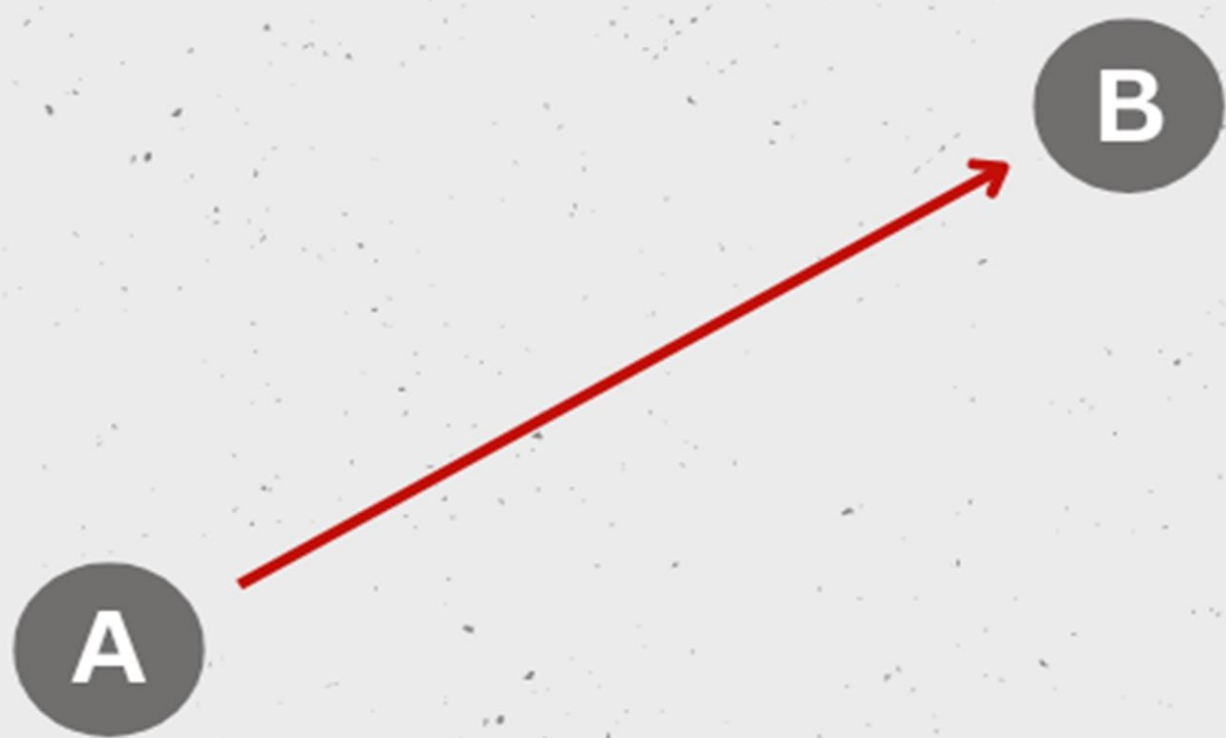


# THE LIFESTYLE SHIFT



6 SIMPLE SHIFTS TO UPGRADE YOUR LIFE,  
ENERGY, AND PURPOSE

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# The Lifestyle Shift:

6 Simple Shifts to Upgrade Your Life, Energy, and Purpose

## Introduction

We all want to feel more energized, fulfilled, and successful. But too often, we get caught in the cycle of just getting by. This short, powerful guide is designed to help you break that cycle. Inspired by the wisdom found in books like *High Performance Habits*, *Millionaire Success Habits*, and *Limitless*, this ebook provides practical, actionable steps to help you take control of your life, rediscover your purpose, and create a work-life balance that fuels happiness.

# Chapter 1: Gain Clarity and Focus

## Clarity is power!

When you know who you are, what you want, and where you're going, life stops being chaotic and starts becoming intentional.

## Why Clarity Matters:

Without clarity, we drift. With it, we lead. It creates focus, reduces overwhelm, and energizes your actions.

## How to Get Clear:

**Define Your Vision:** Close your eyes and imagine your ideal life in 3–5 years. Where are you living? What does your day look like? Who are you with? Clarity starts with vision.

**Set Identity-Based Goals:** Goals rooted in identity are powerful. Don't just set goals like "lose weight" — say, "I am a healthy, disciplined person who trains and eats well."

**Remove the Noise:** Cut out the distractions: toxic people, social media scrolling, aimless TV. Clarity grows in silence.

**Create a Daily Clarity Ritual:** Spend 5 minutes each morning journaling:

- What matters today?
- What will I do that aligns with my goals?
- How do I want to show up so that I am fully present and intentional in every interaction?

**Check In Weekly:** Once a week, review your goals and habits. Ask: Am I moving in the right direction?

**Key Takeaway:** Clarity gives direction. Without it, we react. With it, we respond intentionally

## Chapter 2: Discover and Align with Your Purpose

Living with purpose isn't just about big life missions—it's about bringing meaning into your everyday moments. Purpose connects you to something larger than yourself and aligns your energy with impact.

### **Why Purpose Matters:**

When you know your “why,” you move with intention. Purpose fuels motivation, creates resilience in tough times, and adds fulfillment to your actions.

### **How to Discover Your Purpose:**

**Look at Your Past for Clues:** Reflect on times when you felt most alive. What were you doing? Who were you helping? Your past successes and passions are breadcrumbs to your purpose.

**Identify What You Love + What Others Need:** Purpose lives at the intersection of passion and service. Ask yourself:

- What would I do even if I wasn't paid?
- What pain have I overcome that I can help others navigate?

