



21 Tips For an Amazing Life!

“Life is a practice, embrace it” - Flip Aguilera

FlipAAA LLC DBA Sweat Nation *1st Edition*

Introduction to a new mindset.

Thank you for taking action towards the life you want. Can You really get all you need to know about life in 21 awesome tips? You're about to find out. After reading these tips, take the ones that you think you can apply with relative ease, and get after them for 30 days. That's it. Give just one or two of these life changing tips a try, when you're done with your first 30 days, be aware of how your life has begun to shift. After that, take two more and repeat.

Getting Started

These tips will be broken down into three mini lists. You see, here at Sweat Nation, we know that life is more than just exercising. It's part of the puzzle of life, but we want to give you a holistic view that will get you maximum return for your time.

There will be seven tips per category. Think of it as building the great pyramids in Egypt. You wouldn't want to build anything less than spectacular of yourself right? Lets keep it simple. So many come up with these overcomplicated ideas as to how to attain an amazing life, but really what makes for an amazing life is doing the fundamental things better everyday.

Section 1 - Mind/Body



Section 2 - Career & Finance



Section 3 - Relationships



Mind/Body

“It’s Not The Load That Breaks You, It’s The Way You Carry It” - Lena Horne

7 tips to an awesome Mind/Body

1) Read/Listen

Re-reading the quote at the top of this chapter. Think about what you want to accomplish as far as your body goes. Whatever your goals may be there will be a book, podcast, youtube videos; That will resonate with you to make sure you get closer to your goal, every day.

Sweat Nation is constantly writing tips & articles to help you on your health journey. Read the articles, ask questions. Engage yourself. We are happy to be your source for growth.

2) Movement

Honestly, movement doesn’t need to take place in a gym, but movement does need to take place. Be it Yoga on a beach. mountain biking, Lifting in a gym, or a box. Getting in movement that gets you closer to your goals and brings you joy is key towards achieving your goals.

3) Recovery

Getting a massage, restoration yoga, stretching, saunas, ice baths should not be considered a luxury. Recovering & restoring your mind and body is how your body integrates all the inputs you're giving it. Try many recovery methods and see how they affect you.

4) Nutrition

Nutrition pro tip. No matter how many nutrition protocols i've tried. There has never been one that says to not eat vegetables. Understand that no matter which "diet" you want to try; for true health, vegetables need to be a part of it.

Another tip is to stay away from anything that is processed and high sugar. Until more studies are done that will give more clarity on what the long term effects are, It's best to keep these at a minimum.

5) Drink Water

Earth is mostly made of water, and as far as we know what makes this miracle of life has something to do with water.

Water has no calories and is the number one liquid that quenches thirst. It's really a no-brainer. If you want to be the optimal version of yourself, just drink water. Pro-tip suggestion; sparkling water. It gives you that refreshing feeling you get from soda without all the stuff that is not awesome.

6) Sleep

Sleep is essential. Sleep is when your mind and body take the information it's been given throughout a day, and makes it who you are.

Sleep is a naturally recurring state of mind characterized by altered consciousness, this statement in and of itself is good enough to make you want to get your sleep.

7) 1% Better

Little changes applied daily will make for great change over time.

Embrace the journey. It's in the journey that the memories and learning happen in your life. The more you are learning the more value you can create.

It's easy to get frustrated when you don't improve as fast as you would like, but it's usually at this time when some rest & recovery come in handy. When you get back to it, you realize that you've improved, and are ready to take on more.

“Don’t take financial advice from broke people, do what rich people are doing” -

Anonymous

7 tips to an awesome Career/Finances

1) Value

You are your most valuable asset. Have this thought clearly in mind as you choose what you want to do/be in your life?

The 80/20 rule. 80/20 rule in short states that 80% of your results will come from 20% of your actions.

Be in constant awareness of what is the 20% of that brings you your best results. After that keep refining this part of yourself.

2) Plan

“If you fail to plan, you’re planning to fail.” -Benjamin Franklin.

If you don’t know what it is you want to do, all you will get is a lot of don’t know results.

Yes, what you want will change with time, but if you don’t have direction there is nowhere to go except for where circumstances lead you. it’s kind of the difference between being proactive or being reactive. Take control, be proactive. Remember it’s a practice, a practice that will do you good to excel at.

3) Income

Your incoming cash flow is a finite resource for most.. Most have a limited time to make this.

Because of that, you need to get a plan in place. First step is to chart out a plan to make your income work for you. More on this in investments.

4) Expenses

Expenditure is an outflow of money to another person or group to pay for an item, service, or for a category of costs. Pro-tip, make this as low as possible. The quickest way to becoming financially rich is to make an income, keep expenses low, and invest the difference.

5) Avoid Debt

This is a major crutch for many, but by following these tips, it won't be for you.

Consumer debt is increased by buying stuff you don't really need when you really don't have the funds for it. This is a huge NOOOOO!!!!

Credit is something you can use to leverage for starting a business which if you plan well, in theory, will make you more than the credit you used.

If you pay off your credit every month then you're good. An example, is that if you use credit for the things that you HAVE to pay for, might as well use it as leverage. An increasingly popular strategy is for travel miles. This can lower the cost of travel, which is a benefit of leveraging credit. You must be able to pay your cards off every month.

