

9REFINE

Official Program Workbook



**The Program to Refine Your Life
And Build a Strong Foundation
for Growth and Fulfillment**



Welcome to 9Refine. This is a program that challenges you to refine your life over 9 weeks. The refinement is to help you refocus on your mental, physical health and growth. In addition to building discipline and consistency in doing so.

The purpose of the program is to challenge you toward developing discipline with a focus on your mental and physical health. Being disciplined in these two areas builds the foundation for a better you, which then you can continue to develop yourself further. The philosophy of Rise Up is that the road to personal development and growth, that road to a more fulfilling life, starts with discipline.

Discipline is what carries you to the finish line when motivation stalls or fades away. Think about the “New Year’s resolutions” that generate a whole new round of motivation but after just a short while that motivation dwindles, or the “I’ll start that on Monday” only to find you’ve lost the motivation for it by Friday. Developing your discipline is what will ultimately carry you from the start of making those positive changes to get you an improved life, to those moments when you get to enjoy the benefits of the more fulfilling life that comes from being disciplined in your positive changes.

It’s important to be disciplined BOTH mentally and physically, not just one or the other. That’s why this focuses on mental and physical. One without the other will limit your personal growth. The body and mind work together in harmony, when one struggles it reduces the full potential of the other.

“Learn to convert the discomfort of discipline into the satisfaction of personal growth.” – Tony Robbins

Disclaimer: It is recommended to consult your physician or other health care provider before starting 9Refine™. If your physician or healthcare provider advise against it, please do not do the program.

You will need a physical notebook and/or journal, or use a notebook and/or journal app for this challenge.

RULES

This program will require you to complete three different levels, each level being three weeks. All weeks should be completed consecutively.

LEVEL 1

If you do not complete (all listed tasks each day) at least 5 days each during a week in Level 1, you must restart the Level. You are allowed two off days each week during Level 1.

LEVEL 2

If you do not complete (all listed tasks each day) at least 6 days each during a week in Level 2, you must restart the Level. You are allowed one off day each week during Level 2.

LEVEL 3

If you do not complete (all listed tasks each day) all 7 days each a week in Level 3, you must restart the Level. There are no allowable off days during Level 3.

Daily Tasks

Each day of the program (except for allowable off days you select to use), will require you to complete all listed task. There are mental and physical tasks you will need to complete.

Mental

Clarity - For each level you need to take time for moments of clarity. This can be done in prayer/devotions, meditation, moments of silence another form of mental clarity you desired.

- **Level 1:** 5 minutes of Clarity once per day.
- **Level 2:** 5 minutes of Clarity twice per day.
- **Level 3:** 10 Minutes of Clarity twice per day.

Gratitude - For each level you will need to write down what you are grateful for. Expressions of gratitude – write "I am grateful for...."

- **Level 1:** Write down 1 thing you are grateful for each day.
- **Level 2:** Write down 2 things you are grateful for each day.
- **Level 3:** Write down 3 things you are grateful for each day.

Knowledge - For each level you will need to read. It is suggested you read a physical book that is non-fiction. Suggested that it is something that will help with personal development or learn something new. There is a companion book for this challenge that is also available and recommended.

- **Level 1:** Read 10 minutes each day.
- **Level 2:** Read 15 minutes each day.
- **Level 3:** Read 20 minutes each day.

Mindset - For each level you will need to read positive affirmations repeatedly (suggested to read/repeat them out loud), a certain amount of items. You can choose your own affirmations, or use the "Rise Up – Positive Affirmations" to select affirmations that are desired/suitable for you.

- **Level 1:** Read/Repeat 1 affirmation 3 times consecutively each day.
- **Level 2:** Read/Repeat 2 affirmations 3 times consecutively each, each day.
- **Level 3:** Read/Repeat 3 affirmations 3 times consecutively each, each day.

Physical

Exercise – For each level you will need to complete exercise for a certain amount of time.

- **Level 1:** Complete 30 minutes of cardio and/or strength exercise each day.
- **Level 2:** Complete 40 minutes of cardio and/or strength exercise each day.
- **Level 3:** Complete 50 minutes of cardio and/or strength exercise each day.

Hydration – For each level you will need to consume a minimum amount of water each day.

- **Level 1-3:** Minimum 64 ounces of water each day.

Diet – For each level you will need to consume less than a certain amount of calories each day.

- **Level 1-3:** Maximum 2,000 calories each day.

Rest – For each level you will need to get a certain amount of sleep each night.

- **Level 1-3:** Sleep between 7-9 hours each night.

Frequently Asks Questions

How do I keep track of my calorie and water intake?

