THE HIGH-PERFORMANCE SYSTEM BLUEPRINT

The WealthStack Playbook: Starter System

Build Wealth. Stay Sharp. Execute Better.

A Real System from someone who's made millions, lost them, made them back – got out of shape, got back in – and figured out what works. Not theory. Not a course. A system forged from decades of real results; financial, physical and everything that connects them.

THE PROBLEM

Most People Overcomplicate Everything

- You work 60+ hours a week, make solid money, and still feel off.
- Your health, focus, and portfolio all drift because they're treated separately.
- You keep buying more information instead of building one repeatable system.
- Decisions are exhausting. Structure is what actually sticks.

□ **Key Insight: Complexity feels productive. Systems actually produce results.**

You don't need more information.

You need structure.

THE CORE INSIGHT

Systems Beat Signal

Signal

- One big win or headline result
- Depends on timing and luck
- Doesn’t compound reliably

System

- Repeats the same good decision
- Compounds over years
- Works without constant motivation

Your income fuels your health → your health improves your performance → your performance grows your wealth → your wealth protects your health.

Most people chase signals. You’re building a system.

THE CONNECTIVE TISSUE

System Overview — How Money, Health, and Execution Connect

Your nervous system runs everything. When money feels chaotic, stress rises and your body stays in overdrive. When health is neglected, your energy drops and your decisions get worse.

When both finances and health have structure, your mind calms down. You think more clearly, show up more consistently, and make better choices. That creates momentum in execution, income, and long-term wealth.



Nervous System

The central regulator of your energy, focus, and stress response.

Three Pillars

- Money reduces uncertainty
- Health supports clarity and energy
- Execution turns structure into results

Fix one pillar, and the others improve. Neglect one, and the entire system feels it.

SYSTEM OVERVIEW

The Three Pillars

This isn't theory. This is what I actually do.
What's made money, kept me healthy, and let me show up sharp for family and work.

1

The Money System

- Build multiple income streams
- Portfolio structure for cash + growth
- Real position sizing and entry rules
- When to shift to capital-based income
- Cash strategy — avoid the "perfect entry" trap

2

Performance + Nutrition System

- Sleep tracking: 7–8 hours
- Nutrition without calorie obsession
- Protein-first approach
- Training split: muscle + stay lean
- Supplement stack: what works, what doesn't
- Late-night snacking solution

3

The Daily Execution System

- Ideal vs. real version of your day
- Compress exercise + nutrition + portfolio
- The compounding effect of 1% better every day
- You don't need perfect days, just repeatable ones

□ Bonus: The Rules — Core principles to reference when you're tired and want to break the system. Quick-start checklist.

PILLAR 0 — ORIGIN

The Founder's Real Path — How I Got Here

I worked three jobs in college. Not because I was special. Because I was broke and hungry.

1

Bartender

Nights, cash, learning sales and understanding people.

2

Part-Time Bookkeeping

Flexible work that built technical skill and financial exposure.

3

Real Estate Investor

Bought a condo, rented it out and continued living at home.

None of this was a master plan. It was survival. But it accidentally taught me the three things that matter most: multiple income streams, financial literacy, and how to own an asset.

KEY INSIGHT: Most paths to wealth start messy. The pattern only becomes clear in hindsight.

PILLAR 0 — ORIGIN

The Founder's Real Path — The Shift

Post-college: I moved into finance and kept bartending. Weird combo, but it gave me two income streams. Then I bought more real estate. I felt rich. I wasn't. Then I tried the restaurant business and lost a lot of money. That taught me more than all the wins combined. Eventually I realized I had built income to $300K+/year, but I was exhausted and tied to all of it.

So I shifted. I sold my real estate and restaurant business, took the realized gains hit, and reduced the work. I built a portfolio, let dividends and royalties fund my life, and now I work because I want to — not because I have to.

□ **YOUR PATH IS EASIER:** You know to target multiple sleeves from the start. You do not have to fail at restaurants or deal with tenants at 2am. You can compress the timeline.

This is why I built this: to share the real path, build trust, and show that the destination is possible without taking every detour I did.

PILLAR 1 — MONEY

Income Is the Foundation

The Unsexy Truth

The internet sells you the fantasy that investing small amounts will make you rich. It won't.

You need income first.

Most financial advice assumes you already have money.

The Income Sleeve Framework

Start with income — investing works best after cash flow is established

Build multiple sleeves – job, side income, business and portfolio income

Move from active to passive – reduce trading time for money

Focus on leverage – more income creates more options, faster

The Three Stages of Building Wealth



Income solves most problems. Lack of income creates them.

Stage 1: You Are The Engine

Build salary, keep burn rate low. Create your first side income.

Stage 2: Hybrid Income

Scale side income, begin investing meaningfully.

Stage 3: Portfolio As Engine

Let investments fund your life, so you can choose how you spend your time..

Income gives you options.

Everything else flows from this.

PILLAR 1 — MONEY

The Income Ladder — How To Build It

Building wealth isn't about one big score; it's a strategic ascent up an income ladder. This ladder progresses from directly trading your time for money to building assets that generate income independently. Each rung provides the capital and leverage to reach the next, transforming your financial landscape from reliant to resilient.

Rung 1

Foundational Income

Your primary engine: a stable W-2 job with $50,000 – $150,000+/year to cover expenses, build savings, and fund your next move.

