper, and I'll show you. Start with your principles. Write down what you stand for in life. What are the red lines that you will not cross? Dig into your morality.

Now, your fears. What keeps you up at night? Look for your scars. Look for your patterns. Find where you start to run and hide.

Most of us run or hide with destructive behaviors or habits. Drinking, drugs, food, sex, whatever. Your ego ultimately is trying to protect you, but it can lead you to dark places. Identify the *darkness*. Face it head-on.

Most of our "stuff" is old. Our patterns are generational. Look at where it comes from.

STEP 2- ANALYZE

EXERCISE

Then, list your strengths and weaknesses. What are you good at? What do you suck at?

Now, figure out what you have to offer the world. List all the things you can do, even the little ones.

Now, find what the world needs that you can offer. Do a Google search if you don't know.

Then, list all the people in your life who can help you get where you want to go.

Now put it in columns: principles, strengths/weaknesses, skills, people, then what the world needs.

STEP 3-CONNECT THE DOTS

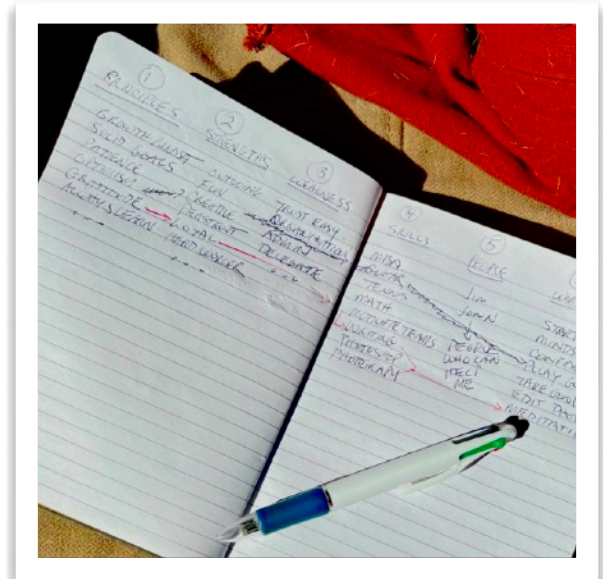
Now, start drawing connecting lines between the columns where it makes sense.

You will start to see patterns. You will get ideas of what makes you tick, and how you can use that to help the world.

This gives you an idea of your job, career, and larger sense of purpose.

That is the very basic concept. Explore the Resources section of the website [here](#) to learn more.

This will get you started!



CONCLUSION

We all strive to get better in our lives. These 25 insights are a start.

This little exercise above helps get the juices flowing for a different perspective. Everyone wants to be happy, healthy and loved. But the problem is that we always try to find them outside ourselves.

You must build yourself into the person you want to be from the inside first. It doesn't matter how old you are or how shitty life is right now. You can change at any time. If you really want to.

It's all about how you look at it. Believe in yourself, my friend, because I do!

I'd love to hear from you. If you haven't joined Rugged Human, I invite you to right now.

Just click [this link](#) and enter your email and name. Simple. That will sign you up for the weekly Rugged Human Letter.

That's where we talk about this kind of stuff every Saturday.

Talk to ya in the next letter! -Jerod

