

THE WISE AS FU*K TOOLKIT



**A crash course in
sh*tstorm survival**

3 LAWS OF SH*TSTORM SURVIVAL

**OVERWHELM
IS NORMAL.**



IT'S OKAY YOU'RE OVERWHELMED.
IT'S APPROPRIATE, NOT PERMANENT.

**LOSS IS
EMPOWERMENT.**



YOU CAN ALWAYS CHOOSE TO ENGAGE WITH
LOSS IN SUCH A WAY THAT IT EMPOWERS YOU
RATHER THAN SMOTHERS YOU.

**EMPOWERMENT
IS ACTION.**



LIFE ONLY EVER CHANGES IN THE PARADIGM
OF ACTION.

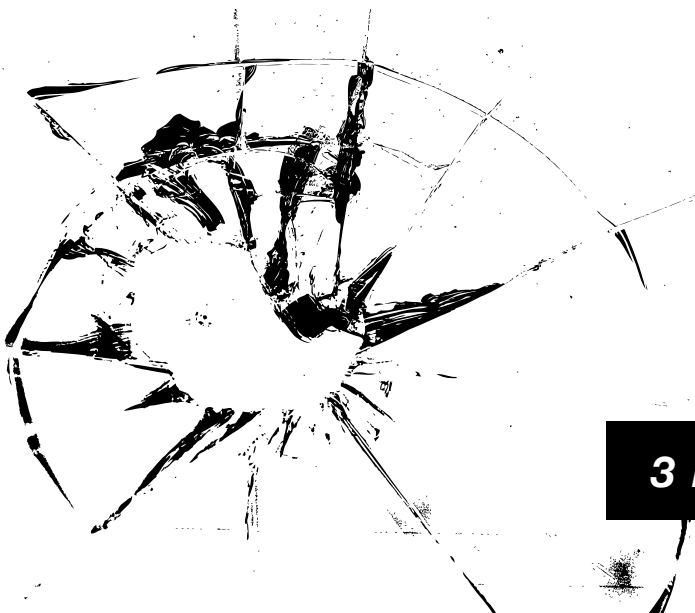
FIRST LAW OF SH*TSTORM SURVIVAL: OVERWHELM IS NORMAL.

Rule: It's okay you're overwhelmed. It's appropriate, not permanent.

Life's too much, too heavy, too complicated. You can't face your problems; hell, you can hardly even face getting out of bed! No amount of motivation or stimulation can seem to pierce through the lethargy, the noise, or the helplessness. You're supposed to feel this way whenever you're at your limits. With that in mind, the answer to those feelings of being overwhelmed is not to fight or wrestle with them.

LET GO of your automatic need to struggle or, at the other end of the spectrum, hide. The key here is to accept where you are. The answer is to realize it's okay to be overwhelmed. Those feelings will come and go, and sure, you'll get stressed, a little flustered, maybe even a bit fucked up, but you'll survive. Take care of your well-being, do whatever you need to nurture and nourish yourself, but it's also okay to push a bit too.

And it's not going to last forever. There's a time limit.

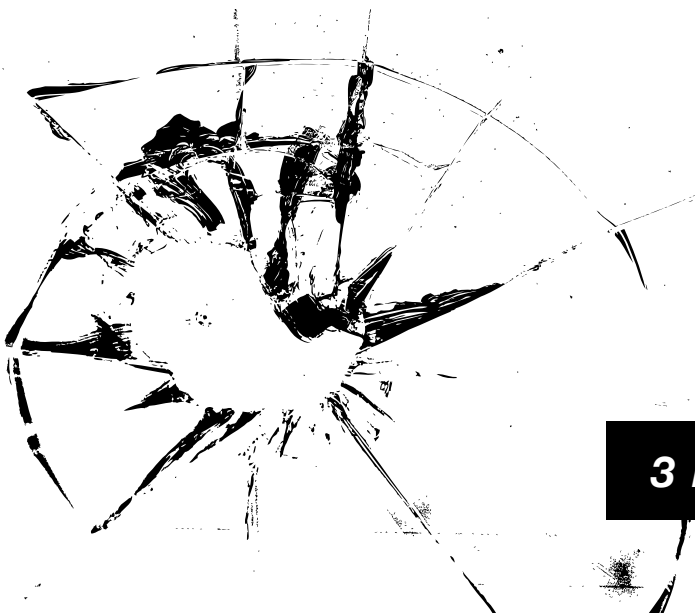


SECOND LAW OF SH*TSTORM SURVIVAL: LOSS IS EMPOWERMENT.

Rule: You can always choose to engage with loss in such a way that it empowers you rather than smothers you.

Loss is most often linked to the passing of someone important in our life, whether it's a spouse, family member, friend or even a pet. But there are other losses that can kill off your future just as readily. The loss of a dream or situation, the death of an answer to your current predicament or situation—we actually grieve about things that were supposed to happen but didn't, for whatever reason. While it doesn't always feel like the darkness of "grieving," be left in no doubt that those kinds of losses have a very real and damaging impact too unless acknowledged and handled in a healthy way. So what do you do?