Rung 2

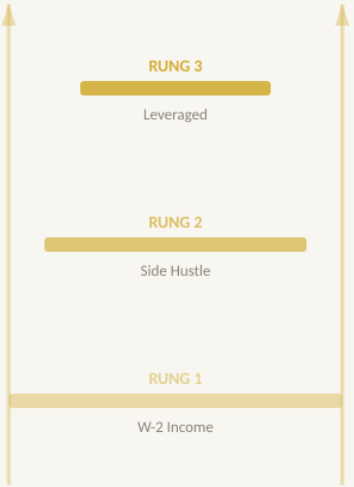
Amplified Income

Leverage your skills beyond your day job through side hustles, consulting, freelancing, or digital products for $10,000 – $50,000+/year.

Rung 3

Leveraged Income

Transition from trading time for money to letting capital and systems work for you. $50,000 – $300,000+/year.



□ **Key Insight: Your job is not the goal — it's the engine.**
The goal is income that doesn't require your time. Most people never leave rung 1.

PILLAR 1 — MONEY

Stage 1: You Are The Engine (Years 1–5)

Income

$50K–$150K/year

Mostly from your job, plus some side work

You

50–60 hrs/week

Working hard

Reality

Accept It

You're trading time for money. Don't try to "passive income" your way out yet.

Goal

$100K+/year

Build to $100K+ combined income

WHAT TO DO: Optimize your salary — can you switch companies, negotiate, or get certifications. Build one side income stream. Keep your burn rate low, every dollar matters here. Don't try to build a business yet; you need cash flow.

□ **Key Insight: This is the foundation phase. You're not trying to be clever. You're building income velocity and proving you can execute. Most people quit here because it feels slow. Don't!**

PILLAR 1 — MONEY

Stage 2: Hybrid Income (Years 5–10)

Income

$150K–$300K/year

Job $100K + side/business/investing $50–100K

You

50 hrs + 10–15 hrs/wk

Job + side work hours

Reality

Building Optionality

You're splitting your energy, but you're building the choice to eventually leave.

Goal

$200K+

Get to $200K+ where you can start meaningful investing

WHAT TO DO: Scale side income (repeatable, some delegation). Job is stable. Investing 20–30% of income into portfolio. Testing scalable systems and cash-flowing assets. The path to freedom is being built.

PILLAR 1 — MONEY

Stage 3: Portfolio As Engine (Years 10+)

Income

$150K–$300K+/year

Portfolio $60K–100K+

You

By Choice

Working because you want to, not have to

Reality

Freedom

Your investments are funding your life

Goal

“Found Money”

Everything beyond what you need is surplus

WHAT TO DO: Lean into income-generating assets (bonds, dividend stocks, interest). Job is optional — advisory/part-time if anything. Business systemized and semi-passive or sold. Focused on capital preservation and consistency. This is the payoff. You’re free.

PILLAR 1 — MONEY

Portfolio Structure — The 3-Sleeve Framework

Your portfolio has three jobs, and the right balance depends on your stage. Early on, growth matters most. Over time, income and safety take a bigger role.

INCOME SLEEVE

Cash you can spend today.

- Dividend stocks
- Bond income
- Covered call premiums

GROWTH SLEEVE

Compound wealth over time.

- Stock market growth
- Crypto conviction bets
- Asymmetric Opportunities

SAFETY SLEEVE

Protect against chaos.

- Bonds
- Gold
- Cash

PILLAR 1 — MONEY

The 60/40 Portfolio Is Dead

The classic 60/40 portfolio (60% stocks, 40% bonds) served investors well for decades. It's dead now. Rising rates, inflation, and correlated drawdowns killed it. In 2022, both stocks AND bonds fell together — the supposed "safe" half of your portfolio didn't protect you. It never will again the way it used to.

The Old Model — 60/40

- Bonds no longer provide meaningful income
- Stocks and bonds now move together in downturns
- No inflation protection
- No real income generation
- Leaves you exposed to sequence-of-returns risk

The New Model — What You Need

- Participate in long-term equity upside
- Limit downside volatility with real diversification
- Generate income you can actually live off
- Hedge against inflation
- Built for the world we live in now — not 1985

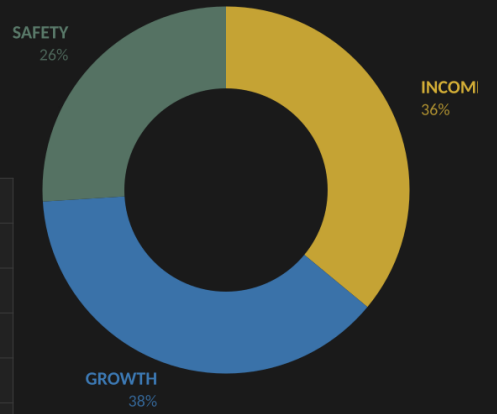
The portfolio on the next page is built for this reality. Not theory. Not a textbook. What actually works now.

MODEL PORTFOLIO

Model Portfolio — $500K

Not optimized for maximum returns.
Optimized for staying in the game for 30+ years using the Sharpe ratio.

