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Ultiself Habit Building Blueprint

Quick Intro: Read if you choose :)



My name is Alex Nekritin. I am the CEO and founder of Ultiself.

I am a successful entrepreneur that has been obsessed with optimizing myself since 2002.

In my quest to build my best self I learned that it's not about WHAT you do as much as it is about actually doing it in a consistent and disciplined manner while life is throwing all kinds of curve balls your way.

The 10 billion dollar self improvement industry is built on selling you books, courses, events, supplements and products.

Ultiself wants to take a different approach and actually help you integrate effective good habits into your life. So that you can finally, truly build your best self.

We hired a team of a bunch of "ologists" :) neurologists, psychologists, biologists and data scientists and decided to create a powerful tool for you.

The tool is the **Ultiself** App. This app follows a science backed approach that will identify what habits have the greatest positive impact on you, integrate them into your life and make them stick.



THINK OF IT LIKE A GAME, BUT WHEN YOU WIN YOU BECOME BETTER,
BRIGHTER AND MORE SUCCESSFUL.

In this guide we packed in **12 powerful science backed strategies** that you absolutely must implement in order to **achieve your goals** and **be your best self**.



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I'll be upfront, these strategies are a hell of a lot easier to implement with the Ultiself app.

THE APP IS FREE

so why not?

But if you want to be stubborn and make things difficult for yourself and not use Ultiself, you will still absolutely benefit from these strategies.

Without these strategies you will be stuck erratically following trends and hypes. And "yo yo'ing" through life without accomplishing your goals or getting anywhere.

I will also tell you upfront, the strategies seem pretty simple and some of them get a bit repetitive.

But there is a good reason for that.

We want to drive home the concepts and the approach.

So before you start trying crazy nootropics, starve yourself, stare at the wall meditating for hours on in, literally freeze your balls off by sitting in ice buckets or do a bunch of other fun stuff...

...MASTER THIS APPROACH AND GET HOOKED ON A SYSTEM THAT WILL MAKE
YOU POWERFUL BEYOND YOUR WILDEST DREAMS.

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Strategy 1: Stop Blindly Following Gurus

Here is a LIFE CHANGING FACT:

A 1992 study found that 62% of participating meditators experienced adverse effects.

7.4% experienced profoundly adverse effects.*

A 2018 article in Vice magazine confirms this... and provides example after example of people experiencing terrible side effects from meditation.

Some of the side effects include:

- Emotional Stress
- Confusion
- Disorientation
- Anxiety



The Buddhists even have a name for these side effects. It is called “Falling Into the Pit of the Void.”

But what about all the hype?!?! The apps, the books, the gurus...

...The silicon valley execs meditating for hours on in

...They can't all be wrong?! Can they?

The truth is they are NOT, there is a ton of great research that supports meditation. Just check the [meditation article](#) in our blog.

And meditation may work GREAT for you...or it may NOT.

Same with just about every other “good” habit.

You just don't know because WE ARE ALL DIFFERENT...

“ And you cannot live up to your potential by building habits that work for someone else

Seems simple, but many people miss this concept....

And blindly follow, fad after fad, or “guru” after “guru”.

You simply CANNOT do that.

It's not that their information is bad.

You should just not BLINDLY follow it.

Meaning you MUST identify what works for YOU!!!



STRATEGY SUMMARY

1. STOP blindly follow the “Gurus”.
2. Track your habits and see how they make you feel. Preferably on Ultiself :)
3. And only stick with the habits that make you feel good, happy, clear, creative, confident...ect.

The manual way to do this is to track how you feel everyday. And correlate it with what activities you have done that day.

A much better way to do this is with the Ultiself app.

It will do the hard work for you and make you stick with YOUR effective habits.

Here are some articles about the side effects of meditation.

1. https://www.vice.com/en_us/article/vbaedd/meditation-is-a-powerful-mental-tool-and-for-some-it-goes-terribly-wrong
2. <https://www.insider.com/why-meditation-can-be-bad-2018-3>
3. <https://www.ncbi.nlm.nih.gov/pubmed/1428622>

Strategy 2: Do NOT get P-Hacked!?

AKA Stop BLINDLY following science. Yes we said it. It's not as crazy as you may think. Just look up the term P-Hacking...better yet keep reading.

HERE IS WHY:

Typically you want to incorporate a habit into your life because it is proven to be effective by science. Things like cold showers, meditation, intermittent fasting, ect. But what does proven by science actually mean? Here is how scientific studies typically work.

They take 2 groups.

- A control group that does not do the habit.
- And the experiment group that does.



For example 100 people will meditate for 6 months and 100 will not.

After the study period, the scientists will compare the control group with the experimental group.

In order for a habit to be deemed effective the experimental group's result must differ from the control group's by a "statistical significance".

