



EMPOWERED LIFESTYLE

E-Guide

YOUR GUIDE TO LIVING YOUR BEST
LIFE FOR GENERATIONS TO COME



EMPOWERED
LIFESTYLE
REVOLUTION

TABLE OF CONTENTS

1	A Cure for the Common Life
2	MVP
3	Communication and Relationships
4	The Time of your Life
5	Environmental Vitality
6	Philosophy of living - ancient wisdom to solve modern day problems
7	Wealth Dynamics - the Art and Science of Attracting Abundance
8	Knowing and Exercising your Rights
9	Leading a Legacy



EMPOWERED
LIFESTYLE
REVOLUTION

A Cure for the Common Life

At every stage of our life we can choose the **deliberate path** or the **default path**. We can play the **victim** or the **victor**. The very fact that you have taken the time to read this playbook already tells me who you are. We are delighted to meet another inspired being that is taking the road less traveled and is choosing to be at the **cause end of your destiny**.

Success leaves clues. It is wise to study those that have gone before us and mastered a particular area of life that we can then model their traits and strategies. This e-Playbook categorically shines the light on the major challenges in each of the key areas of life and the beginning steps to build a holistic life of fulfillment emotionally, physically, spiritually, financially, socially and intimately.



We are spiritual beings having a physical experience and ultimately the current society we live in has been created by our collective consciousness. To live an empowered life means relinquishing our sense of entitlement. To step out of fear and into love ... taking ultimate responsibility for what we think, believe and do to make a shift for our own future and the legacy of the generations to come. We must identify, but not dwell on the problem and shift the time, energy and focus onto that which we truly desire - the solution. Creating a vision so crystal clear ... so compelling that its vividness energises us and draws us into that inspired future.

A Cure for the Common Life

So how do we realise our greatest potential? How do we live an empowered lifestyle where we experience deep connected relationships, outrageous amounts of energy, heartfelt fulfilment with emotional mastery and a sense of purpose that compels us to invest into a mission where time stands still because we are on the path of our ultimate destiny? How do we acknowledge and tap into the divine with so much abundance that shifts us from any kind of lack mentality, comparison or judgement? How do we transition from destroying the planet and pillaging all its resources to observing, learning from and living sustainably with the magnificence that mother earth provides?

The truth is - you are already on the path! The first step is **awareness** and "when the student is ready the teacher appears", as the saying goes. The system up until now has been ingeniously effective in what I call the **zombification of our race**. All the years of conditioning through govern (control) ment (mind) schooling, the media (medium), TV (tell a vision) through (channels) that (program) our unconscious minds through Hollywood. The conditioning to subordinate to authority and rote learn and regurgitate the 'right answers'. The bombardment of advertising that what you need to truly be happy comes from a pill, a potion, a lotion, the latest device and to 'keep up with the Joneses'. All of this over decades has stagnated our ability for the need to think, be creative, use our imagination, listen to our gut instincts and intuition, form relationships and feel the energy of the earth, our fellow man and all the beings that co create our ecosystem.

So here you are ... right here - right now !!

A truth seeker - somewhere along your journey of breaking free of the matrix and fulfilling your own destiny. Living your divine purpose to enable your greatest contribution to the entire fabric of the universal intelligence that you are an integral part of. Through your inspired living ... your legacy is ensured as you inspire others to listen to their own inner voice and are compelled to do the same.

What lies ahead is a guide on the key steps to realise your ultimate potential and fulfil your ultimate destiny.

Ant & Katie



EMPOWERED
LIFESTYLE
REVOLUTION

Mission Vision Purpose

Your most-valuable-player is your life's **mission-vision-purpose**! As unique as your fingerprint - you have a set of values that is designed to guide you to do, be, and have that which lights you up. When you are living by your highest values - what the Greeks would call your Telos, you are in a state of flow, ease and grace. Conversely, all your stress comes from not living your highest values which results from trying to live by other well meaning people's values you have looked up to in life. It may be a parent, teacher or coach that you admired or that projected their beliefs upon you. "You should do this and you shouldn't do that" ... we end up shoulding all over ourselves. Our emotions form as a guide rail when we stray too far from our true north, forever guiding us towards the purpose and mission that only we can fulfil.

