



I Am Victorious

A man's guide to thriving in the modern world

Workbook – Spring / Summer 2024

I am committed to seeing this through because I....

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Day	1	2	3	4	5	6	7
When I woke up my energy level was 1-10							
For me today overall was a 1-10							
My total score for today (energy level + feeling score)							

Start week End week

Weight after waking up		
Waist (around belly button)		

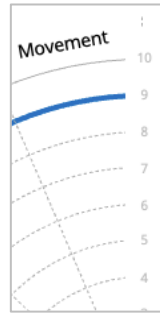
Activity 1: Seeing how well your human needs are being met now



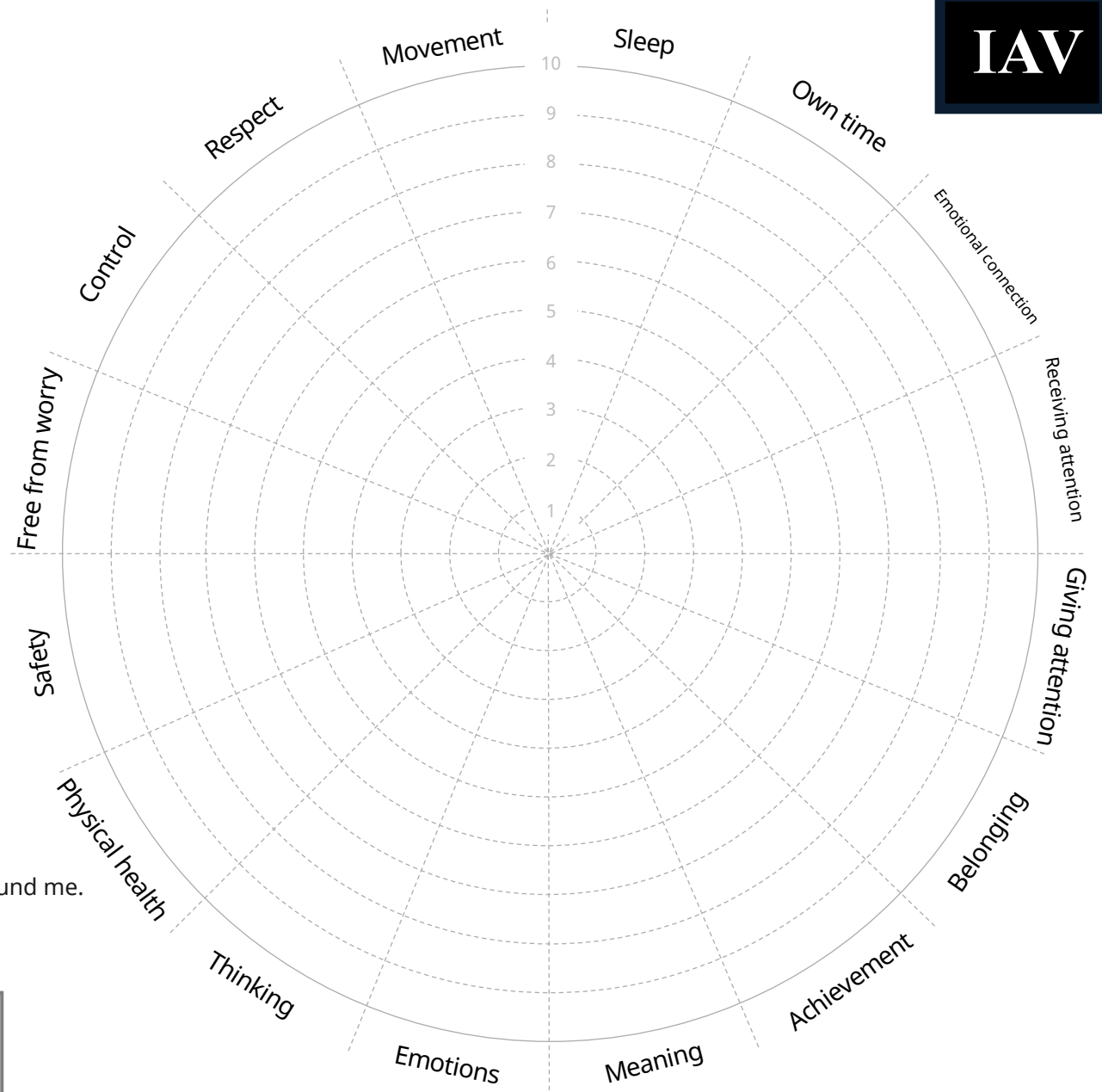
Measure your needs

Score each of the statements below by giving yourself a score from 0 (right at the centre of the wheel) to 10 (right at the edge).