Asset Class	Ticker	Alloc	Yield	Annual Income
Broad US Equities	VTI	18%	1.30%	$1,170
Technology / AI	SMH	5%	0.70%	$175
Broad Global Equities	VXUS	1.5%	3.00%	$225
Emerging Market Growth	VWO	1.5%	2.70%	$203
International Income	VYMI	2%	5.00%	$500
Bitcoin Exposure	IBIT	15%	0.00%	—
Covered Call Equity	JEPI	3%	7.50%	$1,125
Covered Call Tech	JEPQ	3%	8.00%	$1,200
Long Duration Treasuries	TLT	8%	3.50%	$1,400
Gold	GLD	4%	0.00%	—
Energy	XLE	4%	3.40%	$680
Income (STRC)	**STRC**	**30%**	**11.50%**	**$17,250**
Cash / Short Treasuries	SGOV	5%	5.00%	$1,250
TOTAL		**100%**		**$25,178**



Important: This portfolio is an educational framework — not individualized financial advice. Allocations, tickers, and strategies reflect personal opinions and may not be appropriate for everyone. Our concentration in STRC is explained in WealthStack Alpha.

PILLAR 1 — MONEY

Why This Portfolio Actually Works

MOST PEOPLE ASK:

"How much can I make?"

That's the wrong question.

THE BETTER QUESTION:

How much return am I getting for the amount of risk I'm taking?

Sharpe Ratio = Return ÷ Risk

Higher = more efficient, more consistent

WHAT WE DON'T OPTIMIZE FOR:

Maximum returns at any cost

WHAT WE OPTIMIZE FOR:

Strong returns with controlled volatility

HOW THIS WORKS — 3 SLEEVES

- **INCOME** — steady cash flow
- **GROWTH** — upside potential
- **SAFETY** — drawdown protection

KEY INSIGHT: *The best portfolio is the one you can hold through every market cycle.*

PILLAR 1 — MONEY

Why We Don’t Day Trade

95%+ of day traders lose money over time. Here’s why — and what actually works.

Why Day Trading Fails

- Competing against professionals
- Competing against algorithms
- Emotional decision-making
- Overtrading

Stress. Burnout. Inconsistent results.

Even if you win short term: Not repeatable. Not scalable. Not sustainable.

Our Approach — What Works

- Enter at favorable ranges
- Hold through volatility
- Let compounding do the work
- Fewer, better decisions

Key Insight: You don’t build wealth by trading more. You build wealth by making fewer, better decisions.

PILLAR 1 — MONEY

Entry Framework — Finding Favorable Setups

Simple tools that help identify higher-probability entry zones and reduce emotional decision-making.

Keltner Channels

Help identify when price becomes stretched relative to trend. Upper band = extended. Lower band = compressed. When price approaches the lower band, it may signal a favorable area to begin scaling into a position.

RSI (14)

Measures momentum and helps confirm whether an asset may be oversold or overextended. Used together with Keltner, it helps filter out noise and avoid chasing momentum into unfavorable risk/reward zones.

Moving Averages

Help define the broader trend and overall market direction. Strong assets often respect long-term moving averages during healthy pullbacks — these areas can offer favorable long-term risk/reward for scaling in.

□ **Most people lose money trying to be precise. Wealth is built through patience, positioning, and consistency.**

Markets involve risk. All investing and trading strategies can result in loss of capital. Always do your own research and evaluate opportunities based on your own financial situation and risk tolerance.

PILLAR 1 — MONEY

Managing Winners & Risk

A thesis-driven, probabilistic approach to portfolio management and position sizing.

Thesis First

Don’t sell based solely on price. Reassess the thesis, fundamentals, opportunity size, and long-term upside. Exceptional assets may deserve to run.

Rebalancing With Purpose

Rebalance when position sizing becomes excessive, risk materially changes, or better asymmetric opportunities appear. Not simply because a calendar says so.

Income Enhancement

Covered calls can generate additional cash flow on slower-moving income positions. Avoid capping asymmetric upside on high-conviction growth assets.

Scale Out Strategically

Partial profit-taking can reduce risk and recover capital. But not every winner should be trimmed early — true compounders often experience major volatility before large gains.

Stay Process-Driven

Avoid emotional decisions. Use structure, thesis evaluation, risk management, and long-term thinking to guide every portfolio decision.

Markets involve risk. All investing and trading strategies can result in loss of capital. Always do your own research and evaluate opportunities based on your own financial situation and risk tolerance.

PILLAR 1 — MONEY

The Cash Strategy — The Mistake Most People Make

Here's the mistake: People try to stay fully invested all the time. Then the market drops… and they're stuck.
No cash. No flexibility. No ability to act.

The Fix — 3 Simple Rules

Protect Yourself First

Keep 6 months of expenses in cash. This prevents forced selling when things go wrong.

Always Keep Dry Powder

Hold 10–20% of your portfolio in cash. This is not wasted money — this is opportunity capital.

Never Be 100% Invested

If all your money is deployed, you're reactive. Cash puts you in control when others aren't.

The Real Advantage — When markets drop:
Most people freeze. You act.
Same assets. Different outcome.

Cash is not a drag. Cash is a weapon.
It gives you optionality and lets you wait for asymmetry while others are forced to react.

PILLAR 1 — MONEY

The Five Core WealthStack Principles

1. Build Income First

Income is the foundation of wealth creation. Focus on increasing earning power through careers, scalable skills, and selective opportunities that generate investable capital.

2. Structure Beats Emotion

Emotional decisions destroy long-term performance. A clear system reduces impulsive reactions and keeps you focused during volatility.

3. Always Hold Cash

Cash is not idle — it's optionality. Maintaining dry powder allows you to act decisively when asymmetric opportunities appear.

