

— THE PATH — PLAYBOOK



NATHAN LONG
LIBBY WILSON, M.D

THANK YOU FOR DOWNLOADING *THE PATH PLAYBOOK*.

Small, consistent actions build up over time to create huge results. It is natural to pay attention to what you track. Everything in life is about choices, and you have a choice—stay the same or do something. By choosing the path of intention, you will reach your desired destination—your purposeful best life.

The first two questions to ask yourself are the following:

Where am I at?

Where do I want to go?

It's like plugging an address into the GPS. Instead of jumping right in and driving aimlessly, you first need to know your starting point and your final destination. Once you've established that, now you need a plan to get there. This is where the five factors come in.

Let's take a look at each of the five factors and determine where you can start making changes now.

FACTOR 1: SLEEP

Step 1: Determine where you are in terms of deposits and withdrawals. Give yourself a +1 for every deposit you typically make and a -1 for every withdrawal you typically make. Then give yourself a score. This is your starting point.

Step 2: How can you improve your score slightly? Remember, we are talking about forever change, not fast change, here. Set yourself up for success by not taking on more than you can handle. Can you improve your score by 1 to 3 points by adding in some more deposits and/or removing some withdrawals?

Step 3: Fill in your plan below. Pick 1 to 3 things to start. Master them and then add more.

Having a sleep routine signals the brain that it's time to wind down and rest and recharge for the next day. We do this with our kids when they are little, right? The routine of bath, snack, and story triggers their little mind to know sleep is coming. We, adults, are really no different. Create a routine for yourself to optimize your sleep.

Daily Sleep Deposits (+)	Daily Sleep Withdrawals (-)
Exercising daily for 45–60 minutes.	Exercising late exercise (less than 2 hours before bedtime)
Turning off devices 1 hour before bed	Eating a late meal (less than 2 hours before bedtime)
Establishing a pre-sleep routine—3 things you automatically do to signal your brain it's time for sleep (e.g., wash face, brush teeth, get coffee ready for morning)	Going to bed angry at someone
Reading before bed	Bedtime varying by more than 1 hour from night to night.
Drinking calming tea at night	Drinking alcohol
Using a white noise machine	Checking social media and email first thing the next morning
Exposing yourself to natural or 10,000 lux light within 30 minutes of waking for the day	Using the snooze button
Cutting off your caffeine intake by 2 p.m.	Watching TV in the bedroom before bed
Doing a next-morning checklist before bedtime (a list of things to do the next day, so you aren't worrying about forgetting something)	Napping excessively during the day (greater than 45 minutes)
Engaging in intimacy with partner	Playing on phone before bed
Having a hot bath	Watching news before bed

Score: _____ (Deposits – Withdrawals = Score)

One to three changes I can begin to implement with my sleep now:

1. _____
2. _____
3. _____

EXAMPLE #1: NATE'S PLAN

No caffeine after 2 p.m.

Dinner before 8 p.m.

Device off one hour before bed

Fifteen minutes reading or hangout time with kids. Usually lying in bed with them and talking or reading

Brush teeth, wash face

One-minute next-day brief with wife before bed to make sure we have all things covered with our schedule and kids

Alarm set, lights off

EXAMPLE #2: LIBBY'S PLAN

Prep for the next day: coffee pot ready, work-out clothes laid out

Take vitamins

Wash face, brush teeth

Device off one hour before bed

Read for 30 minutes

White noise machine on

Black-out curtains pulled

Alarm set, lights off by 10 p.m.

FACTOR 2: DIET

As we did for sleep, follow these steps for diet:

Step 1: Determine where you are in terms of deposits and withdrawals. Give yourself a +1 for every deposit you typically make and a -1 for every withdrawal you typically make. Then give yourself a score. This is your starting point.

Step 2: How can you improve your score slightly? Remember, we are talking about forever change, not fast change, here. Set yourself up for success by not taking on more than you can handle. Can you improve your score by 1 to 3 points by adding in some more deposits and/or removing some withdrawals?

Step 3: Fill in your plan below. Pick 1 to 3 things to start. Master them and then add more.