Suggestion is to use a cell phone app or carry a small notepad throughout the day to write them down.

How do I track my exercise time each day?

Suggested to use a stop watch, wristwatch or cell phone app with a time that will tell you once you have hit the required amount of time for the challenge task.

How can I track my completed tasks?

This workbook has sheets in it for recording your progress. As well as additional sheets if needed for mistakes or if needed to start over.

Where can I find positive affirmations for the mindset task?

You can get the “Rise Up – Positive Affirmations” reference from RiseUpMentor.com, or you can utilize other websites or resources to find your own affirmations to use.

What should I read for the reading task?

It is suggested that you read the 9Refine Official Program Companion which is available on RiseUpMentor.com. There is also a Reading List page on the Rise Up Mentor website, which has an excellent list of non-fiction and personal development books.

Can I do the challenge more than once?

Absolutely!! It’s suggested. Also, if you like just one of the specific levels, you can just turn that into your own consistent daily routine. Feel free to use the program any way you see fit to help you grow!

What can I use or do to help me with the calorie amount?

There are a lot of great diets out there that you could look into, most of them are setup and focused on a calorie intake at or below the maximum for this program. Also, many of good calorie tracker apps like Lose It! Are helpful because you track your calorie easily throughout the day by scanning barcodes on the food or searching for the food in the app.

What is the sleep each night a range?

It’s import to get enough rest and seven hours of good sleep each night is not a bad start, eight would be suggested. The reason nine is set for the high end of the range is because the purpose of the program is to be productive and disciplined and to be honest, sleeping behind nine hours which is a good amount of rest, starts cutting into the hours needed to productivity throughout the day. It’s a balance of enough sleep, but not over sleeping and reducing productivity for the day.

What other activities can I do for mental clarity time?

It’s really up to you. The suggestion is to take something that gets you to a calm and positive state of mind and to be done somewhere that is quit and without interruptions. Some other ideas could be Yoga, just closing your eyes with soothing sounds, etc. Again, it’s your choice.

Does work usage count towards social media and video time?

No, if it is just for personal. If you are required to work with social media or watch videos, etc. for your job that time does not count.

Does reading for work count towards reading time?

No, you should read separately for this time. The reading you count toward the program should be personal reading time.

LEVEL 1 - WEEKS 1-3



The following grids are to track the progress of **Level 1**. There is one for each week (weeks 1-3 of the challenge) of the level. **Simply place an "X" in the fields for the daily tasks completed.**

This level allows for **2 off days each week**. If you don't complete a task for the day, it does not count as complete.

You must have 5 complete days for each of the three weeks (weeks 1-3) to move on to Level 2. If you fail at this you must start Level 1 again. Additional sheets are found at the end of this workbook, if you need to do a level over.

9Refine Program			Complete These Daily	WEEK 1						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less							
		Television	120 minutes or less							

9Refine Program			Complete These Daily	WEEK 2						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less							
		Television	120 minutes or less							

9Refine Program			Complete These Daily	WEEK 3						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less							
		Television	120 minutes or less							

LEVEL 2 - WEEKS 4-6

The following grids are to track the progress of **Level 2**. There is one for each week (weeks 4-6 of the challenge) of the level. **Simply place an "X" in the fields for the daily tasks completed.**



This level allows for **1 off day each week**. If you don't complete a task for the day, it does not count as complete.

You must have 6 complete days for each of the three weeks (weeks 4-6) to move on to Level 3. If you fail at this you must start Level 2 again. Additional sheets are found at the end of this workbook, if you need to do a level over.

9Refine Program			Complete These Daily	WEEK 4						
LEVEL 2			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	45 minutes or less								
	Television	90 minutes or less								

9Refine Program			Complete These Daily	WEEK 5						
LEVEL 2			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	45 minutes or less								
	Television	90 minutes or less								

9Refine Program			Complete These Daily	WEEK 6						
LEVEL 2			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	45 minutes or less								
	Television	90 minutes or less								

LEVEL 3 - WEEKS 7-9



The following grids are to track the progress of **Level 3**. There is one for each week (weeks 4-6 of the challenge) of the level. **Simply place an "X" in the fields for the daily tasks completed.**

This level allows for **No off day each week**. If you don't complete a task for the day, it does not count as complete.

You must have 7 complete days for each of the three weeks (weeks 7-9) to complete the challenge. If you fail at this you must start Level 3 again. Additional sheets are found at the at the end of this workbook, if you need to do a level over.