4. Position Early, Not Late

The biggest returns often come from identifying asymmetric opportunities before they become crowded. Avoid emotional chasing once narratives become obvious to everyone else.

5. Thesis Over Price

Don't sell exceptional assets solely because they moved higher. Reassess the thesis, upside potential, and position sizing before reducing exposure. Let conviction — not price — drive decisions.

The goal is not predicting every move. The goal is positioning yourself for asymmetric outcomes.

WEALTHSTACK ALPHA

The Framework Is Yours. The Edge Is Inside Alpha.

You now have the system — the income ladder, the 3-sleeve portfolio, the entry and exit framework. That's the foundation most people never build.

But knowing the rules and knowing which plays to make right now are two different things.

- → Specific entry points on the model portfolio positions
- → A proprietary indicator framework for identifying asymmetric opportunities
- → Monthly updates so you're never left wondering what to do next

Join WealthStack Alpha

wealthstack.vip/alpha

Each month inside Alpha:

- Real opportunities (what to buy)
- Real positioning (when to buy)
- Real allocation (how much)
- Portfolio updates every month
- Health & execution insights too

PILLAR 1 — MONEY

When You’re Done Grinding

This is the goal. Not theory. Not projections. Real cash flow.

Your portfolio covers your life:

Rent / Mortgage	Financial Security	Purpose (Family & Freedom)

You stop working because you have to. **You start working because you want to.**

What Changes

You think long-term	You protect capital	You use time differently

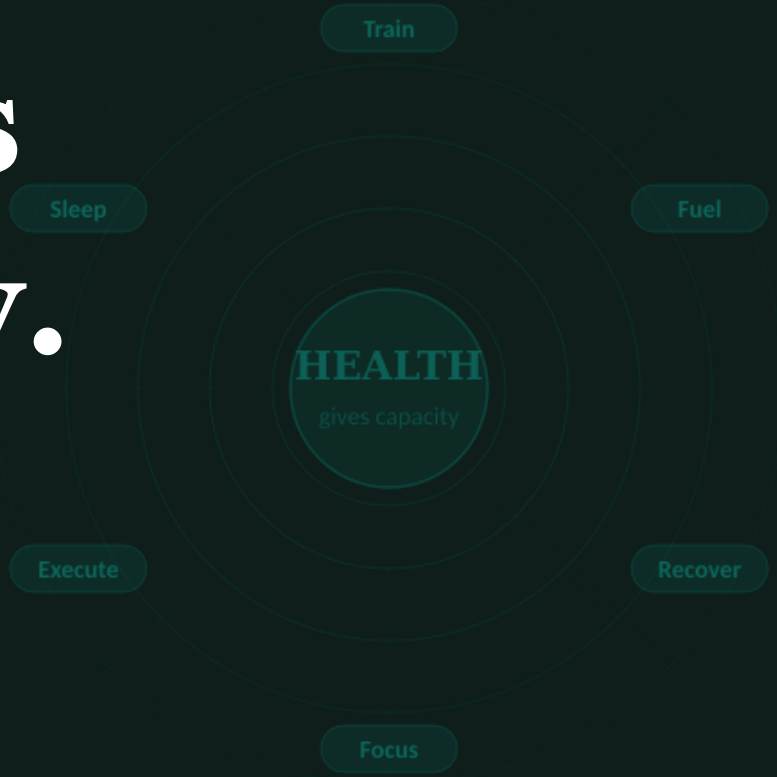
Key Insight: When time becomes abundant, health matters more than income. That’s the payoff.

Health gives you capacity.

Your body is your execution engine.

If it’s not working, nothing else works.

Without it, money is just a number.



PILLAR 2 — HEALTH

I Used To Screw This Up — The Health Mistake

For years, I made the same mistake many driven professionals do: I sacrificed my health for the pursuit of success and wealth. I believed that working harder meant achieving more, and that health could always be “caught up on later.” This mindset led to a relentless schedule of 70+ hour workweeks, often fueled by quick, unhealthy meals.

My diet was erratic and poor, sleep was a luxury I rarely afforded myself, and exercise became a distant memory. The consequences were predictable: I gained significant weight until I stopped checking after surpassing 250lbs, my energy levels plummeted, I felt constantly exhausted and couldn’t enjoy activities with my kid. After a heart scare, the thought of reaching 45, wealthy but completely burnt out and unhealthy, was a sobering realization that I may not be able to enjoy it in the end.

□ **The Critical Misconception**

Mistake: Sacrificing health for money. **Action:** Build income AND health in parallel.
They’re not competing — they’re complementary.

PILLAR 2 — HEALTH

Sleep: 7–8 Hours Non-Negotiable

Sleep is a non-negotiable pillar of health and performance. It's during this crucial period that your brain actively processes and consolidates memories, your nervous system undergoes a vital reset, and muscles repair. Consistently high-quality sleep directly translates to improved decision-making, sharper problem-solving, and faster reaction times.

01

Consistency First

Same bedtime and wake time within a 30-minute window, even on weekends.

02

Dark Room

Use blackout curtains and eliminate all sources of artificial light to support melatonin production.

03

Cool Room

Optimize bedroom temperature to a cool 65–68°F (18–20°C) for deeper, more restorative sleep.

04

No Screens

Avoid all screens for at least one hour before bed. Blue light disrupts sleep-inducing hormones.

05

Magnesium at Night

Take 300–400mg of Magnesium Glycinate approximately one hour before bed to relax muscles.

