

# SURVIVAL OF THE ZEALOUS

10 tips to help  
you live your  
most Zealous life

Free E-Book





To the reader,  
Be Zealous in everything you do or  
go home

This ones for you Lord  
Jesus plus nothing

*Jan*

Go to bed as early as possible  
and wake up as early as possible  
(with-in 10 mins of waking)



# 1. GO TO SLEEP

Your upbringing, the season of life you are in,  
lifestyle and priorities vary for everyone, so  
there is no perfect time for everyone to go  
to sleep or to rise up in the morning.

Getting up early is a very special time where a lot of high achievers get ahead. With the world still sleeping, it is the perfect time to get a jump on some uninterrupted work while your mind is most fresh and not clouded by people hounding you in person or online.

To be honest, I avoided doing this consistently for years but truth be told, I had my most productive and best days when I got to bed early and rose up early. Try it out for a few weeks or so and I highly doubt it's going to be a habit you won't want to continue long term.



## 2. #MOVEEVERYDAY

It doesn't really matter what type of movement you do, it is a good option as long as it is safe, enjoyable and sustainable.

Choosing something that is fun, challenging and has a progression aspect to it is a very important part of making it something that you can stick to long term.



Travel time is just as important as affordability, Try to find something that is close to home because you want to remove as many barriers as possible and make it easier, not harder.

Outside noise will tell you their way is the best way of staying in shape. Be aware of the constant marketing in media constantly trying to distract you, get your attention and convert you in spending money on something you don't really need.

The people you will be around, positive, negative, growth mindset etc because they will rub off on you whether you are aware of it or not.



3.  
DECREASE CARBS  
& SUGAR





**&  
INCREASE PROTEIN  
INTAKE.**

Breathe, get some sunshine, explore, day dream, reflect. Barefoot when you can.

Today's way of life has meant that we are indoors a lot more than ever and our recommended amount of Vitamin D has decreased drastically, which is essential for our health, vitality and overall well being.

Being outside more is known for helping our immunity but beyond the known scientific benefits of being outside and sun exposure, there is an element of feeling more human that we can sometimes forget about and grow accustomed to not being in touch with.

## 4. GET OUTSIDE





Being outside more, barefoot where possible helps us to literally be more grounded, in touch with nature, slow down (which we all need) day dream, create, explore, leave space for nothingness and recharge. Instead of going to the shops during your next holidays, plan a trip to the beach, a bush walk, a hike or anything outdoors and you'll undoubtedly feel the power and wonder of God's creation.

The great outdoors.

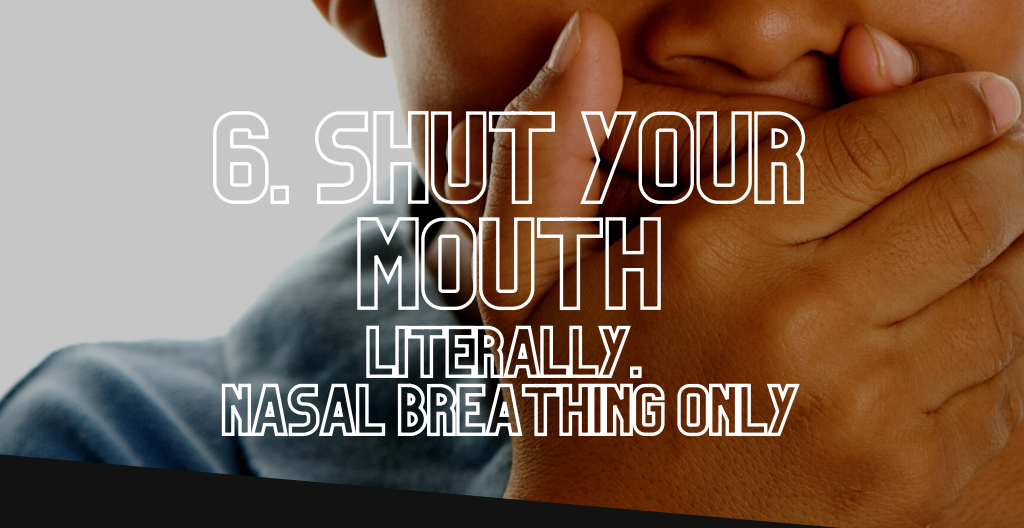
It's been fairly common knowledge for most people, the importance of connection as human beings, however, since COVID-19, the benefits and importance has been amplified, especially with the increase in depression and suicide during and thereafter COVID-19 starting.



