

# HERO BAR MAKER

SAVORING THE SWEET & SALTY

TURN YOUR PROUDEST MOMENTS AND BIGGEST CHALLENGES INTO  
SNACKABLE FOOD FOR OPTIMIZING AND ACTUALIZING

1

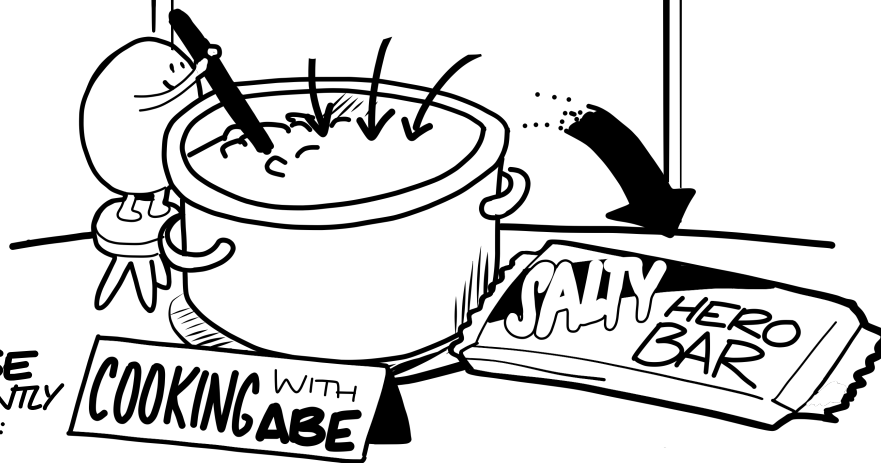
WHAT ARE YOU MOST  
**PROUD OF** IN YOUR LIFE?  
(BIG THINGS & SMALL THINGS IN  
ENERGY, WORK, AND LOVE)

2

WHAT **QUALITIES** OR  
**VIRTUES** DID YOU USE TO  
HELP CREATE THOSE  
EXPERIENCES?

3

HOW DID YOU **GROW  
STRONGER** FROM THE  
CHALLENGES AND 'FAILURES'  
THAT WERE PART OF THOSE  
WINS?



4

THINK OF THE  
**#1 CHALLENGE**  
YOU ARE CURRENTLY  
EXPERIENCING:

➡ WHAT **QUALITIES** OR **VIRTUES**  
WILL HELP YOU NAVIGATE IT?

➡ WHAT **GIFTS OF GROWTH** WILL YOU  
RECEIVE AS A RESULT?

*"How can you be thankful  
for the beneficial consequences  
that have resulted from  
this event?"*

ROBERT EMMONS

# GRATTITUDE LETTER

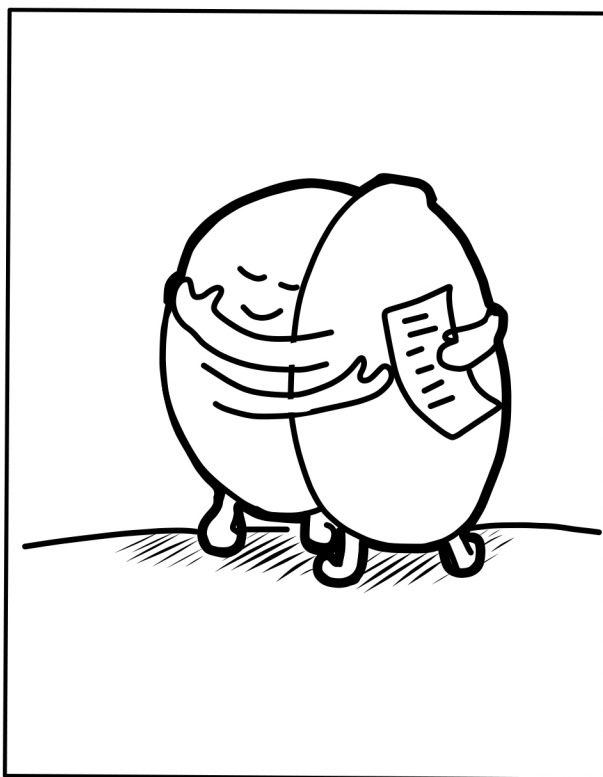
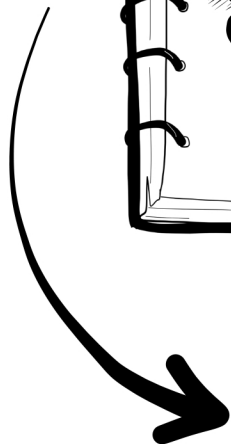
CELEBRATING A MAJOR POSITIVE DIFFERENCE MAKER