06

Track for 7 Days

Use the Oura Ring to track your sleeping patterns, identify areas for improvement, make improvements.

Key Insight: *You can't out-supplement bad sleep. You can't out-train it. You can't outsmart it. Prioritize it above all else.*

PILLAR 2 — HEALTH

Nutrition: Track First, Change Second

Start with observation, not restriction.

A short tracking phase reveals what to improve without the burnout of an all-or-nothing diet.

01

Download an app

Use Cronometer or a similar tracker to make logging simple and consistent.

02

Track for 7 days

Log everything you eat and drink without changing your habits yet.

03

Look for patterns

Check protein, sugar, and overall macro balance to spot the biggest gaps.

04

Change one thing

Make one targeted adjustment at a time so the plan stays sustainable.

□ **Action:** Download Cronometer. Log everything for 7 days. Don’t change anything yet.

PILLAR 2 — HEALTH

The Protein-First Framework

Prioritize protein first, then build the rest of your nutrition plan around it. This keeps the approach simple, sustainable, and effective for muscle gain, fat loss, and recovery.

1

Set Protein First

Aim for 1 gram per pound of your target bodyweight as a practical starting point.

2

Use Protein for Satiety

Protein helps control hunger and makes it easier to stay consistent without feeling deprived.

3

Build Carbs & Fats Around It

After protein is set, adjust carbohydrates and healthy fats to match activity level and calorie goals.

4

Keep It Sustainable

Focus on a simple, repeatable framework that supports recovery, energy, and body composition over time.

□ **Key Insight:** Protein is the foundation. Get it right first, and the rest of your macros become easier to manage.

PILLAR 2 — HEALTH

Real Daily Eating — A Sample Day

Achieving your fitness goals hinges not just on what you eat, but when and how consistently.
This sample schedule keeps things simple, balanced, and repeatable.

7:00 AM

Breakfast Shake

Protein powder, creatine, almond milk

Protein 29g · Creatine 5g · Cal 160

12:30 PM

Balanced Lunch

Grilled chicken, egg whites, steamed or roasted vegetables

Protein 65g · Carbs 20g · Cal 800

3:00 PM

Afternoon Snack

High-protein Chobani yogurt bowl, Manuka honey, cacao nibs, chia seeds, Ceylon cinnamon

Protein 23g · Carbs 20g · Cal 240

7:00 PM

Nutritious Dinner

Grilled salmon, jasmine rice, sweet potato, vegetables

Protein 65g · Carbs 50g · Cal 800

9:00 PM

Evening Treat

Ninja Creami Protein ice cream made with protein powder and almond milk

Protein 60g · Cal 320

***Philosophy:** Eat the same things repeatedly. Boring is good. Boring is sustainable.*

PILLAR 2 — HEALTH

Cutting vs. Bulking

Cutting

- 250 to 500 calorie deficit
- Keep protein high; reduce carbs and fats
- Example for 185 lbs leaning: 200g protein, 150g carbs, 70g fat
- Approx. 2,050 calories

Bulking

- 250 to 500 calorie surplus
- Keep protein high; increase carbs and fats
- Example for 185 lbs gaining: 200g protein, 250g carbs, 110g fat
- Approx. 2,900 calories

□ **Key Insight:** For most people, muscle gain is easier in surplus and fat-loss works better in a deficit. Body re-composition is possible but adds a lot of unnecessary complexity. Pick one primary goal at a time.

PILLAR 2 — HEALTH

Training: Progressive Strength

Keep it simple. This is not a routine for a Pro-Body Builder, if that's your goal the Advanced Split will get you 80% of the way there, but you need a real personal coach for the last 20%.

Beginner Split

Full body, 3 times per week. Focus on mastering fundamental movements and building a base of strength.

Intermediate Split

Upper/Lower, 4 times per week. Allows for more volume and specific muscle group focus as strength progresses.

Advanced Split

3 Day On / 1 Day Off. Provides maximum frequency and intensity for experienced lifters targeting specific hypertrophy and strength goals.

□ **Important Training Principle:** Train to close to failure. Half-effort generates no growth signal. Don't add cardio to 'speed up' fat loss — your diet handles that. Once you're in a good routine for 6 months you can then start to add cardio (if you want).

PILLAR 2 — HEALTH

Your Training Split — The Advanced Program

Built to maximize muscle growth and strength with progressive overload, focused sessions, and enough recovery to keep performance high, but optimized to save time.

DAY 1
Chest & Back

- Superset: Weighted Dips & Pull-Ups
- Superset: Incline Dumbbell Press & Seated Rows
- Superset: Cable Flys & Chin-Ups

DAY 2
Shoulders & Arms

- Superset: Dumbbell Laterals, Seated Tricep Extensions & Dumbbell Curls
- Superset: Cable Laterals, Tricep Pushdowns & Cable Bayesian Curls

DAY 3
Legs

- Barbell Squats or Leg Press
- Superset: Seated Leg Extensions & Seated Hamstring Curls
- Standing Calf Raises

DAY 4
REST — CRITICAL

- Rest is critical for growth. This is the Primary Focus.
- Optional accessory work could include Forearms, Abs, Stretching, Mobility work, etc.

DAY 5
Repeat

- Start back at Day 1
- Add an extra rep to every set or increase the weight from the prior round

Training Rules: 3–4 sets per exercise · Train close to failure · Increase weight when exceeding 10 reps by 2+ · Rest 60–90s heavy, 30–45s pump · Don’t add cardio at first for fat loss — walk instead, walk a lot, walk often.