So the first key to empowerment is eliciting and living by our highest values. As we give ourselves permission to do this - our life's purpose is cultivated and our vision becomes crystal clear about the mission we dedicate our lives to.



Having a long term vision will overcome your reflex reactions for immediate gratification - those things you do that are not good for you but you continue to do anyways :) When we have a compelling purpose we naturally make better choices around what we put into our minds and bodies, as well as who we spend time with and how.

Mission Vision Purpose

So if you gave yourself permission to do that which truly lights you up ... how would you consciously invest your time?

Start to share what is most important to you in life?

Can you see a vision for your future so brightly that you can feel it, touch it, hear it and even smell and taste it? Begin to sculpt your masterpiece vision with words and audiovisuals to bring it to life.

Do you schedule time to take your mind to the emotional gym to consistently further the vividness of your vision?



EMPOWERED
LIFESTYLE
REVOLUTION

Communication and Relationships

Relationships magnify our emotions. Relationships can be our greatest source of joy and our greatest source of frustration. When our own values are in alignment we find a sense of peace and calm within ourselves. When we can communicate in a way to ask questions to comprehend and honour other people's values, we can relate effectively to align both of our highest values to find commonality.



As we do this in concentric spheres of influence to family > peers > community > state > country and > nations ... it becomes possible to form relationships built on foundations of love and gratitude. When we can accept that we are all connected and judging someone else is merely judging a disowned part of ourselves our tone of relationships goes from being critical to curious

There is an entire industry built around personal development which is built upon positivity and self help. The thing that stuffs this up is when we start to interact with actual people. If you truly want to learn about yourself and grow - it isn't through taking a course or reading a book - it is by engaging with people who will constantly reflect back at you like a mirror, all the things to press your buttons and agitate your nervous system.

Anyone can meditate for an hour or do a detox for a set period of time. But when you choose to be fully present with the people in front of you be it a friend, intimate partner, child or total stranger with the belief you are all connected and how you treat and interact with them is interacting with an integral part of yourself - then you have started the path of mastering your life.



Communication and Relationships

What is one of your greatest frustrations in life right now you have with someone?

When you consider what is most important to you and what is most important to them - can you identify the conflict in values?

It is said, "you can be right, or you can be in love". Where can you choose going forward to be in love (for your heart) rather than be right (for your ego)?



EMPOWERED
LIFESTYLE
REVOLUTION

The Time of your Life

Time is the ONLY thing we all have equal. How we utilize this greatest of our commodities is the magic of life. We literally have the power to make time stand still or make it drag on forever depending on our perception and ability to organise it. In essence we can categorize time as **sacred and profane**. Sacred being that which is most important to us - again by living our highest values where time stands still. Profane is the "stuff" that just has to get done or that we waste on low priority things. It is wise to be conscious and deliberate in scheduling our time such that we create ever increasing amounts doing that which we love such that our work is our play and our play is our work. We are doing what we love and loving what we do in such a way that we are paid handsomely for it. To the observer we are working tirelessly hard, yet to us we never work a day in our lives because we have found our "zone of genius".



The key to generating wealth is knowing your value - then adding more value, to more people, more often.

If you could fill your days doing that which you love and be paid handsomely for that ... what would you do?

What are 3 things that make time stand still for you?

Environmental Vitality

Unfortunately the business of medicine places profits before people. The pharmaceutical companies and agricultural companies are among the richest corporations on the planet and fund not only the universities and hence their curriculum that prescribe-a-pill-for-every-ill, but also the research that deems the concoction of chemicals safe and effective. Furthermore, the moment any medical doctor graduates - another dozen new drugs are launched onto the market that week making it virtually impossible to stay up to date with the latest in drug interactions.