Do this by filling in the dotted line for your score →



Own time	I get time for myself when I need it.
Sleeping	I wake up feeling energised.
Movement	I am physically active.
Emotional connection	I feel connected to others.
Receiving attention	I receive enough attention from people.
Giving attention	I give other people enough attention.
Belonging	I am involved in groups outside my home life.
Achievement	I have a sense of achievement at the end of the day.
Meaning	I feel my life is meaningful.
Emotions	I feel that I am able to manage my emotions.
Thinking	I am able to think clearly and calmly.
Physical health	I feel I have control over my physical health.
Safety	I feel secure (physically, emotionally, financially).
Free from worry	I am able to be free from worry and anxiety.
Control	I feel I have control over what happens to me and around me.
Respect	I feel appreciated, valued, and respected.



How does your wheel look?

Is it smooth with similar scores, are there some very high scores or some very low ones? Make a note of your 3 lowest scoring areas.

Total score

Own time

We all need privacy - time and space for ourselves- when we can stop, disconnect from our responsibilities, reflect, rest, and do things for ourselves! A human brain needs to be offline and rest at times. Some of us need more time alone than others. If we do not get this downtime our mind may get overloaded by the never-ending demands, and we start feeling stressed and anxious.

Sleeping

Getting the right amount of good quality sleep is essential in order to function and to stay healthy. How quickly we fall asleep and how well we sleep depends on how tired we are, how free our body is from stress and how clear our mind is from worries. Stress can make it difficult for us to fall asleep and can lower the quality of our sleep, making us feel tired and unmotivated in the morning. Learning to calm down and manage our worries helps us fall asleep easier and ensures good quality sleep.

Movement

Stress and anxiety symptoms are caused by our body's natural survival mechanism trying to keep us safe by preparing us to run away from the danger or fight it. Without physical action our body's stress hormones keep circulating inside our bodies, unused, causing havoc to our brain and body. We can burn off these unused stress hormones with any simple physical activity and gain more energy, optimism, and focus. If we find it difficult to motivate ourselves to be physically active, doing it with others and doing it regularly can help.

Emotional connection

We all need to have people in our life who accept us the way we are. To feel emotionally connected with others we need to spend time with likeminded people, who share the same attitude towards life, values, or interests with us, and who make us feel safe, appreciated, and supported. Spending time with people who don't understand us or respect our thoughts, can feel uncomfortable and make us feel stressed and anxious. Sharing activities with likeminded people creates a feeling of connection, and that has a positive effect on our mental health and well-being.

Receiving attention

All human relationships are based on attention exchange. To stay mentally healthy, we need to have equal and honest relationships that provide a good two-way communication, and allow us to receive and give attention in equal measures, making us feel that people are listening to us and paying attention to us. Relationships where we do not receive enough attention may be one sided and unhealthy, potentially making us feel insignificant, unappreciated, lonely, anxious, or depressed.

Giving attention

We need to equally give and receive attention. Spending time with others and paying attention to them creates a feeling of togetherness. Without that

we may develop unrealistic thoughts, lose perspective, or worry too much, which can then lead to anxiety, and depression. If we do not give attention to others, we may end up focusing too much on ourselves. We may push people away and end up feeling lonely. When we learn to focus on others, it can minimise our own fears and anxieties about that interaction.

Belonging

We all have a strong, primitive need to belong and need social connections outside home life as they help us feel that we are part of a wider community. If we do not have social connections and do not have a feeling of belonging, we can feel isolated, rejected, and lonely, and can develop anxiety or depression, often without consciously knowing what is wrong. A happy life comes from having likeminded people in our life, taking part in life, and doing meaningful things with others.

Achievement

We all need to feel that we have done something useful every day, that we have achieved something. If we're not able to appreciate *our own* achievements, we may constantly worry about not being good enough, regardless of how much we actually achieve. This can lead to chronic stress, burnout, anxiety, and depression. By learning to acknowledge our own competencies and achievements, we can create an infinite supply of appreciation for ourselves. Although our sense of achievement must come from ourselves, it is helpful if we get acknowledgement from others.

Meaning

We all need a reason to get up in the morning and do things that make life worthwhile. Helping others and being needed creates meaning and purpose in our life. Without that life can feel empty, and we may feel lonely and depressed. When we help others or do something that is of value to others, we feel connected, useful, and appreciated. We forget our own problems. By helping others, we help ourselves. The more we help, the more we feel needed.