WRITE A LETTER OF GRATITUDE EXPRESSING YOUR APPRECIATION FOR SOMEONE WHO HAS POSITIVELY IMPACTED YOUR LIFE. (BONUS: DELIVER THE LETTER IN PERSON.)\*



## STEP 1

SELECT ONE IMPORTANT PERSON FROM YOUR PAST WHO HAS MADE A MAJOR POSITIVE DIFFERENCE IN YOUR LIFE AND TO WHOM YOU HAVE NEVER FULLY EXPRESSED YOUR THANKS. CHOOSE SOMEONE WHO IS STILL ALIVE. WRITE A TESTIMONIAL JUST LONG ENOUGH TO COVER ONE LAMINATED PAGE. TAKE YOUR TIME COMPOSING THIS—SEVERAL WEEKS IF REQUIRED



## STEP 2 (OPTIONAL)

INVITE THAT PERSON TO YOUR HOME, TRAVEL TO THAT PERSON'S HOME, (OR SET A TIME TO CONNECT FACE TO FACE VIRTUALLY). DO NOT TELL THE PERSON THE PURPOSE OF THE MEETING IN ADVANCE.

BRING A LAMINATED VERSION OF YOUR TESTIMONIAL WITH YOU AS A GIFT. READ YOUR TESTIMONIAL ALOUD SLOWLY, WITH EXPRESSION AND EYE CONTACT. THEN LET THE OTHER PERSON REACT UNHURRIEDLY REMINISCE ABOUT THE CONCRETE EVENTS, THAT MAKE THIS PERSON SO IMPORTANT TO YOU.

\* INSTRUCTIONS  
ADAPTED FROM  
MARTIN SELIGMAN'S  
POSITIVE PSYCHOLOGY  
LABORATORY AT  
THE UNIVERSITY OF  
PENNSYLVANIA

# BIG 3(x2) GRATITUDE JOURNALING

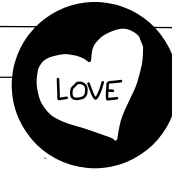
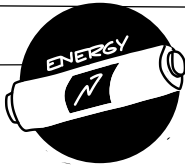
WHAT AND WHO IS AWESOME?

CELEBRATE & APPRECIATE AS YOU RELISH & SAVOR THE GIFTS, GRACE, BENEFITS, AND GOOD THINGS YOU ENJOY-TAKING THEM AS GRANTED RATHER THAN FOR GRANTED

## TIPS

- WRITING (NOT JUST THINKING ABOUT IT) IS IMPORTANT
- GO FOR DEPTH OVER BREADTH, GIVING DETAILS FOR EACH ENTRY
- INCLUDE SOME SURPRISES AND UNEXPECTED BLESSINGS
- USE THE LANGUAGE OF GIFTS
- DON'T "JUST DO IT." **FEEL IT.**

1



WHAT ARE YOU GRATEFUL FOR IN ENERGY, WORK, AND LOVE?

(WRITE A SENTENCE DESCRIBING EACH IN DETAIL)



## BONUS

WHAT WENT WELL TODAY (OR YESTERDAY) IN ENERGY, WORK, AND LOVE, AND WHY DID THAT HAPPEN?

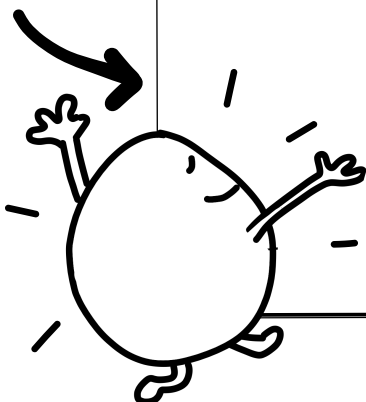
2

1

2

3

WHO ARE YOU GRATEFUL FOR IN YOUR LIFE, AND WHY?