PILLAR 2 — HEALTH

The Supplement Stack — Your Daily Routine

This is not a random collection of pills. This is a strategic stack designed to support sleep, recovery, muscle growth, overall health and longevity. Each supplement serves a specific purpose at a specific time. These are what I personally use. Alternatives exist.

MORNING (Empty Stomach)

- Seed Health DS-01 Daily Synbiotic
- With water — 30+ minutes before coffee/food

BREAKFAST

- Transparent Labs Protein Shake
- Thorne Creatine 5g

LUNCH

- Thorne Basic Nutrients 2/Day
- Nordic Naturals Ultimate Omega
- Timeline Nutrition Mitopure (Urolithin A)

EVENING (60–90 min before bed)

- Thorne Magnesium Bisglycinate (200–300 mg)

Implementation Timeline: Add one supplement every 1–2 months. Start with Creatine (M1) → Magnesium (M2) → Multivitamin (M3) → Omega-3 (M4) → Synbiotic (M5) → Mitopure (M6+). Don't start everything at once.

PILLAR 2 — HEALTH

Health Rules — The Core Principles (1 of 2)

This is the standard. These are the rules that drive health, performance, and long-term progress.

1. Sleep is Non-Negotiable

Prioritize 7–9 hours of quality sleep nightly. It's the foundation for hormonal balance, cognitive function, muscle repair, and overall well-being. Sacrificing sleep is sacrificing your health and performance.

2. Protein is Foundation

Adequate protein intake (aim for 1g per pound of your target body weight) is crucial for satiety, muscle growth, repair, and maintaining a healthy metabolism. Make it the cornerstone of every meal to support your body's essential functions.

3. Train to Failure

When lifting weights, push your muscles to their limit. Training to failure, or very close to it, signals your body for adaptation and growth. Intensity drives results; don't just go through the motions.

Health Rules — The Core Principles (2 of 2)

4. Walk More

Integrate consistent low-intensity activity into your day. Aim for 10,000 steps or more. Walking improves cardiovascular health, aids recovery, reduces stress, and boosts overall energy levels without excessive wear and tear on your body. If you want to cut more, add an extra 1,000 steps per week until you see the results you want.

5. Consistency Beats Perfection

It’s better to be consistently good than occasionally perfect. Small, repeatable actions accumulate over time to create significant results. Don’t let the pursuit of an ideal day derail your long-term progress; just show up and execute the fundamentals.

□ **Key Insight:** These aren’t just suggestions. These are the rules that work.

PILLAR 2 — HEALTH

Common Mistakes

1. **Trying to be 100% perfect**
   Fix: Focus on consistency and small, sustainable habits. Aim for progress, not perfection. A small win every day builds momentum.

2. **Changing everything at once**
   Fix: Implement one change at a time, allowing your body and habits to adapt. Gradual integration leads to lasting success.

3. **Not tracking food**
   Fix: Start by tracking your current intake for 3–7 days to gain awareness. Knowledge is the first step towards sustainable change.

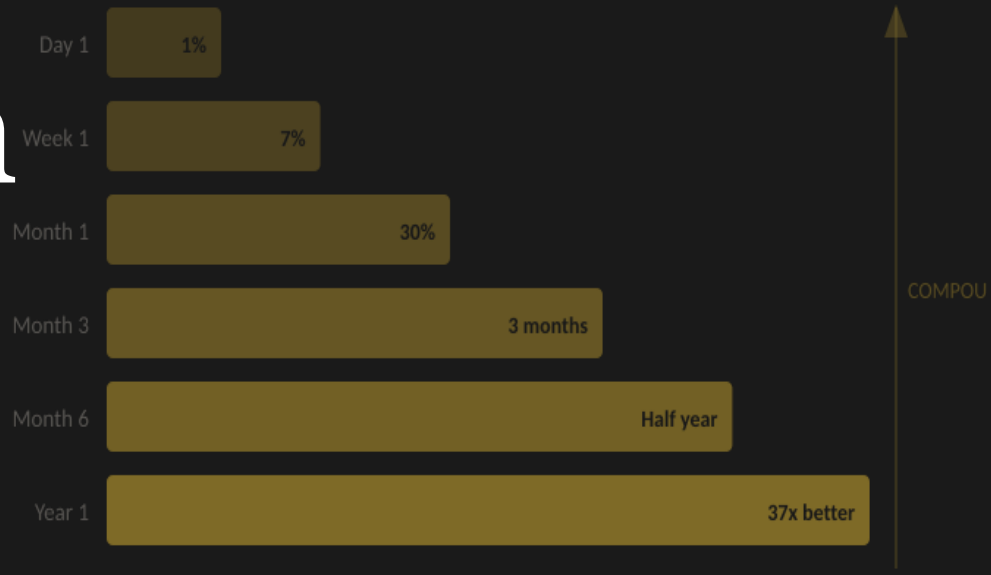
4. **Skipping sleep to work more**
   Fix: Prioritize sleep as a non-negotiable pillar for recovery, mental clarity, and overall performance. Sleep is productive time for your body and mind.

5. **Doing too much cardio**
   Fix: Integrate strength training for muscle building and prioritize foundational elements like nutrition and sleep before over-relying on excessive cardio.

Key Insight: *Most people fail not because they don't know what to do. They fail because they expected it to be easy.*

Execution creates results.