But BIG PHARMA provides yet another piece to the puzzle by paying drug reps - sales people to wine and dine doctors to promote their drug of choice to the public.

Consequently, well meaning doctors who chose that profession admirably to help people, are caught on the merry-go-round of the allopathic model of health care. This would more aptly be described as sick care where symptoms are treated but in turn the side effects that are caused from the medications are then prescribed more medications whereby we now see the average 70 year old on 7+ medications.

Now don't get me wrong - there is absolutely a space for modern medicine in the space of emergency care.

Yet - there is a model of true healthcare that can fulfil every need of desire to not only get well - but stay well for an entire lifetime shining brightly like a flame until your last flicker of light.



EMPOWERED
LIFESTYLE
REVOLUTION

Environmental Vitality

EMPOWERED
LIFESTYLE
E-GUIDE

Vitalism asks the question, "how do i function at 100% with all the strength, energy and vitality to thrive and fulfil my life's purpose?" ... not merely, "how do I alleviate symptoms once they appear?" as **allopathic medicine** would do. By design health is made to seem complicated and only a certified physician is qualified to tell you how to maximise the vitality in your life when in actual fact you are your own doctor with the intelligence of the universe residing in every cell of your body.

Vitalism has us live in harmony with our environment such that the cells, tissues, organs and systems of our organism resonate with the ecosystem we live in with perfect synchronicity. Our house is like our 3rd skin and yet we pay little attention to the building structures and electromagnetic frequencies our cells share this intimate space with.

What is your current level of energy and vitality 1-10 and where would you love it to be?

What are 1 or 2 areas of your wellbeing that you would love to address not by "band-aiding" the symptom, but actually getting to the cause?

Have you ever done a toxic risk index for yourself and your home?



EMPOWERED
LIFESTYLE
REVOLUTION

Philosophy of living - ancient wisdom to solve modern day problems

Not more than a century ago there were indigenous societies that had been living for tens of thousands of years in harmony with their environment and each other. The core of their existence was that of responsibility. Every man, woman and child was honoured for their unique gifts and talents and had purpose that aligned with that of the greater tribe. A responsibility and connection to the animals, birds, fish, the seasons and virtues of patience, observation, communication to honour the universal connection between all things. There are many lessons we can learn from ancient cultures with wisdom to solve modern day problems.



Yet we are swept up in technology that keeps us endlessly busy but empty where we have the ability to be connected to virtually every person on the planet online but we have little connection and presence with the people and environment right in front of us.

Philosophy of living - ancient wisdom to solve modern day problems

Do you know the name of the traditional custodians of the land where you live and what was plentiful in that area?

Now what percentage of that time is the technology used as a tool to enhance the quality of your life and what percentage is merely a distraction keeping you from the things that truly matter?

Do you schedule regular “sacred time” to connect with key mentors or to nature to nourish your soul?



EMPOWERED
LIFESTYLE
REVOLUTION

Wealth Dynamics - the Art & Science of Attracting Abundance

Similar to our values - we each have unique traits and characteristics as to how we attract wealth. Some people are dealers, whilst others are accumulators. Some are stars whilst others are mechanics. Identifying your wealth creation dynamic is vital to allowing your birth right of abundance to flow freely to you.

Once you know your natural state of wealth attraction - creating multiple streams of income by leveraging and finding the right people to surround yourself with to support you is paramount. If you want to go fast - go alone. But if you want to go far - build a team

Then the formula is so simple that very few can have the discipline to follow it long enough to see the accumulation of the wealth they desire to fulfil their inspired dreams and make an impact on the causes that are most dear to them. The next shiny get rich quick immediate gratification lure is always available. Nonetheless - here is the formula.



- Spend less than you earn
- Invest the difference
- Build your Cash Flow from investments to be greater than your living expenses
- Earn your right to invest into higher risk investments
- Don't put all your eggs in one basket

The key is to master your emotions and connect your MVP to your wealth building strategy. Remove one of these essential three pillars and you will do doubt find what you build hits a glass ceiling and crumbles, only to start and repeat the process again.