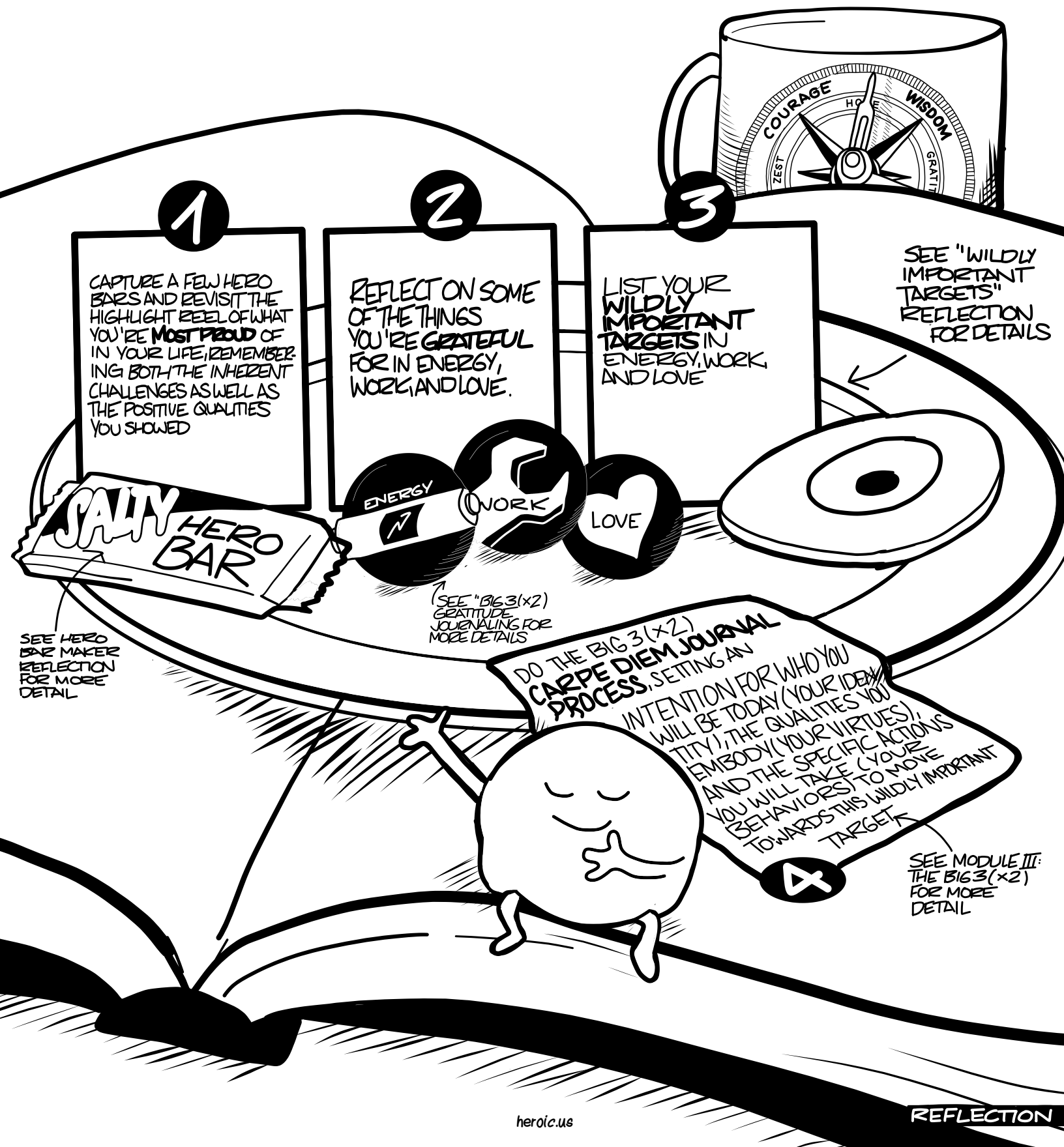


# BREAKFAST OF CHAMPIONS

PREPARE TO WIN EVERY DAY

EAT YOUR HERO BARS EARLY, SAVOR WHAT'S AWESOME IN YOUR LIFE,

AND PREPARE YOURSELF FOR OPTIMAL PERFORMANCE VIA THIS MORNING JOURNAL ROUTINE



# "THANK YOU"

## THE OPTIMIZERS COMPLETE ACCEPTANCE MANTRA

USE THE MANTRA "THANK YOU" ALL DAY EVERY DAY: FOR PEOPLE, OPPORTUNITIES, CHALLENGES, EXPERIENCES, THINGS... EVERYTHING

[illegible]