Everything else is just planning.



PILLAR 3 — EXECUTION

The Ideal Day — AM Training Schedule

6:30 AM — Wake, hydrate, Seed DS-01

6:45 AM — Gym (45 min training)

7:45 AM — Protein shake + creatine

8:15 AM — Work Block 1 (3 hours deep work)

11:15 AM — Walk + Lunch (protein + veggies + multivitamin + omega-3 + Mitopure)

12:00 PM — Work Block 2 (2 hours)

2:00 PM — Chobani yogurt bowl + walk

2:30 PM — Work Block 3 (2 hours)

4:30 PM — Family time / flexible

6:00 PM — Evening walk (20 min)

6:30 PM — Dinner (protein + carbs + veggies)

9:15 PM — Portfolio/Business review (60–90 min)

10:30 PM — Magnesium + wind down

10:45 PM — Lights out

PILLAR 3 — EXECUTION

The Realistic Day — PM Training Schedule

6:30 AM — Wake, hydrate, Seed DS-01 + protein shake + creatine

6:45 AM — Kids to school

7:30 AM — Work (4 hours)

11:30 AM — Walk + Lunch (protein + veggies + multivitamin + omega-3 + Mitopure)

12:00 PM — Work Block 2 (3 hours)

3:00 PM — Chobani yogurt bowl + walk

3:30 PM — Pick kids up / family time

4:00 PM — Work Block 3 (2 hours)

6:00 PM — Gym (45 min training)

6:45 PM — Family dinner

7:30 PM — Family time

9:15 PM — Portfolio/Business review (60–90 min)

10:30 PM — Magnesium + wind down

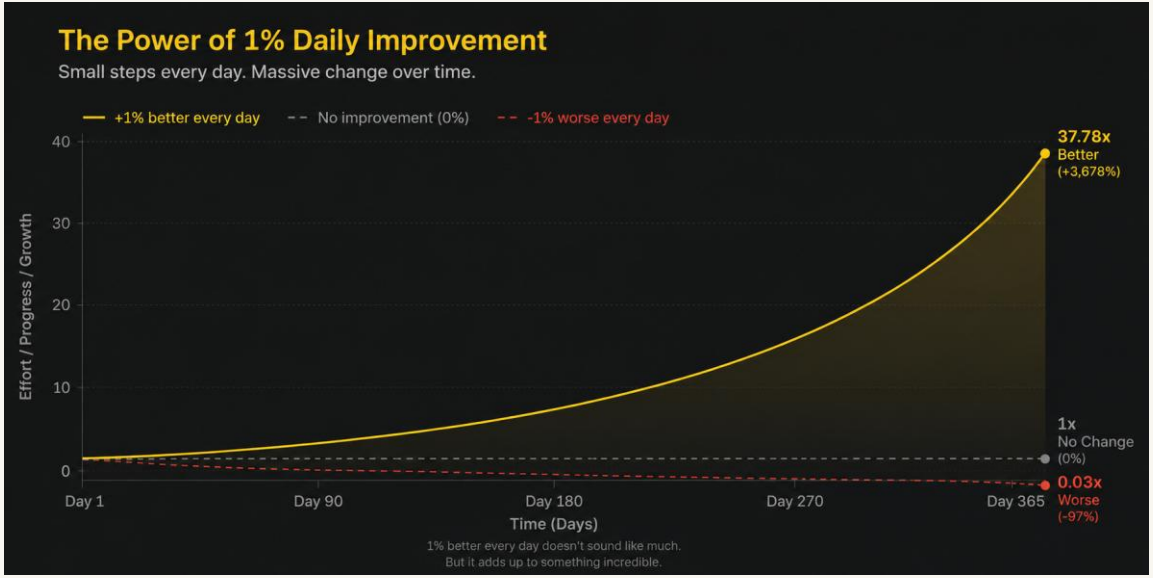
10:45 PM — Lights out

Not perfect. But repeatable. Pick one version and commit to it for 30 days.

PILLAR 3 — EXECUTION

The Compounding Effect — 1% Better Each Day

Small daily gains add up fast when repeated consistently. The math is unforgiving in both directions.



Sleep

Better recovery, more energy, sharper focus every day.

Nutrition

One better choice repeated daily becomes real progress.

Training

Small effort increases create measurable strength gains.

Consistency beats perfection. Keep showing up, and the results accumulate.

PILLAR 3 — EXECUTION

Building Unstoppable Momentum

Turn 1% better intentions into sustainable daily action.

Start Small

Break big goals into tiny, manageable steps and make the habit easy to repeat.

Stack Habits

Attach new habits to existing routines so consistency becomes automatic.

Track Progress

Mark each win visually to build momentum, reinforce identity, and sustain your streak.

Recover Fast

Plan for missed days so one setback never breaks the habit.

The Habit Loop

Cue → Craving → Response → Reward. Design habits that are visible, appealing, and easy to repeat.

THE RULES

Core Principles — Reference When You Want to Break the System

The journey to consistent growth is built on three interconnected pillars that create sustainable progress in your personal and financial life.

Income

Build income first. You can’t invest what you don’t earn, and a strong cash position gives you flexibility.

Health

Protect sleep, nutrition, and movement. Your physical and mental capacity powers every other goal.

Execution

Use systems over motivation. Time block, review, and show up daily to turn plans into results.

These three pillars work together synergistically. Income creates options, Health builds capacity, and Execution turns intent into progress.