Wealth Dynamics - the Art & Science of Attracting Abundance

Money flows to where it is most valued. In other words ... what you appreciate - appreciates.

So if \$10 million was deposited into your bank account right now - what would you do with it ?

How would you use it to generate more money?

Do you have a cause or legacy greater than you than acts as a vacuum to draw money through you like a current (currency), or does money flow away from you?



EMPOWERED
LIFESTYLE
REVOLUTION

Knowing and Exercising Your Rights

When we observe history, governments that were created by man and woman to represent the needs of the people. All too often they have abused that power to enslave the people they were trusted to be the voice for. As we transition through different ages, there has always been tyranny, slavery and the fight between good and evil.

It is wise to know what your rights are and how to exercise them in today's age where we no longer wield a sword but a pen in the rules of equity and commerce. If we are aware of the basic structure of equity - common law - legislation and commerce, as well as how to identify ourselves within those structures, the game becomes easy to play and win by mimicking back on the system what it does to us.

Comprehending what happens to your birth certificate when your birth is registered, how you can identify yourself as a living man (or woman or transgender ... note - this is legalese not any form of prejudice) with your source document and reserving all your rights and knowing how to hold your position allows you to find peace and calm as directives and mandates are thrown around willy nilly to create fear - the weapon of choice for bureaucrats to control the masses.



If you don't know your rights ... you have none!



EMPOWERED
LIFESTYLE
REVOLUTION

Knowing and Exercising Your Rights

If you don't know your rights ... you have none!

That being said ... are you confident that you have a level of comprehension of your birth rights such that you can continue to live and do life and business unencumbered?

Do you have a basic comprehension of the lawful meaning of words like the difference between a man/woman or a person? Or what it means to drive versus travel?

How would it feel to know what to do or say in situations where your freedoms are being challenged?



EMPOWERED
LIFESTYLE
REVOLUTION

Leading a Legacy



When we have built an unshakable foundation in the essential areas of life already discussed, we soon realise the way to create immortality is to give. To pour into someone or something that will live on beyond your physical time on this planet brings the deepest sense of spiritual connection and vitality. We will innately do more for others than we do for ourselves. Giving is in essence the highest order of living.

When we acknowledge that our children are gifts sent to teach us and we remove the desire to parent them and inject our own values, but rather observe, honour and learn as much from them as we try to teach, then the joy of parenting becomes magical.

To find a cause that requires more than you could possibly expect of yourself that powerfully, consciously forces you to become more than you could have previously ever thought.

This is one of the traits of the greats that have had the greatest impacts on the planet and mankind, but more importantly has our soul bursting with love, gratitude and emotions that form the essence of what it means to truly feel alive.



EMPOWERED
LIFESTYLE
REVOLUTION

Leading a Legacy

EMPOWERED
LIFESTYLE
E-GUIDE

Creating a Foundation that serves the betterment of mankind and is bathed in the essence of your soul's purpose reaps benefits in all the areas of mastery as well as channelling the fruits from your productivity of labour towards that which you desire and not just wasted tax dollars.

American Indians would make decisions based on the consequence of those decisions for the next 100 years.

With this in mind - have you considered what your legacy is ... what, through the gift of your parenting and grandparenting are the values and characteristics that will live on ... or the mission you set forth that will only be realised once you have left this planet?

The **Empowered Lifestyle Academy** is dedicated to providing resources and individuals at the top of their game in each of these areas of mastery. We deliver weekly principles, practicals and processes in bite size chunks to help inspired people realise their greatest potential. Combined with our **ELA community** where people can collaborate and support each other on their journey.

If you are committed to squeezing the juice out of your life and realising your greatest potential we would love to welcome you to our next intake of inspired people :)

If you haven't already, you can join our waitlist by visiting
www.empoweredlifestyleacademy.com



EMPOWERED
LIFESTYLE
REVOLUTION