CHOOSE TO BE EMPOWERED. Put yourself in this location right now. For loss of any kind to serve you, it has to be something you can look back on and find a way to use it to empower yourself. It's not about overcoming loss, it's about repositioning it, of allowing it to settle into the background of your life and occasionally surface to remind you of who you are and who you've been.



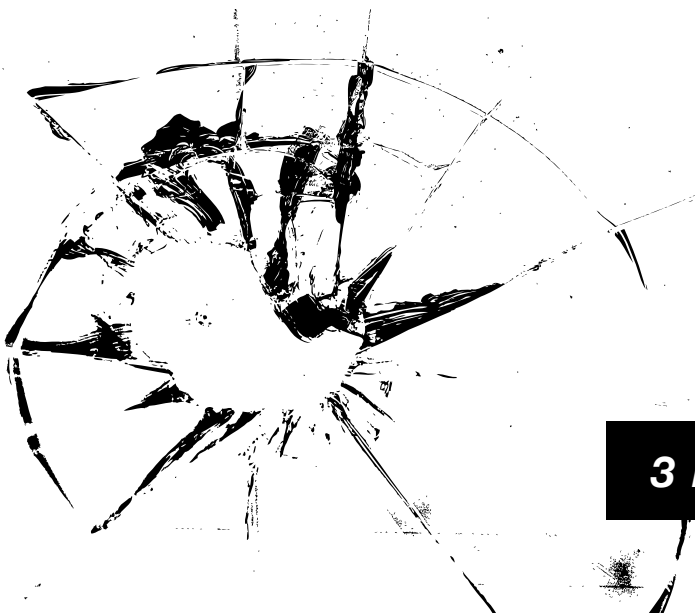
THIRD LAW OF SH*TSTORM SURVIVAL: EMPOWERMENT IS ACTION.

Rule: Life only ever changes in the paradigm of action.

As a society, we've become increasingly obsessed with the idea of trying to make ourselves feel differently so we can therefore do differently. Change your thoughts/feelings/emotions, change your life, right? Wrong.

EVERYTHING WORTHWHILE—in our lives and in history—started with a small action. That's why I'm telling you to bring all of your attention, all of your brain and energy to impacting the world of action. To begin to build a life centered around increasing and changing your actions, not shifting emotions.

Kinda brings a whole new meaning to the phrase “get your act together” now, doesn't it?



THE 7-DAY CHALLENGE TO LIVE WISE AS FU*K

It's showtime. This isn't a theory or a dress rehearsal for some later life; this is it; this is your life. And this challenge is designed to help you dive in and discover what living a wise as fuck life is all about: to live a life bigger than yourself.

Why do it? Because life only ever changes in the paradigm of action. Because in this very moment you can be the kind of human being who changes the world by showing up as someone worth aspiring to. Not boastful or arrogant or flashy but by being the kind of human others can find respite in or even aspire to be.

BE the fucking change you wish to see. If love is missing? Be that. If connection is absent? Be that. If it's understanding, friendship, or acceptance that's needed, it's time for you to show up big, and all without turning it into a strategy for something in return. No judgement, no excuses, no blaming; show up.

What will you learn? The secret to a life of fulfillment, accomplishment, and happiness is to make your life about who you are for others. Until that becomes an intentional, conscious, and deliberate way of living, you're on autopilot with the rest of the drones.

**THIS IS YOUR SHOT—IT'S NOW, TODAY, THERE IS NO LATER.
BE A PLAYER.**



WISE AS FU*K 7-DAY CHALLENGE

**7-DAY
CHALLENGE
PLANNER**

DAY 1

WAKE UP CALL

DAY 2

BE EMPOWERMENT

DAY 3

BE LOVE

DAY 4

BE RESPONSIBILITY

DAY 5

BE KINDNESS

DAY 6

LEGACY TALK

DAY 7

LIVE YOUR LEGACY

DAY 1: WAKE UP CALL.

Look around you. Your partner, your family, friends, workmates, your ex or that old schoolmate, your neighbors, the barista at Starbucks who makes your coffee every day, the customer service person who answers when you're calling about your fucked-up credit card bill. Who are you for these people? Are you someone who confirms their resignation of cynicism in those petty day-to-day meanderings of bullshit, or are you out to make a difference in the world? What's your contribution? How are you showing up?

TIME TO THINK:

When you look around, who are the people you want to show up for in your life? How do you think those people see you right now and how can you be better for them? Take time today to think about your relationships and choose three people in your life you want to show up for:

These are the people who are about experience a whole new connection with you.



WISE AS FU*K 7-DAY CHALLENGE

DAY 2: BE EMPOWERMENT.

We all get caught in the grip of fear at some point or other. And fear doesn't have to mean spine-tingling, piss-your-pants terror. For some, fear often comes in the form of anxiety or worry. We feel anxious when we're dealing with something that is too much or unknown or too risky—like, I dunno, a global pandemic.

As a potential prescription for dealing with these situations, there's a lot of bad wisdom that tell us things such as "give yourself a break" or "don't be so hard on yourself." In other words, the remedy, we're told, is to back off, to pull back, to stop pushing ourselves. Most human beings, wrestling with the notion of significant life change, will have to push through something they either hadn't planned for or desired. Freedom lies on the other side.