Don't go out there using your credit just to consume, that will get you into a hole over time. A hole that will get deeper and deeper as time goes on.

6) Pay Yourself First

Paying yourself first is putting away part of your income before you use it towards expenses.

The concept of paying yourself first, is not being utilized by many in an efficient way.

A great book to read on the basics of finance and paying yourself first is the richest man in Babylon.

Pro-Tip; If your expenses are cutting into paying yourself first; cut your expenses, not the payment to yourself.

7) Investments

The 80/20 rule is about investing in the 20% that will get you the most return.

The fundamental reason for you have any income is so that you can support yourself. In paying yourself first you begin to lay your foundation for supporting yourself through investing.

This is also why you don't want to be in debt. If you're in debt you're giving up your future earnings with interest, instead of paying yourself first.

Why is investment so powerful? Because in the act of investment you're effectively learning how to make your money work for you. Making money work instead of you working for your money is an concept that sounds good right?

For those who have really put these tips into use. It has shortened the amount of time they needed to HAVE to work for income. Following this rule over time will transition into the income working for you.

This happens through investments.

7 tips to awesome relationships

“When it’s time to depart this earth, nobody asks for their money, but they do want to be around those that they Love” - Flip Aguilera

1) Listen

In a world where everything and everyone is getting louder and louder to grab your attention, it will often be the person that stands in silence eager to listen to you that will get your attention.

Be the person that listens intently. Listen with no strings. Listen like it’s a new song you want to learn the lyrics to. Embrace the practice of listening.

2) Be Present

When you listen it forces you to be present and in the moment. The present is the only thing you're guaranteed. When you are constantly thinking about what happened or what needs to happen, you may forget that what's happening right now is the only reality you have.

When you are present you automatically stand out from the crowd. People are looking at their phones while trying to have conversations. In today's reality, every person who practices being present is automatically more valuable. Think back to tip #1 in the career/finance tips. Value!!!!

3) Honesty

Honesty a springboard to great relationships.

When people can count on you, it pays off in having great relationships. Honesty at times can be a very difficult thing to execute. if you're in the constant practice of being honest it will guide you to much more rich and fulfilling relationships.

4) Freedom

True Love must let go and let be free.

Here's a concept that I want you to think about. I'm mostly referring to romantic relationships here.

Think of the love that exists between parents & children. There is a fundamental part of this type of love that should be brought towards romantic relationships.

Parents love their children. What makes this love so special is that it's a love where by virtue of just the life cycle, is designed to have to let be free. When children age, they go out on their own. Parents don't love them any less, but they have to let them go.

When talk about relationships happen, which is all the time. There is a lot of talk that centers around possessive qualities. Any love that has possessiveness as a quality is driven by ego and therefore, cannot be true love.

True love = Freedom

5) Be serious, without taking yourself so seriously

Relationships are serious. Quality relationships seem very hard to come by.

When you take yourself so serious that your emotions begin to get in the way more often than not, it's a practice that serves to give you many ups & downs.

Remember that you don't have to take it all so seriously. Life will bring you ups and downs. This is something to be grateful for. If you're experiencing the spectrum of life, it means that you're alive and that's something to be grateful for.

6) Be Open

The art of being open to possibilities. Yeah, you had a bad experience, but imagine that you go to a restaurant and order a meal you've never tried before, because you heard it was the best in town.

On your experience, it just so happened that something was wrong with your order.

From your point of view you think everyone is crazy for liking this place, instead of thinking that this may have been a one-time thing.

Be open to the possibility that at times things won't work for you. It doesn't mean that your next experience won't be a great one.

Remember this concept as you build relationships. Everyone is on their journey, and perhaps you didn't meet someone at the right time.

Of course, maybe you just don't intuitively vibe with a situation, but always be open and present to the possibilities of something great happening.

7) Start with you

The key to great relationships is to first and foremost have a great relationship with yourself.

There is such a bombardment of noise out there that puts a focus on making people feel like they're not adequate.

There is also a lot out there that is self-empowering. Where you choose to put your focus and practice is the side of the coin that you will become.

Which do you want to be? The answers you seek is inside of you, it can only be answered by you.

“Decide, then move forward with ferociousness, no matter how many obstacles jump out to test your strength” -
Flip Aguilera

Thank you for subscribing to Sweat Nation. Sweat Nation wants to bring people like you together.

Lifestyle awareness for those that strive for intelligent, and effective approaches.

No matter which angle you take; these tips were created to give you an easy blueprint towards reaching your goal.

A life that only encompasses a sound body, is not a full life. Life full of financial riches is not a full life. Most feel that without mind/body & financial riches they will not have quality relationships.

Sweat Nation understands that it takes sweat to accomplish all of life's goals.

It takes sweat in your movement.

Sweat in learning about how you will bring value to the world.

Sweat to build quality relationships.

Sweat is the common denominator that visualizes the work it takes to create your quality life.

It's in that sweat that you will earn your stripes and become the best version of yourself. You are SWEAT NATION!!!! #PhysicallyInfinite