5. CONNECT,  
CUDDLE &  
LAUGH

The evidence is undeniable and on a human level, you don't have to be a scientist to know this, you can just feel that life is better when we connect with people we care about and love.

Throw in the benefits of laughing more often, human contact through a simple hug, cuddle, kiss, pat on the back or simply holding your kid(s) or partners hand and laughing more often instead of being so serious, we have a recipe for health success and it only costs us some time and effort to be more aware and conscious towards making sure these things happen regularly in our life.



# 6. SHUT YOUR MOUTH LITERALLY. NASAL BREATHING ONLY

One of the most underrated and overlooked ways that absolutely anyone and everyone can improve their overall health and well-being is by simply breathing in and out of your nose most of the time while keeping your mouth shut

Opening your mouth should only be for communicating, eating, kissing and when doing strenuous exercise/activity or in a situation when your life is at threat (fight or flight)



There is a huge rabbit hole that you could go down in terms of nasal breathing and breath work in general.

Try consciously breathing most of the time through your nose and only through your mouth when needed and you will see and feel a significant increase in your overall health .

You could follow the work of Patrick McKeown, James Nestor and Brian McKenzie for more in depth information and research

# 7. GRATITUDE



A close-up photograph of a person's hands writing in a notebook. The person is holding a silver and black pen in their right hand, writing on a lined page. Their left hand rests on the notebook. A white cup of coffee is visible in the bottom right corner. The background is a soft, out-of-focus green, suggesting an outdoor setting with trees. The text "HAVE 3 THINGS TO BE THANKFUL FOR EVERYDAY" is overlaid in the center in a white, outlined font.

HAVE 3 THINGS  
TO BE THANKFUL  
FOR  
EVERYDAY

Something new.

Something that can help your career or relationship(s).

Most people aren't quite where they want to be,  
missing a skill, resource or connection holding us/them  
back.



## 8. READ & LEARN.

Whether we are stuck or not, it's a good idea to keep learning because things are constantly changing, evolving and if we don't, we end up getting left behind and the longer we resist learning, the further we get left behind.

Learning helps our value or perceived value go up and makes us more ready for when opportunity knocks at your door.

The added benefits of learning to learn new things is that it's stimulating, can be fun, rewarding, helps us grow in problem solving - persisting through difficult situations, adds some spice and excitement to your life and can help your relationships as you are setting a good example

Start with things you don't understand or are struggling with in your everyday life and go from there.





# 9. GET REALLY HOT, COLD AND DIRTY EVERY NOW AND AGAIN.

Growth cannot come from comfort, unless you are in a recovery state after something physically or mentally challenging. Convenience and comfort has it's place and is enjoyable on occasion but it has become an expected norm for most, as a result, these innovations have made us softer and less resilient when times get tough.

No matter where you are from, what you believe in, what your culture is or what demographics you come from, you will experience tough times of some sort.

No one in the present, from history or in the future will be exempt from the trials, challenges and hardships that come from life. Discomfort is inevitable and it would be wise getting ourselves ready for such times.

A few simple ways is to avoid perfect temperature all year round which makes us susceptible to illness when we are exposed to anything otherwise. Getting really hot through sauna, spa or hot weather every now and again is great and the same goes for getting cold through cold showers, swimming in the ocean, lakes, rivers and ice baths.

Lastly, get dirty. Maybe with your kids, nieces or nephews as they play in the mud, sometimes ditch your shoes and let your feet feel the earth and it's many different surfaces.