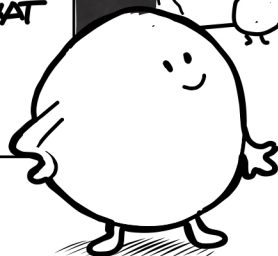
# GRATEFUL FLOW

SEIZING OPPORTUNITIES TO BE GRATEFUL

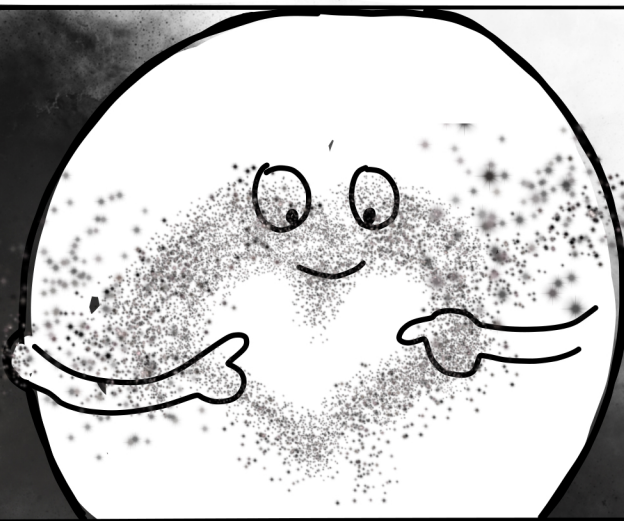
USE GRATEFUL FLOW WHEN YOU'RE ATTACKED BY NEGATIVE THOUGHTS, ANY

TIME YOUR THOUGHTS WANDER, OR ON A REGULAR SCHEDULE DURING SPECIFIC TIMES OF THE DAY

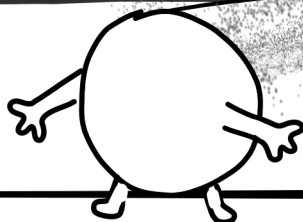
LOOK AROUND  
YOURSELF AND  
SILENTLY APPRECIATE  
SPECIFIC PEOPLE &  
THINGS THAT YOU'RE  
GRATEFUL FOR,  
ESPECIALLY ONES THAT  
YOU TAKE FOR  
GRANTED.



AFTER ABOUT 30 SECONDS,  
SHIFT YOUR ATTENTION TO  
THE PHYSICAL SENSATION OF  
GRATITUDE COMING FROM  
AND SURROUNDING YOUR HEART.



IMAGINE BEAMING  
THIS GRATEFUL FLOW  
OF ENERGY TOWARDS  
THE PEOPLE AND THINGS  
THAT SURROUND YOU  
AS YOUR CHEST OPENS  
UP AND YOUR BODY  
SOFTENS