Remember, not having a plan is the autopilot default path, and you are on the path of intention to create your purposeful best life.

Daily Diet Deposits (+)	Daily Diet Withdrawals (-)
Drinking water—100/70 oz.	Drinking soda/pop
Eating fruits and vegetables—1 cup	Eating fast food
Eating fiber—25 grams or more	Ordering out lunch
Preparing your lunch yourself (not eating out)	Eating gas station snacks
Eating dinner with family	Drinking energy drinks
Prepping food with your kids	Forgetting to pack your meal
Fasting—12 hours or more	Eating processed food
Sticking with your plan for the day	Eating sweets

Score: _____ (Deposits – Withdrawals = Score)

One to three changes I can begin to implement with my diet now:

1. _____
2. _____
3. _____

EXAMPLE #1: NATE'S PLAN

Remember the goal is to have a plan. The more we leave unplanned, others will plan for us, leading to an increased likelihood of failure. In the boxes below there is an **(E)** for the times that I (Nate) exercise. I often plan my breakfasts (whether I eat or not) depending on what my exercise schedule looks like. I usually do a bootcamp or some fasted cardio in the morning.

NATE'S MEAL PLANNING

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday: Full Rest Day
B	E + Fruit & protein, usually egg whites	E + Protein shake	E + Fast	Fast	E + Fruit & protein, usually egg whites	E + CF class + big breakfast	Big breakfast or big lunch, depending on family schedule
L	Prepped Lunch	Prepped Lunch	Prepped Lunch	Prepped Lunch	Prepped Lunch	300-500 cal. snack	300-500 cal. snack
D	E Meat & Veggies. Meat is usually pre-cooked from Sunday Or some type of fajita/taco	E Meat & Veggies. Meat is usually pre-cooked from Sunday Or some type of fajita/taco	Meat & Veggies. Meat is usually pre-cooked from Sunday Or some type of fajita/taco	E Meat & Veggies. Meat is usually pre-cooked from Sunday Or some type of fajita/taco	Possibly eat out. This can flip-flop with Saturday, depending on family schedule	Cooked family meal	Cooked family meal

EXAMPLE #2: LIBBY'S PLAN

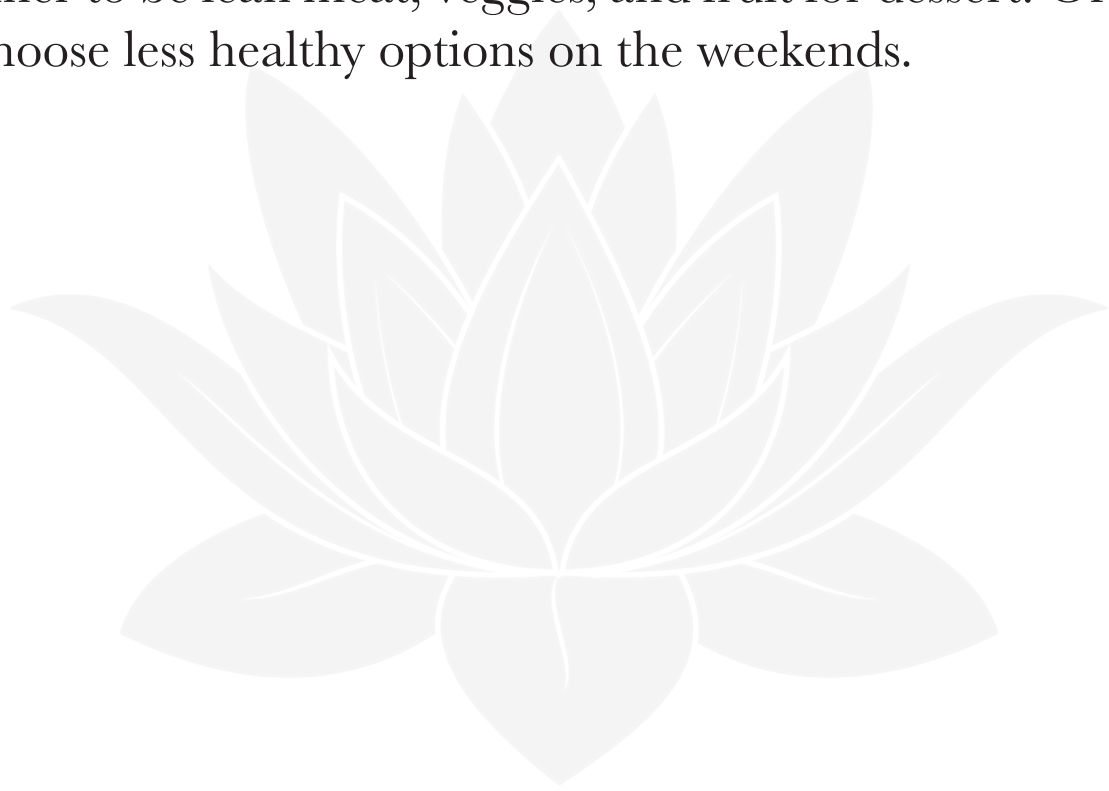
Intermittent fast from 8 p.m. at night until noon the following day