9Refine Program			Complete These Daily	WEEK 7						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		30 minutes or less							
	Television		60 minutes or less							

9Refine Program			Complete These Daily	WEEK 8						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		30 minutes or less							
	Television		60 minutes or less							

9Refine Program			Complete These Daily	WEEK 9						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		30 minutes or less							
	Television		60 minutes or less							

This is the end of the 9Refine Workbook.

INTENTIONALLY LEVEL BLANK.

BEYOND THIS ARE ADDITIONAL TRACKING SHEETS FOR EACH LEVEL.

THESE ARE ONLY NECESSARY TO BE USED IN THE EVENT YOU HAVE TO RESTART
A LEVEL OR IF YOU MESSED UP TRACKING ON THE INITIAL TRACKING SHEET.

YOU CAN ALSO REPRINT JUST THE SHEETS FROM RiseUpMentor.com



ADDITIONAL SHEET IN CASE YOU NEED TO RESTART LEVEL 1.

9Refine Program			Complete These Daily	WEEK 1						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	60 minutes or less								
	Television	120 minutes or less								

9Refine Program			Complete These Daily	WEEK 2						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	60 minutes or less								
	Television	120 minutes or less								

9Refine Program			Complete These Daily	WEEK 3						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	60 minutes or less								
	Television	120 minutes or less								



ADDITIONAL SHEET IN CASE YOU NEED TO RESTART LEVEL 1.

9Refine Program			Complete These Daily	WEEK 1						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less							
		Television	120 minutes or less							

9Refine Program			Complete These Daily	WEEK 2						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less							
		Television	120 minutes or less							

9Refine Program			Complete These Daily	WEEK 3						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less							
		Television	120 minutes or less							



ADDITIONAL SHEET IN CASE YOU NEED TO RESTART LEVEL 2.

9Refine Program			Complete These Daily	WEEK 4						
LEVEL 2			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		45 minutes or less							
	Television		90 minutes or less							

9Refine Program			Complete These Daily	WEEK 5						
LEVEL 2			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		45 minutes or less							
	Television		90 minutes or less							

9Refine Program			Complete These Daily	WEEK 6						
LEVEL 2			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		45 minutes or less							
	Television		90 minutes or less							



ADDITIONAL SHEET IN CASE YOU NEED TO RESTART LEVEL 2.

9Refine Program LEVEL 2			Complete These Daily	WEEK 4						
			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	45 minutes or less								
	Television	90 minutes or less								

9Refine Program LEVEL 2			Complete These Daily	WEEK 5						
			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	45 minutes or less								
	Television	90 minutes or less								

9Refine Program LEVEL 2			Complete These Daily	WEEK 6						
			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 2 Affirmations 3x							
	Physical	Exercise	40 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video	45 minutes or less								
	Television	90 minutes or less								



ADDITIONAL SHEET IN CASE YOU NEED TO RESTART LEVEL 3.

9Refine Program			Complete These Daily	WEEK 7						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	30 minutes or less							
		Television	60 minutes or less							

9Refine Program			Complete These Daily	WEEK 8						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	30 minutes or less							
		Television	60 minutes or less							

9Refine Program			Complete These Daily	WEEK 9						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	30 minutes or less							
		Television	60 minutes or less							



ADDITIONAL SHEET IN CASE YOU NEED TO RESTART LEVEL 3.

9Refine Program			Complete These Daily	WEEK 7						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	30 minutes or less							
		Television	60 minutes or less							

9Refine Program			Complete These Daily	WEEK 8						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	30 minutes or less							
		Television	60 minutes or less							

9Refine Program			Complete These Daily	WEEK 9						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	30 minutes or less							

ABOUT.



Rise Up Mentor is a platform that advocates for lifelong learning and constant improvement in every aspect of life. As someone who's experienced both the valleys and peaks of life, I understand that while we cannot control all the obstacles that come our way, we do have the power to choose whether we get back up or not. And each time we choose to rise again, we become stronger. But why settle for just getting back up? By consistently striving to become better and wiser, we can reduce our chances of being knocked down in the first place. That's why I started Rise Up Mentor - to encourage and motivate you to continuously improve in all areas of life, including vocation, marriage, friendship, personal development, health, parenting, lifestyle, spirituality, intellect, and finance. Although I am a Certified Life Coach, I don't consider myself an expert or master, because I don't feel there is such a thing as mastering life, but it is possible to consistently get better at it. I'm a lifelong learner who's committed to constantly improving. And I want to share that mindset and journey with you. If you're looking for a resource that provides helpful information and encouragement to become the best version of yourself, then you've come to the right place. Let's embark on this journey of self-improvement together.

Derek Kempker

Founder of Rise Up Mentor



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check out the official Rise Up Mentor website.

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