CONQUER EQUIPMENT

NEUROLIFTS

MENTAL WORKOUT PROGRAMS

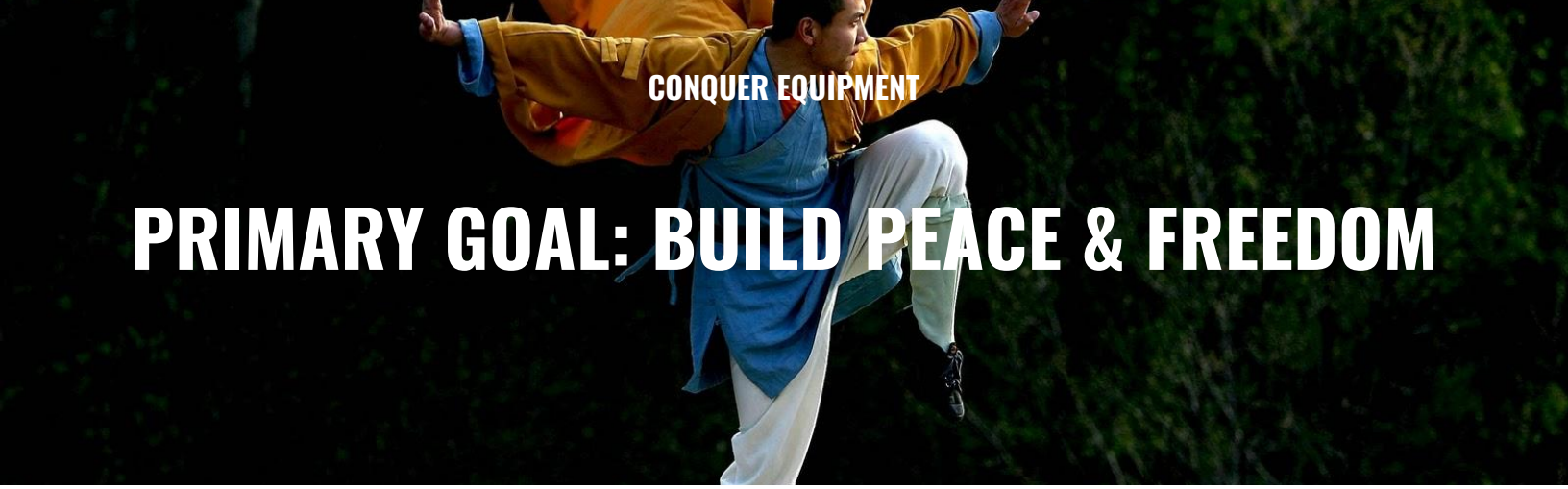
EXERCISE YOUR MIND LIKE YOU WOULD YOUR BODY.

Inside this equipment, you'll find three different 28-day workouts programs.

They are created to start small and build upon each habit, Kaizen style. Don't jump ahead, or you won't stick to it. But if you consistently put in the work, you'll see real increases in your mood, knowledge, and empathy.

Choose your goal, whether it be to strengthen, expand, or calm. Then, print out the monthly calendar and mark each day you complete your mental workout.

