Greetings!

Hi, this is Brian!

I hope you enjoy this Workbook as you discover how to harness your soul force to create the strength for two so we can change the world together!

We created it to help you move from theory to PRACTICE and really hope you love it.

Every one of our Master Classes (on everything from Greatest Year Ever 101 + Masterpiece Days 101 + Conquering Procrastination 101 + Love 101 + ... :) comes with its own Workbook just like this.

You get instant access to all those Classes as part of our $10/mo membership program.

If you’re feelin’ it, we’d love to welcome you to our growing community!

(Sign up here!)

For now, I hope you enjoy the Workbook and here’s to Optimizing!

Brian Johnson
OPTIMIZING FOR 
THE MODERN HERO 
101

HOW TO HARNESS YOUR 
SOUL FORCE TO CREATE THE 
STRENGTH FOR TWO SO WE CAN 
CHANGE THE WORLD TOGETHER.
MODERN HERO 101

OPTIMUS + HERÓS = SOUL OXYGEN

THE WORKSHEET

DESCRIBE THE BEST VERSION OF YOU:

OPTIMUS + HERÓS + SOUL OXYGEN

IN SERVICE TO THE WORLD

BECOME THE BEST VERSION OF YOU

WHAT GIFTS WILL YOU GIVE TO THE WORLD?

what one can be one must be
1. WHAT ARE YOUR SPECIFIC TARGETS?

2. WHAT IS YOUR ULTIMATE GOAL?

3. HOW'S THE RELATIONSHIP BETWEEN YOU AND YOUR INNER DAIMON?
   WHAT HELPS YOU TO BECOME A GOOD SOUL?
1. What does the best version of you look like in this area?

2. #1 thing you can do daily to optimize?

3. #1 thing to stop doing?
quick inventory on your fundamentals

what about your recovery?

energy management

circadian (day)

ultradian (90 min)

micradian (1000 s)

macrodiien (week/month)

optimize.me
1. Are you clear on your **Wildly Important Goal**?

2. When can you schedule **time blocks** to go deep?

3. How can you reduce input and distraction?
1. Do you have love for yourself?

2. What’s your #1 self-care habit?

3. Are any of your relationships suffering from the iPhone-effect?

4. How can you create micro-moments of positivity resonance throughout your day?

5. Any challenges ahead? How can you approach them with heroic love - seeing them as fuel for growth?
1. Where do you see algorithms at work in your life?

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Make your best your new baseline

2. Write down your if-then code for your top 3 algorithms.
MEMENTO MORI + CARPE DIEM! + MASTERPIECE DAYS
THE WORKSHEET

D A Y

AM

ELEMENTS
PRACTICES
Routines

HOW DO YOU CREATE
SUPER CYCLES?

Energy

work

love

PM

DIG. SUNSET

ELEMENTS
PRACTICES
Routines

STAY FLEXIBLE
1. Anti-Fragile Box

   TURN YOUR CHALLENGES INTO FUEL FOR GROWTH

2. Levity

   HOW’S YOUR BUOYANCY? ARE YOU BALANCED?

3. Gravity

   WHAT HERO MANTRAS WORK FOR YOU?

   OMMS I AM EXCITED! BRING IT ON!
1. What to do when having a rough day

2. Cultivate emotional stamina: What's the protocol that you follow even on bad days?

3. How can you connect with your soul force? Do you know your personal way?
WHAT'S YOUR BIGGEST IDEA?

RECAP IN YOUR OWN WORDS OR VISUALS

SHARE WITH SOMEONE