Lunch: protein shake with added veggies

Mid-afternoon snack

Dinner with family

Goal is to have a snack of protein and healthy fat, and the dinner to be lean meat, veggies, and fruit for dessert. Often, I choose less healthy options on the weekends.



FACTOR 3: EXERCISE

As we did for sleep and diet, we need to assess where we are in terms of exercise. That's what these steps are for:

Step 1: Determine where you are in terms of deposits and withdrawals. Give yourself a +1 for every deposit you typically make and a -1 for every withdrawal you typically make. Then give yourself a score. This is your starting point.

Step 2: How can you improve your score slightly? Remember, we are talking about forever change, not fast change, here. Set yourself up for success by not taking on more than you can handle. Can you improve your score by 1 to 3 points by adding in some more deposits and/or removing some withdrawals?

Step 3: Fill in your plan below. Pick 1 to 3 things to start. Master them and then add more.

Remember, no plan is the autopilot default path, and you are on the path of intention to create your purposeful best life.

Daily Exercise Deposits	Daily Exercise Withdrawals
Exercising daily—45 to 60 minutes	Taking the elevator
Spinning class	Taking the escalator
Yoga class	Sitting for over an hour
HIIT class	Watching 60+ minutes of TV
CrossFit class	Playing video games
Strength training	Going down a YouTube rabbit hole
Hiking, mountain climbing	Checking social media for 30+ minutes
Walking after lunch	Hitting the snooze button
Fitness competition—lifting, running, CrossFit, Brazilian Jiu-Jitsu	Having close friends who don't do fitness
	Making an excuse—too much money, not enough time, too old, a previous injury, not what “I used to be”

Score: _____ (Deposits – Withdrawals = Score)

One to three changes I can begin to implement with my exercise now:

1. _____
2. _____
3. _____

EXAMPLE #1: NATE'S PLAN

Monday	Morning bootcamp Evening CrossFit
Tuesday	Morning run, 5K Evening CrossFit
Wednesday	Morning bootcamp—possible rest/ active recovery
Thursday	Evening CrossFit
Friday	Morning Swim, 800–1,600 m
Saturday	Morning CrossFit, competi- tion-style format
Sunday	Full rest day

EXAMPLE #2: LIBBY'S PLAN

I (Libby) strive to work out five to six days per week for 45 to 60 minutes. Usually, I do this in the morning before work. On weekends, I exercise a little later in the morning. I usually do CrossFit or bootcamp two or three times per week; run three to five miles one time per week, and take a three-mile walk and do light weight training two times per week. Like Nate, I always take one full rest day.

Monday	CrossFit or bootcamp
Tuesday	3-mile walk & light weight training (arms/shoulders)
Wednesday	CrossFit or Bootcamp
Thursday	3-mile walk & light weight training (legs/back)
Friday	Rest day
Saturday	CrossFit or 3-mile walk
Sunday	4-mile run

Take it a step further:

Self-Assessment: Where are you in these categories?