**Clarify Who You Want to Serve:** Think about who you feel called to help. It could be young people, new parents, business owners, or people struggling with health.

**Write Your Purpose Statement:** Try this formula: “I help [who] to/achieve [what] so they can [transformation].” For example: “I help busy professionals regain energy and clarity so they can thrive in work and life.”

**Take Purposeful Action Now:** Don't wait for a grand vision to begin. Start by doing small, intentional acts that align with your strengths and values.

**Key Takeaway:** Purpose isn't found, it's built—through reflection, service, and aligned action.

# Chapter 3: Increase Energy and Optimize Health

Energy is one of your greatest asset. Without it, even your best intentions fall flat.

## **Why Energy Management Is Critical:**

Mental clarity, emotional stability, and physical stamina are all rooted in energy. High performers know how to generate, protect, and recover energy intentionally.

## **How to Upgrade Your Energy:**

**Master Your Sleep:** Aim for 7–9 hours per night. Build a sleep routine:

- Wind down 60 minutes before bed (no screens)
- Keep your room cool and dark
- Go to bed and wake up at the same time daily

## **Fuel your body with Hydration and Nutrition**

- Start your day with 1–2 glasses of water
- Eat energy-rich foods: leafy greens, lean proteins, fruits, healthy fats
- Avoid energy killers like sugar crashes and overeating processed foods

**Move Daily:** Movement increases oxygen, circulation, and mental alertness. Even a brisk 10-minute walk can shift your state. Stretch, walk, or train—just move.

**Use Breathing and Mindfulness to Recharge:** Practice deep belly breathing. Try box breathing: inhale 4, hold 4, exhale 4, hold 4. This resets your nervous system and re-centers your focus.

**Take Energy Breaks Throughout the Day:** Every 60 minutes, take a 10-minute break:

- Stand up and stretch
- Take a few deep breaths
- Step outside, take a walk and get sunlight

**Key Takeaway:** You don't just manage time—you manage energy. Protect it fiercely.

# Chapter 4: Build a Simple Fitness and Nutrition Routine

A fit body supports a sharp mind, strong will, vibrant spirit and fuels your self-confidence.

## Why It Matters:

Fitness isn't about looks—it's about vitality, confidence, and capability. Nutrition isn't about dieting—it's about fueling your life.

## How to Build a Simple Routine:

**Commit to 3–4 Strength Workouts per Week:** Focus on compound movements like squats, deadlifts, pushups, rows. Keep workouts 30–45 minutes. Track your progress.

**Walk Daily:** Walking boosts creativity, digestion, mood, and fat-burning. Aim for 8,000–10,000 steps daily. Bonus: do it in nature.

## Meal Plan Each Week

- Choose 2–3 breakfasts, 3–4 lunches/dinners, and rotate
- Prep simple meals with lean proteins, healthy fats, veggies, and whole carbs
- Follow the 80/20 Rule Eat clean 80% of the time. Allow treats without guilt. Consistency over perfection wins.
- Supplement Smart
- Consider a multivitamin, omega-3s, and protein powder
- Use caffeine strategically—not as a crutch

**Key Takeaway:** Simplicity and consistency sustains results. Make your routine fit your life, not the other way around.

## Chapter 5: Create Better Work-Life Balance

Balance is about designing your life so you can thrive both personally and professionally.

### Why It Matters:

Without balance, burnout is inevitable. With balance, you can give your best to your career and relationships, passions, and personal growth.

### How to Cultivate Better Balance:

#### Set Non-Negotiable Boundaries ( examples ):

- No work emails after 6 PM
- Phone off during family dinners
- Morning routine before checking your phone
- Use the Power of Scheduling
- Block time for workouts, rest, connection, hobbies
- Treat personal time with the same respect as meetings

**Batch Tasks and Focus Deeply:** Group similar tasks to reduce context-switching. Work in deep focus sessions (e.g., 50-60 minutes work, 10 minute break).

**Learn to Say No:** If it doesn't serve your priorities, say no. Boundaries preserve your energy.

**Create Micro-Moments of Joy:** Schedule time for things that bring you joy: music, art, coffee with a friend. Small moments build a meaningful life.

**Key Takeaway:** Balance isn't about doing everything—it's about doing what matters most.

# Chapter 6: Make Your Life Count with the Stacking Effect

Success isn't built in giant leaps—it's built in consistent, stacked choices.

## Why the Stacking Effect Works:

Tiny daily actions compound over time into exponential results. Each win, each habit, each aligned choice becomes part of a larger transformation.

## How to Use the Stacking Effect:

**Create a Daily Win List:** Stack 3–5 wins before noon ( example):

- Drink water
- Stretch, walk or go the gym
- Read 10 pages of a book that benefits your life's outcomes
- Compliment or be kind to someone

**Link Habits to Existing Ones:** Use habit stacking:

- “After I [brush teeth], I'll [write my goal].”
- “After I [get back from gym], I [make myself a healthy breakfast and drink water]

**Track Progress Visibly:** Use a habit tracker or journal. Seeing your streaks builds momentum.

**Anchor Actions to Identity:** Say: “I'm the type of person who... [moves daily / eats clean / encourages others]” – make the thing not just something that you do, but the type of person that you are.

**Think Long-Term Impact:** Ask yourself, will this habit move me closer to the life I want 5 years from now?

**Key Takeaway:** Small habits done daily build unstoppable momentum. Stack wisely.

## Final Thoughts

This is your invitation to rise—to create a life that energizes you and impacts the people around you. These six shifts are simple, but not always easy. Implement them one by one. Return to this guide often. Let it be your blueprint.

**You're not here to survive—you're here to thrive.**