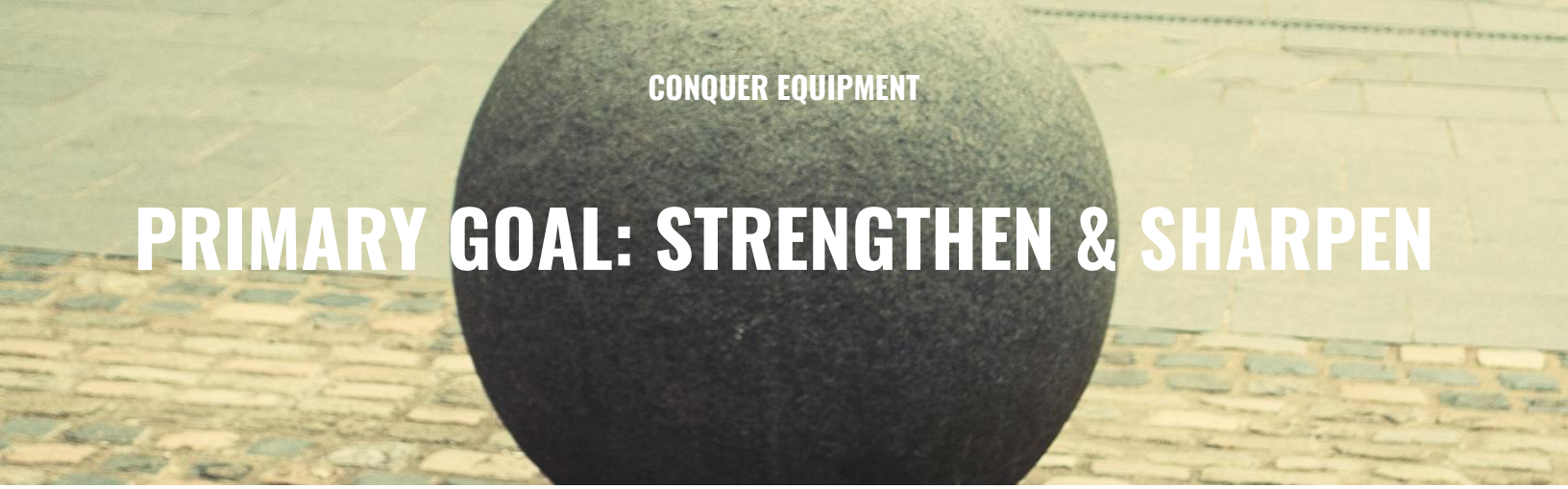
Let's roll.



CONQUER EQUIPMENT

PRIMARY GOAL: BUILD PEACE & FREEDOM

WEEK ONE EACH DAY	**Breathe** **3 Minutes** Take 10 huge, slow deep breaths. Count each one in your mind. Focus on nothing else.	**Grateful Goals** **2 Minutes** Write down three specific things you are grateful for, *then* three goals for the day.		
WEEK TWO EACH DAY	**Breathe** **3 Minutes** Take 10 huge, slow deep breaths. Count each one in your mind. Focus on nothing else.	**Grateful Goals** **2 Minutes** Write down three specific things you are grateful for, *then* three goals for the day.	**Soul Food** **10 Minutes** Read a Zen teaching, Biblical devotional, piece of philosophy, or your favorite thinker's blog.	
WEEK THREE EACH DAY	**Breathe** **6 Minutes** Take 20 huge, slow deep breaths. Count each one in your mind. Focus on nothing else.	**Grateful Goals** **2 Minutes** Write down three specific things you are grateful for, *then* three goals for the day.	**Soul Food** **10 Minutes** Read a Zen teaching, Biblical devotional, piece of philosophy, or your favorite thinker's blog.	**Journal Heavy** **5 Minutes** Fill up at least a page of ideas, pains, solutions, and positive coaching. Don't stop until time.
WEEK FOUR EACH DAY	**Breathe** **10 Minutes** Spend more time in this meditation, letting thoughts pass through without attachment.	**Grateful Goals** **2 Minutes** Write down three specific things you are grateful for, *then* three goals for the day.	**Soul Food** **20 Minutes** Read a Zen teaching, Biblical devotional, piece of philosophy, or your favorite thinker's blog.	**Journal Heavy** **10 Minutes** Fill up at least a page of ideas, pains, solutions, and positive coaching. Don't stop until time.



CONQUER EQUIPMENT

PRIMARY GOAL: STRENGTHEN & SHARPEN

WEEK ONE EACH DAY

Skill Practice
15 Minutes
Work with an instrument, language, art, craft, or program that you want to master.

WEEK TWO EACH DAY

Skill Practice
20 Minutes
Work with an instrument, language, art, craft, or program that you want to master.

