

5 a Day – Living to the Golden Standard

At the heart of JAR is this: every time we speak, I aim to offer tools and counsel that help you move closer to your best self. And like any good coach will tell you, half the time you're reminding yourself of the same lessons you're offering others.

This next phase is about **thriving**, not just surviving. It's about creating your *new normal*—living in that feeling of flow, where every part of you is engaged and at ease. I call it *living golden*.

In 1999, I became a full-time professional coach. That same year, I met Marina—first falling in love with her view of the world, then with her. My obsession was always the same: help every client improve. Not as a nice idea, but as a total obsession. If I couldn't unlock something for someone, I'd lose sleep until I cracked it. It made me sharper than most... but also burned me out.

In 2009, I discovered NLP and everything began to change. I stayed obsessed—but I learned how to thrive through it. I learned to centre myself, to pause, and to come back stronger. That's when I started to truly live in that **golden space**—and that's what I want to help you do, too.

The Rule: Every Day, Boss. Every Day.

Let's get this nailed down:

“There are no days off.”

Sick? Tired? Injured? Distracted? Doesn't matter. Every day, you must do *something* towards your goal. It could be 5 minutes. It could be an affirmation. It could be watching a video.

“Right now is the only time you must take notice.”

You don't need to be perfect. You just need to stay *connected*. If you do five actions toward your goal each day, you'll stay focused, build momentum, and *always* have a solid platform to build from.

You've Got the Tools

Inside the JAR athlete profile lives a library of over 100,000 words of tools. These are yours to explore, shape, and use however works for you. You'll get a load more in the handouts that follow.

Track your actions. Journal them. Own them. This is your journey—and your chance to build the kind of athlete (and person) that shines in everything they do.

The Morning & Day Practices

The first 5 minutes of your day matter. Here's how to start golden:

1. **Celebrate your bed** – It's taken humans thousands of years to invent one this comfy. Be grateful.
2. **Stretch gently** – Point your toes, lengthen your spine, move your neck and shoulders.
3. **Feel your grounding** – Put your feet on the floor and wiggle your toes.
4. **Levantar** – Rise upright. Sit with dignity.
5. **Three deep breaths** – In through the nose, out through the mouth. Fully empty your lungs.

Add one or more of these next tools:

- **Affirmations** – Say your goals aloud. Mean them. Add body awareness (hand on heart/gut/head).
 - **Meditation** – Try mindfulness (just notice), stoic reflection, or a few focused breaths in silence.
 - **Movement** – Do five key exercises or a short KATA. Get the body alive.
 - **Visualisation** – Draw your goal. Place the picture somewhere you see it every day.
 - **Future Pace** – See yourself in the future. Experience the win from four angles (self, self-view, coach, audience).
 - **Journaling** – Log the truth of who you're becoming. Add sketches, quotes, mementoes.
 - **Reading** – Read *something* every day. It's deeper than any other learning except lived experience.
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Evening & Sleep Practices

Sleep is where the magic happens. But you have to *enter it right*.

Set the stage:

- Make your room dark, aired, tidy, and peaceful.
- Use a real clock—not a phone.
- Set your bedding properly. Plump your pillows. Make your space feel good.

Before bed:

- Shake and fluff your pillows away from your sleeping area.
- Lie down and notice how amazing your bed is.
- Read something light or fiction.
- Review your journal or look at your goal image.

Dream Stimulation (optional but powerful):

Picture a peaceful place—like a beach or cave. Walk through it. Visualise meeting your future self. Picture your success. Hear your friends and family cheering for you. Feel it. Replay it.

This Is About Thriving

What works for you now might not be what works later. That's fine. Don't worry about discarding what doesn't feel useful—yet. As you grow, some tools may suddenly *click*.

This is about becoming the person you've always known you could be. And it starts with **tomorrow**.

Tomorrow I will:

1. Celebrate my bed
2. Stretch
3. Ground myself
4. Rise up
5. Breathe
6. Affirm
7. Keep building...