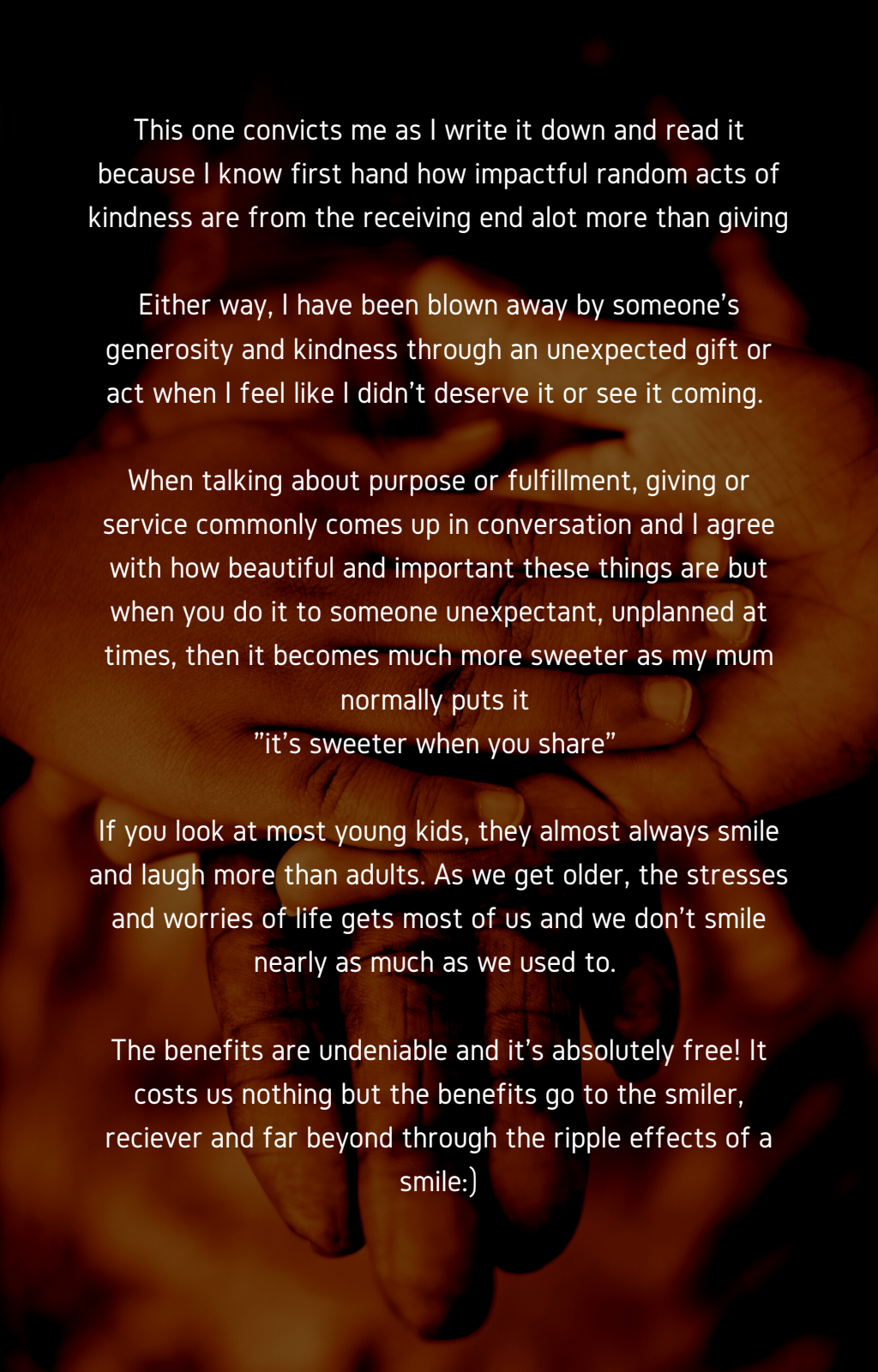
Do some gardening, weeding, play with some animals or  
pets.

The list is vast and it doesn't really matter, just remember to take advantage of the next time you get a chance to get  
dirty.





10.  
RANDOM ACTS  
OF KINDNESS &  
SMILE MORE.



This one convicts me as I write it down and read it because I know first hand how impactful random acts of kindness are from the receiving end alot more than giving

Either way, I have been blown away by someone's generosity and kindness through an unexpected gift or act when I feel like I didn't deserve it or see it coming.

When talking about purpose or fulfillment, giving or service commonly comes up in conversation and I agree with how beautiful and important these things are but when you do it to someone unexpectant, unplanned at times, then it becomes much more sweeter as my mum normally puts it  
"it's sweeter when you share"

If you look at most young kids, they almost always smile and laugh more than adults. As we get older, the stresses and worries of life gets most of us and we don't smile nearly as much as we used to.

The benefits are undeniable and it's absolutely free! It costs us nothing but the benefits go to the smiler, reciever and far beyond through the ripple effects of a smile:)

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