Yes or No?	Exercise	Daily Application-Functionality
	Can you deadlift 1 to 1.5 times your body weight?	Picking up something from off the floor, e.g., kids, groceries, yourself, storage totes, etc.
	Can you squat (all variations) your body weight?	Sitting down and standing is essential to life. In many cases when you do this, you are weighted, meaning it's more than just your own body weight.
	Can you do an overhead press of 75% of your body weight?	Lifting up kids and putting things on shelves involves using your shoulders in an overhead movement. You need shoulder mobility for everyday activities.
	Can you run a 9- to 10-minute mile?	This builds the capacity for your lungs and heart to function at a high level in all activities. "Aerobic" means oxygen. Your muscles need blood, and your heart makes that happen. Your lungs, meanwhile, become more efficient in delivering oxygen to your blood and removing the carbon dioxide waste.
	Can you complete strict movements, such as a pull-ups, dips, and push-ups, with your body weight?	These movements support getting up and sitting down to aid your body in your daily environment.

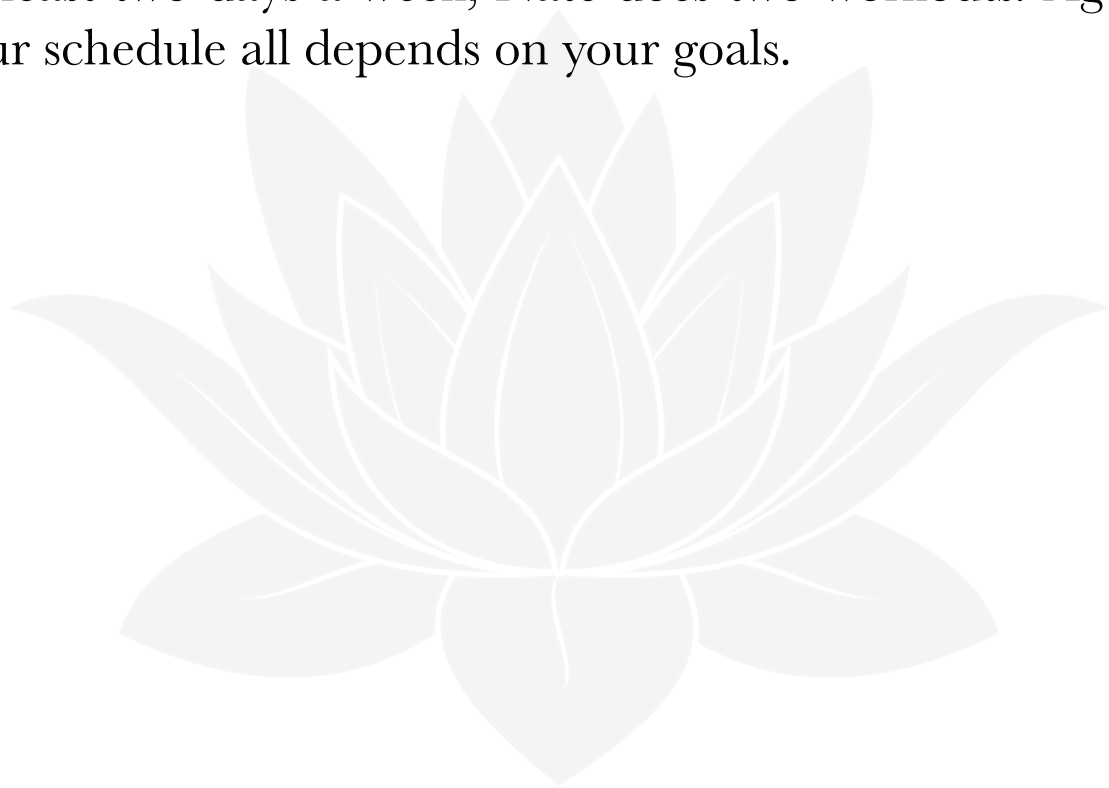
THE GOAL

Your weekly workouts should put you in heart rate zones 3 to 4 almost every day. At moments throughout the week, you should be getting into zone 5.