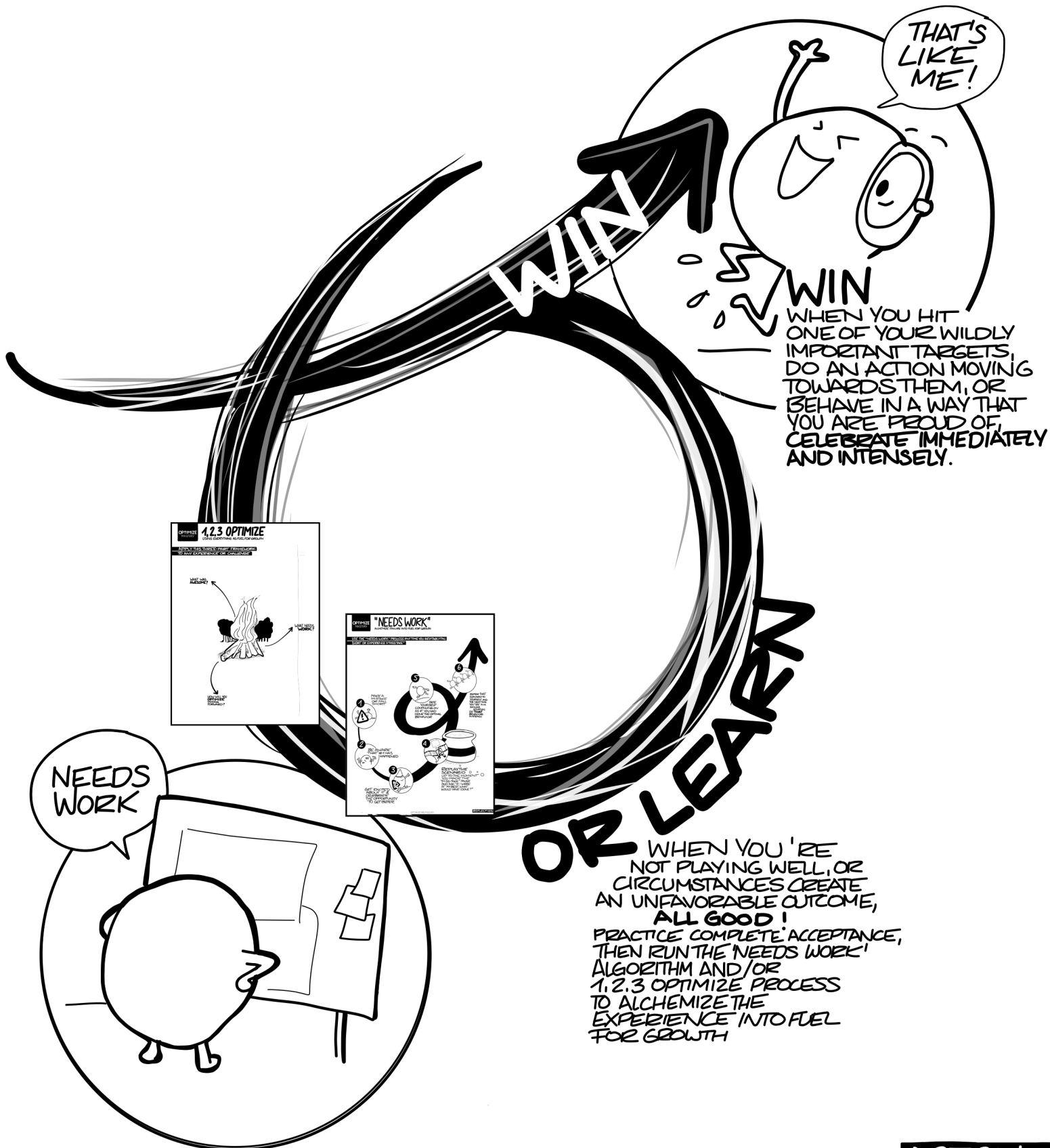
ADAPTED  
FROM PHIL  
STUTZ & BARRY  
MICHELS,  
THE TOOLS

# WIN OR LEARN

ALL DAY EVERY DAY

CELEBRATE YOUR VICTORIES IMMEDIATELY AND INTENSELY AT EVERY

OPPORTUNITY, WHILE LEARNING FROM EVERY EXPERIENCE, KNOWING THAT YOU WON'T WIN ALL THE TIME



# CELEBRATE PRESCRIPTION

PRACTICING COMPLETE ACCEPTANCE AND PROFOUND GRATITUDE

WHAT'S THE #1 THING I KNOW I COULD DO CELEBRATE-WISE  
TO MOST POSITIVELY CHANGE MY LIFE?

**OPTIMIZE R<sub>X</sub>**  
FUNDAMENTALS

*Celebrate*

OPTIMIZER

DATE

#1

#1 THING TO START OR  
STOP DOING CELEBRATE-WISE  
TO MOST POWERFULLY  
IMPACT MY LIFE

THIS PRESCRIPTION WILL ENERGIZE, SO THAT YOU CAN  
OPTIMIZE AND ACTUALIZE, VIRTUE-WISE, PEAK-PERFORMANCE-WISE,  
AND SPIRITUALITY-WISE.