Because if you don't keep tabs on it, that impulse to cut some slack when in the grips of fear can slip into giving excuses. Fear can lead to paralysis.

TIME TO ACT:

Empower someone who might be in the grips of fear by reminding them of skills or qualities you admire. This is your opportunity to be an intentional force for good for someone in your life who needs what you have to offer and all with ZERO strings attached. Step up!



WISE AS FU*K 7-DAY CHALLENGE

DAY 3: BE LOVE.

We usually love people in the way we think we're supposed to. But the truth is, love happens between two people with two different ideas not only of how to love, but also of how they want to actually be loved. The ultimate expression of love is loving another in the way they want to be loved.

The only way to connect, to truly bond with that other person, is to express love in a way that works for them. And finding that out is as simple as asking them. It can be directly, or you can feel them out in more indirect ways to get an idea. The real challenge becomes the process of turning yourself inside out to love in the way they want. But it's a worthy challenge, because it's the only path to a strong, real relationship.

TIME TO ACT:

Ask you love how they want to be loved AND consider the same question for yourself. Reflect on the difference between how they say they want to be loved and how you show your love. Define one, two or three new actions you are willing to take with this person. Remember - No strings!



WISE AS FU*K 7-DAY CHALLENGE

DAY 4: BE RESPONSIBILITY.

Over the course of our lives, we become so good, so automatic at figuring out exactly who's to blame for any and all of our problems, from the flat tire we got on the way to work, to our depleted checking account, to the crappy boss who passed you over for that promotion. You might even begin to realize how much of a victim you have become during this process, how quickly you turn to helplessness or resignation as a pathway to giving up.

Here's what I need you to know. You can do this. Because you're the answer to everything in this life It all begins by finally taking ownership of your life, the good and the bad, the tragedies, the highs and lows, it's all yours. Be responsible for your experience of life—you've got the wheel, now drive this fucking thing.

TIME TO ACT:

Think about every time in your life that you've played the blame game. Try reframing the story to yourself to take ownership of the outcome. You can keep this to yourself or discuss with the people involved if you're comfortable—but most importantly, let the feeling of taking control back sink in.



WISE AS FU*K 7-DAY CHALLENGE

DAY 5: BE KINDNESS.

I'm well aware of the glut of posts, memes, and videos on social media telling us to "Be kind" or "Have compassion," but the reality is we mostly think we are kind or compassionate or accepting or loving, etc., but this is your chance to tell yourself the truth. How many times do you go into the day with "kindness" or "understanding" on your mind? How many times do you deliberately bring a conscious and purposeful self to bear in your life? No matter your answer to this, the good news is that you can do it today.

TIME TO ACT:

Being an aware and conscious human being requires you to wake the hell up, to go about your day with something in mind other than your own automatic personal concerns! Choose kindness for this exercise. Take on the practice of being deliberately kind, of interrupting the flow of life around you and shifting how someone else's day goes. Unleash your generosity for fuck's sake!



WISE AS FU*K 7-DAY CHALLENGE

DAY 6: LEGACY TALK

Look at the trajectory of your life, all the things you are currently putting up with or putting off, suffering under or struggling with. Follow that spiral all the way down your mind's eye. Your relationships, your body, your finances, your passions, your triggers and afflictions, and your affinity for that burdensome past of yours. Get connected to your reality, the weight of everything you have going on.

How does this turn out for you if you keep living the way you do? Let the answer sink in.

Picture it right now, the stone-cold, harsh reality of what's to come along this particular pathway.

See it? Okay. Breathe. Exhale. Push the air out of your lungs.

This doesn't have to be you. You can change. Today. I don't care how old you are, how screwed you think you are, or how trapped you've become. I'm going to show. You how to live a real, workable, life-on-track, steady-as-she-goes, wise as fuck life.

TIME TO THINK:

I want you to ponder your life's work. Yes, that's right, your life's work. Your masterpiece, your opus, the blinding glory of your existence. You know, the thing that will remain here after you're gone. Your influence, your legacy.

What do you want to bring to the table in this life?



WISE AS FU*K 7-DAY CHALLENGE

DAY 7: LIVE YOUR LEGACY.

Did you think you were just going to write down your legacy and win at life? Think again. Today is the day you start living it. Think about the actions you've taken over the past week. Think about how those actions made people feel. Think about how those actions made YOU feel.

Hold on to those feelings. This is what it takes to live a Wise as Fu*k life, to every day get your nose out of your basest needs, wants or desires, to set aside your fears and failures, to stop obsessing over gaining success or avoiding pain, and to get out there in the world and finally show up as the human being you have always wanted to be.

TIME TO ACT:

Now it's time to hold yourself accountable. I encourage you to connect not only with your friends and family—but with the community you didn't even know you belonged to—this book, this philosophy, this way of living. Share your story and hold yourself accountable with others like you @Oneinsevenbillion on Facebook. I'll see you there.



WISE AS FU*K 7-DAY CHALLENGE