Making a schedule is key.

Knowing the exact day, time, and what you are going to be doing when you work out is just as important as your diet.

At least two days a week, Nate does two workouts. Again, your schedule all depends on your goals.



FACTOR 4: RELATIONSHIPS

It can be challenging to try to create some metrics to measure the quality and value of the relationships in your life, but it is still critical to assess where you are in regard to your overall relationships.

On a scale of 1 to 10, with 1 being very poor and 10 being amazing, how do you consider your relationships to be overall?

_____ 1–3

_____ 4–6

_____ 7–10

Before you can improve your overall relationships, you have to pause and determine what is important to you. This is YOUR unique path and to get optimal results in your life and relationships, you have to stop and think about what is truly important to you.

STEP 1. CREATE A LIST OF CORE VALUES.

When you identify what is important to you, then you can identify those key characteristics in others. Nate's core values took him over a year to identify. The books that Nate was reading helped him take a deep dive into what truly makes him happy so that he could then identify his core values. There is a multitude of online resources that can help you get a kick start in this process.

YOUR CORE VALUES

1.
2.
3.
4.

YOUR TOP FIVE:

LIST THE 5 PEOPLE YOU SPEND THE MOST TIME WITH:

People	How Do They Make You Better?
1	
2.	
3.	
4.	
5.	

How much time do you spend on social media? Are you seeking approval? Do you communicate with people on social media (virtually) more than you communicate face to face with those in your close proximity (e.g., family and friends)?

Daily Social Media Minutes	Daily Face-to-Face Time with Your Children, Spouse, and Close Friends
How Can You Improve Family and Friend Face-to-Face Time over Social Media Time?	

EXAMPLE #1: NATE

Over time I (Nate) figured out some key principles that have helped me identify what is important to me and how to identify people that I value in my life.

CORE VALUES

Excellence in all I do. I settled on this one because I was thinking about what made me upset. I thought about work, family, coaching, and my businesses. I reflected on the times when I get the most frustrated with people, whether it is people that I'm leading or that I work with. My father taught me that giving your best effort, no matter what you do, is essential to life. This is a value that I want to pass down to my children, employees, and friends by leading with my actions. There is nothing that makes me more frustrated than someone who takes shortcuts in life. Martha Beck said, "How you do anything, is how you do everything." This is a motto I try to live by every day.

Integrity in all action. I believe there is nothing more valuable than our word. Honesty is a key principle in my life, and I believe that no matter the situation or the outcome, leading with honesty is a characteristic that is on the top of my list. Be clear on who you are and stick to your values, no matter the good or bad that comes from it. Always do the right thing. If you have to question it, it's probably the wrong decision.

Passion for the community and people I serve. This relates to my family, friends, and co-workers. I love people, and I love helping people be the best version of themselves.

Robert K. Greenleaf coined the term “servant leadership,” and this is what I aspire to. I always try to put my best foot forward and think of how I can be better as an individual to put others’ needs before mine. In his book *Ego Is the Enemy*, Ryan Holiday wrote, “Ego needs honours in order to be validated. Confidence, on the other hand, is able to wait and focus on the task at hand regardless of external recognition.”

Driven for constant growth. I want to be around people who make me better. The people who are always there to call me out when I am not living my values. If you don’t read, listen, and try to learn from the best people in whatever field you are in, you are probably not in my top five people. I’m still friends with people who have settled on being average, but they are not going to be the people who I put in my innermost circle. The quote (its origins aren’t known) that says, “Show me your friends and I’ll show you your future,” really resonates with me. I want to be around people that never settle.

EXAMPLE #2: LIBBY

While I (Libby) agree that core values are extremely important and I live by them too, I think of it more in terms of what I want for my life and how I can structure my week to make sure there is time for the most important things in my life. I set goals for the year and I track them daily, weekly, quarterly, and yearly.

What I want is the following:

Physical, mental, and emotional health

To nurture meaningful relationships

To contribute to the world in a way that feels true to me.

To be present.

To learn and grow.