Emotions

In order to have a happy, well-functioning life, we need to learn to master our emotions, our mind, and keep calm. Our emotions are the driving force behind all of our behaviour. When we experience strong emotions, we can sometimes start acting without thinking and strong emotions such as fear, anger, anxiety, or depression can have a severe impact on our ability to think straight, make decisions, learn, remember, be creative, and deal with people.

Thinking

Our ability to think straight, focus and concentrate depends on how strong our emotions are at the time. When we feel strong emotions such as fear or anger, the part of the brain that controls those emotions takes over, and we often can't think straight. We need to lower those emotions and calm our mind. Our ability to focus and concentrate can also depend on our environment. When our environment is noisy, busy, or interruptive, our brain needs to continually analyse our surroundings, and cannot fully concentrate

on the task at hand. We can improve our concentration by learning to keep our mind calm, environment quiet and train our brain to focus more effectively.

Physical health

Feeling that we do not have control over our body and physical health can be scary and easily impacts our mental health. The best way of managing situations where we are losing some control, is to focus on things we still have control over - our own thoughts, attitudes, and actions! When it comes to physical health, getting our basic physical needs met better, always makes us feel better.

Safety

Feeling safe is our most fundamental human need. We cannot be mentally well unless we feel physically/psychologically/emotionally safe in all our environments. Feeling constantly unsafe causes chronic stress, sleep problems, anxiety, depression, and physical illnesses. We need to learn to identify the sources of threats, get them resolved, or if nothing can be done, remove ourselves from threatening situations.

Free from worry

We all worry at times, especially when we do not have clear solutions in our mind. Constant worry can distort our sleep, be the source of anxiety and depression. Worrying is always pointless unless it produces meaningful action. The quickest antidote to worrying is to calm our mind, distract our thoughts, challenge our worries, and start taking practical actions towards solutions.

Control

We all need to feel we have control over what happens to us and around us. Without a sense of control, we may feel overwhelmed. Although we need to feel we have control over what happens to us and around us, we need to be realistic about things we can/cannot control. Trying to control things we have no control over is pointless and we may develop chronic stress, anxiety or depression. When we change our focus to things we *can* control, our mental health improves!

Respect

One of our most primitive human needs is to feel appreciated, valued and respected by others. If we do not feel appreciated, or have no one showing it to us, we cannot feel totally fulfilled and may start feeling rejected, worthless, scared, angry or depressed. Not everyone around us is able to show us respect and appreciation, and we must accept that. It is therefore vital that we learn to appreciate ourselves. For some people that comes easier than others, but we all can learn to acknowledge ourselves better - for what we are, what skills we have, and what we can do.



How I am going to get my human needs met – ACTION PLAN

My 3 lowest scoring needs are _____, _____ and _____.

TIP: Read the explanations of each area on the following page and have a think about which one feels most important to you now.

The one I am going to focus on getting met now is _____.

TIP: Make sure you really want this one... be specific – it is vital that you pick one and commit to it – this will help you feel better and stop your SNS from getting triggered.

My top 3 ideas for how to get this need met are;

TIP: Put any ideas you can down here – nothing is a silly idea so go for it – if you can fill up the page with ideas that is great you will have more to choose from!

1.

2.

3.

I commit to doing number ___ by ___ / ___ / _____.

When I am getting that need met in a healthy balanced way I will feel _____ .

TIP: Use coloured markers – draw pictures – stick images on here – make it come alive and then stick it to your mirror or fridge door and DO THE WORK! Victory is

“No man is more unhappy than he who never faces adversity. For he is not permitted to prove himself.”

Seneca

Activity 2: Stress journal



Write down any events large or small that have happened over the last few days and weeks where you felt angry, annoyed or wound up... Where were you, what were you doing, who else was there with you? Write as much detail as possible.. Once you have a decent list of these events look at them and see if you can spot any patterns – is it a particular scenario, place or person who triggers your SNS? Last think about a strategy to remove or reduce this trigger from your life.

Where was I?	What was the trigger?	How did I react?	Strategy

Activity 3: Reframing trauma



Reframing is a psychological technique that involves changing your perspective on a situation to alter its emotional impact. Here's how you can use reframing to reduce the impact of trauma. Think back through your life and list out the significant events that you have experienced – bullying, a breakup, a bereavement or losing a job. Go back as far as you can – take your time this is not an exercise to rush.

Identify and understand the traumatic experience	Challenge existing beliefs	Find empowering aspects	Create a new narrative

Activity 3: Reframing trauma



Identify and understand the traumatic experience	Challenge existing beliefs	Find empowering aspects	Create a new narrative

Activity 4: Replacing self-limiting beliefs and getting back to your authentic self



Focus on self-compassion throughout this process. Changing deep-seated beliefs is challenging and requires time and patience. Practice kindness and understanding towards yourself, recognising that setbacks are part of the journey towards more authentic living.

