

ERIC BYRNES'

DAILY F*IT LIST

22 Daily Life Optimization Activities
To Live a More Fit and Active Lifestyle

1. Make Bed

Once I read Former Navy Admiral McCraven's Book *Make Your Bed*, I was ALL IN. Start your day off right away by completing a simple task then build from there.



2. Fire Cider + Bulletproof Coffee



Fire Cider will wake your ass up in a hurry, aid digestion, act as a major antioxidant, balance blood sugar & even help aid with weight loss. Then, add ghee butter & coconut oil to your Bulletproof Coffee to light up body and get brain juices flowing. The fat from butter will teach your body to use fat as fuel throughout the day and the coconut oil has been proven to ignite brain activity.

3. Grounding

Think back to when you were a kid running barefoot in the grass... How did it feel? EXACTLY... There is nothing like connecting with the earth's heartbeat first thing in the morning. Our bodies are made up of electrical currents and putting your feet in the grass or dirt literally releases the static electricity built up over night. If that's not the exact case, who gives a f*ck? That's what it feels like and I'm rolling with the placebo effect so leave me alone.



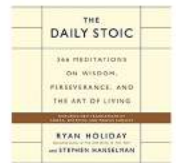
4. Daily Meditation



Daily Calm is an incredible meditation app that has a daily 10 minute session to reflect on various aspects of everyday life. I also use Calm to help me fall asleep at night and will venture into other meditations within the app as well... '7 Days of Gratitude' being a favorite.

5. Daily Stoic

"Don't talk to me until I've had my morning stoicism" said somebody and they couldn't have said it better. This Ancient Greek philosophy was created by Zeno of Citium around 300 B.C. The goal was to achieve happiness through the right way of living according to nature. Seneca, Epictetus & Marcus Aurilies further developed the philosophy which has incredibly withstood the test of time for over 2000 years. It's basic principle is to focus on what is in your control and don't worry about what is not. "Amor Fati" which means "love your fate" regardless of the situation and "Monento Mori" which means to recognize that your mortality is real and you can leave this earth at any time are two of the main rallying cries which are intended to help us live a more aware and fulfilled life.



6. Daily Devotional



I read Joel Osteen's message each morning, which will have a bible verse then offer a modern translation to the intended message. John Wooden said "drink deeply from good books - especially the Bible." Tackling one verse at a time allows me to really digest and reflect upon the content.



7. Daily Duolingo

Knocking out a quick español lesson each day helps build multi-tasking skills, improves memory & can even stave off Alzheimer's & dementia. Buenos Días!



8. Daily Tasks



"What good shall I do today?" Ben Franklin asked himself this question each morning, so if it was good enough for Ben to answer each morning, it is good enough for me. Write down the tasks you intend to complete and answer how those tasks may benefit others.

9. Cold Exposure/Scottish Shower/Ice Bath

Benefits: Improves circulation, Relieves depression, Keeps skin and hair healthy, Strengthens immunity, Increases testosterone, Increases fertility, Increases energy and well-being... Google the sh*t yourself. It HURTS but it WORKS.



10. Social Media Check-In and OUT



I get it... We all live perfect lives on social media. Drop a post or fire up a 15 second IG Story video that hopefully will bring a smile to somebody's face and help keep you connected to old friends. Designate 1 or 2 times a day to check in then make sure to CHECK OUT. There are no real life experiences to be had on a computer or mobile device.

11. Oil Up

Use essential oils to achieve desired mood. Want to wake up? Hit the eucalyptus or peppermint. Want to catch Z's? Take a whiff of lavender. Want to get lucky? Sniff up rose or sandalwood.



12. Supplements



Huge believer in supplementing your diet with nutrients we need. Biogenesis, M - Drive, Vitamin D, DHEA, X8 Energy Gum, Turmeric and a Boulder Botanicals cannabinoid complex are standard staples. If you are looking for a natural pain relief cream Nightingale Remedies CBD is FANTASTIC.

13. Minimum 1 Hour of Exercise

Run, bike & swim are 3 main forms of exercising which I will typically average anywhere between 10-22 hours a week. Even on "days off" I will find a way to hike, ski, board, etc...



14. Daily TED Talk/Audiobook/Music



These are my main 3 training partners. TED talks are put together by some of the worlds greatest innovators and will force you to think through your sweat sessions. Audiobooks offer your mind a chance to escape during long rides or runs, and music will help you through the dark stages of training.



15. Core 4 Exercise

Knock out 4 core exercises a day. Should take 5 minutes or less and helps maintain body's foundation.



16. Steam/Sauna

I typically will do both my core 4 exercises & foot reflexology board in the sauna or steam. I also use the sauna & steam as a heat training tool. 3 weeks of intense heat training is recommended before competition.

17. Foot Reflexology Board

Benefits of foot reflexology: stimulate nerve function, increase energy, boost circulation, induce a deep state of relaxation, eliminate toxins, stimulate the central nervous system, prevent migraines & treat urinary tract conditions.



18. Boots On

Recovery Boots will increase circulation & immensely speed up recovery process from intense grind sessions.



19. Reach Out & Touch Someone

Life is hectic and we too often lose touch with quality people who have positively influenced our lives along the way. Make an effort to reach out and connect with somebody you haven't talked to in at least 2 weeks.



20. Genuine 5

Go out of your way & genuinely compliment 5 people each day and make sure at least one is a complete stranger. The key word here is genuine. Anybody can smell bullshit a mile away so make sure the compliment is 100% authentic.



21. Dopamine Jumps

Jumping can trigger a quick release of dopamine which is the chemical in the brain that is responsible for increased mood and energy. I typically will do 3 sets of 12 for a late afternoon, early evening pick up.



22. Daily Reflection

"What good have I done today?" Ben Franklin would end his day reflecting upon what "good" he accomplished. Use this time to check items off your daily F*It List and journal thoughts/ideas accumulated throughout the day. Finish with a simple game plan for the following day & expression of all the things you are grateful for in your life.



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