FACTOR 5: MINDSET

As we did for sleep, diet, and exercise, follow these steps for mindset:

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Daily Mindset Deposits (+)	Daily Mindset Withdrawals (-)
Reading about 10 pages every day	Mindlessly watching TV or scrolling the internet
Engaging in positive self-talk	Complaining
Meditating	Making excuses
Setting goals weekly	Arguing about religion and politics with people
Joining a positive community	Hiding from challenges
Doing social media for 30 minutes or less daily	Ignoring feedback
Seeking challenges	Living in constant comfort
Meeting with a mentor or role model	Staying in a miserable job
Seeking feedback from others	Comparing yourself to others

Seeking change	Hiding flaws from others
Creating a vision board	Telling yourself, "I'm just not smart."
Maintaining an attitude of "I just haven't learned it YET."	Engaging in negative self-talk

Score: _____ (Deposits – Withdrawals = Score)

One to three changes I can begin to implement with my mindset now:

1. _____
2. _____
3. _____

MINDSET—GROWTH OR FIXED?

Nate's favorite quote that fits the mindset category is from Ben Bergeron of CrossFit New England: "Never whine, never complain, never make excuses." This is something that Nate tries to exemplify to all those that he's around. It is something that he hopes to carry on in his family, with his friends, and in his work. We can always do better, no matter what the circumstances are. We always own every decision that we make and the consequences that come with them.

This is exactly why Nate left the career he was in. He was done with hearing the sarcastic response from colleagues that they were "just livin' the dream." To Nate, it is very simple: if you don't like your job, change careers. If you don't like the weather where you live, move. If you struggle to see eye to eye with your spouse, what have you done to try and make it better?

Jack Canfield created the “E + R = O” model. We are all going to encounter “Events” in our lives. It is up to us to choose our “Response” to those events, which will ultimately determine the “Outcome” of the situation. There is always someone out there that has it worse than us. It is up to us to determine how we are going to handle any situation that we encounter in life. It’s not the event itself, but how we respond to it, that will determine the outcome.

What do you do daily that pushes you to work on your mindset?

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

EXAMPLE #1: NATE

For me (Nate), non-negotiables are daily reading or podcasts, depending on what my day looks like. If I am going to be in a car, I choose an audiobook or podcast. What has pushed me to become who I am today was a shift in mindset in 2018 after attending a seminar at CrossFit New England. Over the past four years, I have read 100-plus books from amazing leaders and thinkers. It has inspired me to do things that I never thought were possible. I graduated high school with a 2.2 GPA. If you told me 25 years ago that I was going to co-write a book, I would have told you that you were crazy.

Without goals and action steps, it's all hopes and dreams. My dream to write a book started with the action step of writing every day for 30 minutes. To help me better myself, I identified Libby as someone with the same passion. I then asked her to join me because she was only going to make me better as an individual.

EXAMPLE #2: LIBBY

I (Libby) spend time each day reading, doing a devotion, journaling, and meditating. The whole routine takes about 45 minutes, and I prefer to do it in the morning, either before or after my workout. I read and do a devotion for 15 minutes, meditate for 10 minutes, and journal for 20 to 30 minutes. It's a great way to start my day, and I feel that no matter what happens in my day, I have paid myself first and I'm ready to handle it all.

Plan	Goal	Daily Action Step
Goals for Next Week		
Goals for Next Month		
Goals for Next Year		

Not every step needs to be forward, but to move on the path of intention to an amazing, optimally healthy life, you need to be taking more steps forward than you are taking backward. These small, consistent actions build up over time to create huge results. You may not notice much difference in the short term, but don't give up. Keep going because consistency carves canyons.

The secret ingredients are:

Intentionality

Consistency

Time

You've got this!



If you want to connect with us further, we invite you to check out our businesses:

Dr. Libby Wilson: www.bestlifefunctionalmedicine.com

Dr. Libby works with health-conscious people who are trying their best to take care of themselves, but despite their effort aren't seeing the results they are hoping for.

Nate Long: www.longroadcrossfit.com

Nate loves pushing others to help them reach their true potential.