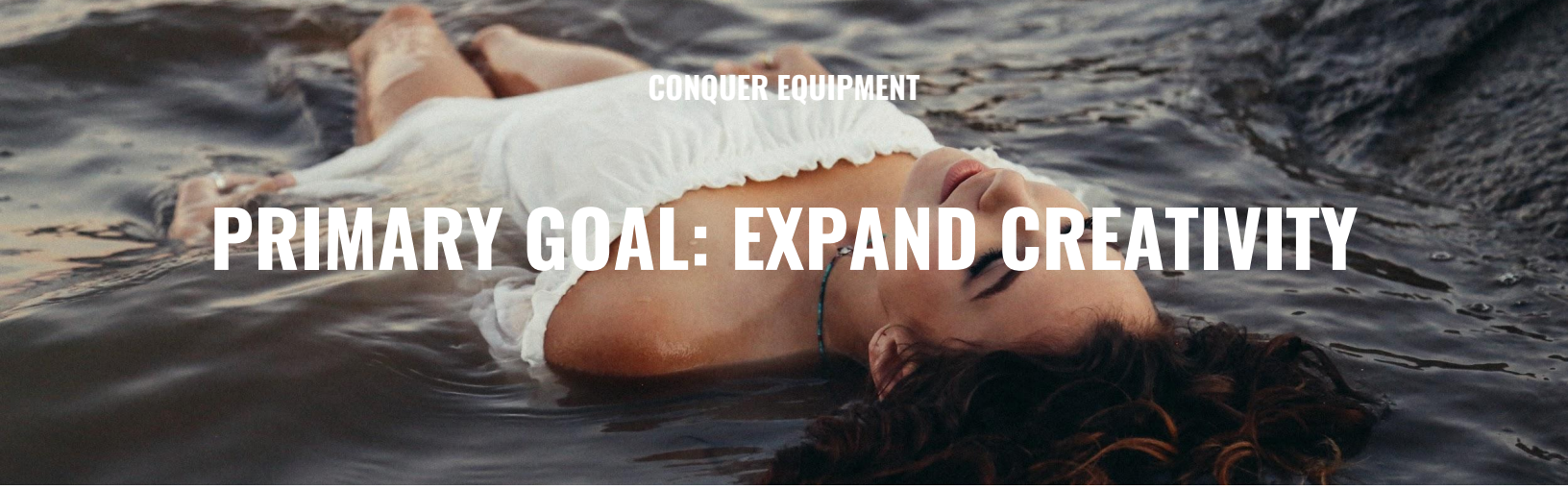
Music & Goals
10 Minutes
Turn up your favorite playlist and write down long and short term goals, ideas, and tasks.

WEEK THREE EACH DAY +

Skill Practice
30 Minutes
Work with an instrument, language, art, craft, or program that you want to master.

Music & Goals
15 Minutes
Turn up your favorite playlist and write down long and short term goals, ideas, and tasks.

Quick Recon
15 Minutes
Read *smart* world news, updates in your industry, and more research about your skill.



CONQUER EQUIPMENT

PRIMARY GOAL: EXPAND CREATIVITY

WEEK ONE EACH DAY	**Alchemy Work** **15 Minutes** Create something. A song, drawing, story, home project, or just write ideas.			
WEEK TWO EACH DAY	**Alchemy Work** **15 Minutes** Create something. A song, drawing, story, home project, or just write ideas.	**Problem Solving** **5 Minutes** Work on puzzles, code, or other projects that don't have easy solutions or quick answers.		
WEEK THREE EACH DAY	**Alchemy Work** **15 Minutes** Create something. A song, drawing, story, home project, or just write ideas.	**Problem Solving** **10 Minutes** Work on puzzles, code, or other projects that don't have easy solutions or quick answers.	**Revamp** **10 Minutes** Clean and organize the space around you, including your digital tools. Build a routine.	
WEEK FOUR EACH DAY	**Alchemy Work** **15 Minutes** Create something. A song, drawing, story, home project, or just write ideas.	**Problem Solving** **15 Minutes** Work on puzzles, code, or other projects that don't have easy solutions or quick answers.	**Revamp** **10 Minutes** Clean and organize the space around you, including your digital tools. Build a routine.	**Cartography** **10 Minutes** Daydream your plans in the future, and write them down. Exactly what do they look like?

KEEP TRACK OF YOUR MENTAL UPGRADES.

Mark down a bright X on each day that you complete a mental workout. Try and take a note of how differently you feel, or how much more productive you are. There are a month's worth of X's below. Pick the workout you'd like to start, and print out a new page for next month.

U	M	T	W	H	F	S