



# THREE PILLAR STRATEGY EXERCISE

This exercise will help you clarify your personal strategy for each of the three pillars of health: Nutrition, Exercise, and Sleep. Fill out one sheet for each pillar to define your beliefs, daily practices, rules, and measurable goals.

**Insert pillar name (Nutrition, Exercise, or Sleep):** \_\_\_\_\_

## 1. Philosophy & Belief

What do I believe about the importance of this pillar in my overall health, longevity, and energy?

Why does this matter to me personally, especially at this stage in my life and career?

## 2. Basic Blueprint / Daily Practice

What does an ideal day or routine look like when I'm practicing this pillar well?

How can I make it simple, repeatable, and realistic—even when life gets busy?

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What's my fallback version when time is short or when traveling? (Example: a 10-minute hotel workout if I can't get to the gym).

### 3. Personal Rules

What are my non-negotiables in this area?

What boundaries or standards help me stay consistent and on track? Example: No alcohol Monday–Thursday (Nutrition). In bed by 11 pm, minimum 7 hours (Sleep). 10,000 steps daily (Exercise).

### 4. Quantifiable Target or Goal

What measurable outcome would show me that I'm making real progress in this pillar?

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How will I know when I'm improving? Example: Eat 100g protein daily (Nutrition). 2 resistance sessions per week (Exercise). Average 7.5 hours sleep (Sleep).

**5. What I Do** - What specific actions or habits support me in this area?

**6. What I Avoid (and Replace With)** - What common traps, habits, or patterns tend to pull me off course here?

I, \_\_\_\_\_, commit to having a life filled with both success and lasting youth. I attest that the above describes my strategy for the pillar entitled: \_\_\_\_\_.

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**