Key Insight: You don’t need to be perfect. You need to be consistent.

QUICK START

Quick Start Checklist — Your First 4 Weeks

Build momentum fast with a simple 4-week plan across income, health, training, and routine.

1

Week 1: Income & Money System

- Audit all current income sources
- Open a dedicated brokerage account
- Set your target asset allocation

2

Week 2: Health Foundations

- Track baseline sleep for 7 nights
- Set up Cronometer and log food for 7 days
- Set a daily protein target

3

Week 3: Training & Routine

- Join a gym or set up a home workout space
- Choose your training split
- Complete your first workout session

4

Week 4: Integration

- Design your daily routine
- Schedule portfolio review time
- Start one side income stream

Key Insight: Consistency is paramount. Small actions repeated weekly create lasting progress.

WHAT'S NEXT

What's Next — Your 90-Day Roadmap

This 90-day roadmap provides a clear framework for consistent progress, allowing you to build momentum, adapt to your unique circumstances, and integrate these practices into a sustainable lifestyle.

1

Days 1–30: Foundation Phase

Dedicated to establishing your baseline. Focus on selecting and implementing one core habit within each pillar (Income, Health, Execution). Track your metrics diligently, even if imperfectly, to understand your starting point. The goal here is consistency above all else – show up every day and build the habit loops.

2

Days 31–60: Acceleration Phase

With a solid foundation in place, this phase is about increasing intensity and optimizing your efforts. Based on the data collected in the first month, identify areas for improvement. Add complexity thoughtfully, perhaps introducing a second habit within a pillar or refining your existing routines.

3

Days 61–90: Integration Phase

The focus shifts to refining your systems and truly integrating these practices into your daily life. Analyze the results from the entire 90-day period, celebrating your successes and learning from any setbacks. Document your optimized routines and prepare for the next quarter's challenges.

Key Insight: 90 days is enough time to see real results. But it's also just the beginning. This is a lifetime practice.

TOOLS & RESOURCES

Tools & Resources

Curated tools to support health, finance, and overall well-being.

FINANCE & TRADING

BloFin	My Favorite Trading Exchange
TradingView	Charting and market analysis
Ledger	Secure hardware wallet for crypto

★ WEALTHSTACK ALPHA

Go deeper on every principle in this playbook.

Real-time portfolio positioning, asymmetric opportunities, and long-term execution — applied to live market conditions.

JOIN ALPHA →

HEALTH & PERFORMANCE

Oura Ring	Sleep, readiness & activity tracking
Cronometer	Food logging and nutrition tracking
Seed Health DS-01	Daily synbiotic for gut health
Nordic Naturals Omega	Omega-3 for heart and brain health
Thorne Magnesium	Sleep quality and muscle recovery
Timeline Mitopure	Cellular energy & longevity
Transparent Labs Protein	High-quality protein powder
Thorne Creatine	Strength, muscle growth, and focus
Ninja Creami	Snacking Unlock

Consistency beats perfection. Use these tools to build repeatable habits.

FAQ

FAQ — Common Questions Answered (1 of 2)

How long until I see results?

Commit on the health front and you should start to notice changes within 30 days. From there they continue to compound and after a year of consistency, you're at a completely different level. Financially it differs based on your starting point — the sooner you start, the more you can leverage compounding.

What if I miss a day?

One missed day is not a failure; it's a minor deviation. Life happens to all of us. Don't let a single missed workout or a brief lapse in discipline derail your entire system. Acknowledge it, learn from it, and get back on track immediately the next day with renewed focus.

Can I focus on all three pillars at once?

Yes, however, if it feels overwhelming at first, identify the most important aspect for you and focus your effort there. Once you're in a routine and comfortable add the next. Small, consistent efforts across all pillars are always beneficial.

FAQ

FAQ — Common Questions Answered (2 of 2)

What if I don’t have time?

You Make Time. For things important to you, you make time. Don’t wait until “things are perfect”, they never are. Just start. Consistency with an adapted plan is far more effective than sporadic attempts at an ideal, unattainable one.

Is this sustainable?

Absolutely. Our strategies are built on principles of repeatability and adaptability, not perfection. The goal is to integrate these practices seamlessly into your life, making them sustainable long-term habits.

What if I plateau?

This happens both physically and financially. You adapt using the system. Physically: increase training volume, adjust diet, tweak your cardio. Track, Review, Adapt. Financially: if income stagnates, look for other opportunities. If your portfolio isn’t performing as expected, review your thesis or allocation. Track. Review. Adapt.

TAKE ACTION

The Only Thing That Matters Now

You already know enough. That’s not the problem. The problem is execution.

Most people:

- Read this
- Feel motivated
- Do nothing

And end up exactly where they started.

What Actually Works:

Pick ONE thing from this system:

- Fix your sleep
- Start tracking food
- Open your brokerage account
- Do your first workout

Then repeat it tomorrow. Not perfect. Not optimized. Just consistent.

The Reality: You don’t need more information, a better strategy, a different plan; you need to run the one you already have here. Knowledge without action is just entertainment. Action without knowledge is just noise. You need both.

WHAT'S NEXT

You now have the system. The next step is yours.

If you want specific opportunities, real-world application, ongoing updates, and execution together — that's what WealthStack Alpha is for.

Click Here to Join WealthStack Alpha
wealthstack.vip/alpha

"The system is only as good as your willingness to execute it."

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