Listen to the things you say to yourself throughout the next few days and weeks and make a note - "I am xxxxx" "xxxx always happens to me" "I not good enough to xxx" "I'm not clever enough". Write them down below.

Self limiting belief	Trace beliefs back to their origins	Challenging and replacing beliefs	Implement new beliefs through action

Activity 5: Stoic practices that help calm the SNS – try it for a day (or week)



Choose one	Why	How and when?	What did you learn?
Practice poverty	The Stoic practice of poverty directly confronts the human need for security. In our modern context, this need is often interpreted as having ample financial resources and possessions.		
Amor fati	It is a Stoic concept that encourages embracing everything that happens in life, both the good and the bad, with a positive spirit. This acceptance is not about passive resignation but about an active, enthusiastic engagement with whatever life presents.		
The "Dichotomy of Control"	The concept is simple yet profound: divide the elements of your life into two categories—things you can control and things you cannot—and then focus exclusively on the former.		

Activity 6: Forgiveness. Letting go of negative emotions – Inventory



Write an inventory of people who you feel have wronged you or who you are angry with. Start with yourself, then your closest family and work outwards. You can include groups of people, educational institutions such as schools, religions go wild and write it all down.

Who am I angry with?	When did this happen?	Why am I angry with them?	How did this make me feel?

TIP: Go wide and deep put it all down here... if you need another page print out another copy and keep going... Getting it out of your head and onto paper is the first step to liberating yourself from the burden.

TIP: Don't stop keep going....



Who am I angry with?	When did this happen?	Why am I angry with them?	How did this make me feel?

Activity 6: Forgiveness. Letting go of negative emotions – Action plan



Now go through the list of people / groups you are angry with one by one and follow the guidance notes. Reflect on your answers and decide if based on the information you have written you want to put down your anger and forgive this person.

Who am I angry with? _____	Guidance	Your answers...
What might have been going on for this person that made them behave like that towards me?	Often, we only see what was happening for us. We rarely know what is going on in other peoples lives. "Hurt people hurt people" if someone was in pain and they hurt you it does not mean what they did was ok. But we are not our behaviour so understanding this can help to separate the person from the act and move towards forgiveness. Perhaps the person in question did not have the benefit of the skills or information that you have and they were just doing the best they could. Most of the time people are....	
Reality check the event	Is my memory of what happened accurate or have I built a set of stories around it that make it seem bigger than it actually was? Cut through the noise to the essence of the event and get it chopped down to size. Was really as bad as I remember?	
What did I learn about myself, new skills or benefits did I get from this experience?	Many experiences teach us something important about ourselves, other people or life in general. What did you learn, how did this event help you adapt or learn new skills that have since served you. Did new opportunities open up because of this event?	
How does holding onto this anger impact me?	We know how trauma affects our SNS and we know how old wounds can be opened up by triggers. What does holding onto this anger mean for you on an ongoing basis?	
If I forgive this person how would that benefit me?	Maybe there is someone in your life, a parent, sibling or friend who you have a poor relationship with because of this anger and upset. Imagine how your relationship was before this event – wouldn't it be nice to have them back in your life like that? You can it is just waiting for you on the other side of forgiveness.....	

Activity 7: Slow carb breakfast shopping list



Or try tinned tomatoes, own brand passata or tomato frito. But check it is not loaded with sugar.

Preparation option 1 - zero effort

Put the passata, lentils and spinach fresh or frozen in a plastic container and season to taste. Done.



Buy dry lentils and cook them yourself super cheap and in my opinion taste nicer.



Frozen spinach is a great alternative to fresh spinach and one bag will last a couple of weeks.

Preparation option 2 - minimal effort

Put some garlic and olive oil in a pan and cook for a few minutes, add in the spinach until it has wilted. Then add in the lentils and passata and season.



Buy the best eggs you can afford.

Optional upgrades

- Herbs or spices for seasoning
- Sriracha sauce
- Tabasco
- Garlic
- Avocados
- Chia seeds
- Cottage cheese
- Kimchi

Watch Tim Ferriss 3 min breakfast video: https://www.youtube.com/watch?v=fd-7a_wdVZk

Eggs

Cook 2 or 3 eggs however you prefer - boiled or poached are my fav. Scrambled is nice too. If you don't have much time in the morning boil a bunch of eggs on Sunday and your good to go. Tim uses egg whites mixed with one egg which is a good option too.