So what does "statistical significance" mean?

This is where things get hairy...

Is it 60%, 70%, 80%?

There is simply no clear answer.

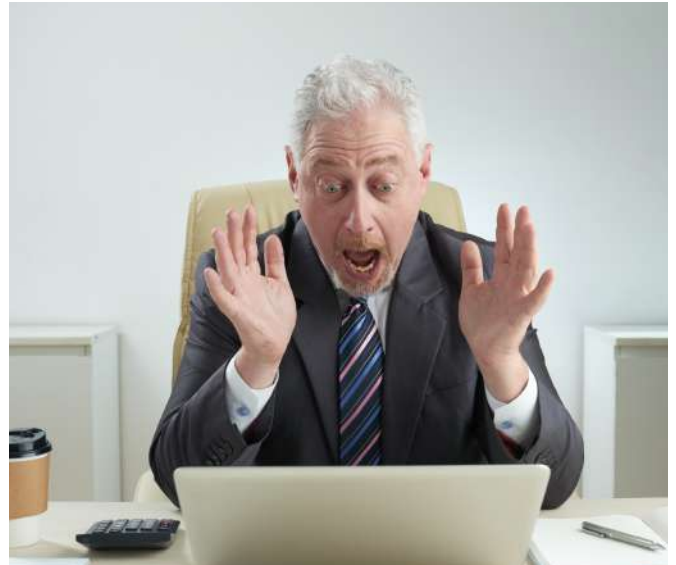
But 1 thing is for sure.

The habit can have no effect on YOU whatsoever...

...in fact it can even have a negative effect on you....

...yet still be deemed effective by a scientific study.

Ready?...It gets even worse.



Just do a quick Google search for the term P-Hacking.

Basically there is a common problem in the scientific community.

Many scientists want their theories to be proven right so badly they curve fit the data.

Meaning they play with the results and the stats to show that the study worked even though it really did not.

Believe it or not this is WAY more common than you think.

2 really famous cases that caused some controversy are Amy Cuddy's work on Power Poses and the studies shown by the brain training app Lumosity.

We don't want to talk any smack, In fact we really like Power Poses and Lumosity.

But just do a quick Google search for them and you will see that scientists do not always unanimously agree on what works.

Once again you simply don't know if an activity is effective for YOU until you try it and see if it works for YOU.



STRATEGY SUMMARY

1. STOP BLINDLY doing habits that are proven by science.
2. Track your habits and see how they make you feel. Preferably on Ultiself :)
3. And only stick with the habits that make you feel good, happy, clear, creative, confident...ect.

When you use Ultiself our machine learning algorithm will identify which habits are most effective for YOU...

...and create YOUR optimal routine that will put you on the fastest track to improving your health, mood and productivity.

And building the Ultimate YOU!!!

Strategy 3: Focus on Implementation as Much as you Focus on the Habits

Fact: In 2016 the self improvement industry was valued at \$9.9 billion dollars, it is estimated to grow to \$13.2 billion by 2022. Most of the revenue is generated from sales of products and education.

JUST THINK ABOUT THE BIGGEST PLAYERS:

Tony Robbins - Courses and events.

Brendon Burchard - Courses and events.

Bulletproof/Dave Asprey - Supplements and products.

Joe Dispenza - Courses, books, education.

MindValley - Education.

Tim Ferris - Blog, Podcast, Education.

Ryan Holiday - Education.

The list goes on and on.



We are mentioning these gurus because they are good and provide great information.

But there is a LOT of it.

What's missing is a tool to help you implement everything you learn and everything you buy on a consistent basis ...And actually integrate it into your life so it helps you truly improve.

HERE IS ANOTHER FACT: You can have ALL the Self Improvement and biohacking knowledge in the world, and still be fat, lazy, depressed, and unmotivated.

“ This is why I am making it my life's mission to create a tool (Ultiself) that will actually help you integrate health, mood and productivity enhancing habits into your life.

Our last 2 strategies made it abundantly clear that not all good habits will work for everyone.

With this strategy I want to drive home the following concept:

Learning about good habits, like cold showers, meditation and intermittent fasting is only half the battle.

Actually INTEGRATING them into your life is the REAL KEY to success.

Just think how many times you started a new diet, work out regimen or success routine and just stopped.

It's not because the information was bad....

It's because you did not have a SYSTEM for integrating it into your life.

It's not your fault.



Because this is how the \$10 Billion dollar a year self improvement industry makes money. Books, courses, speaking events, supplements and products.

A course that will “**Change Your Life**”

A diet or a supplement that will “**Change Your body**”

The products and courses may be bad or they may be amazing.

But can you actually implement them into your life on a consistent basis?



STRATEGY SUMMARY

1. Put at least as much energy into sticking with good habits as you do into discovering good habits. We will give you some great tips in subsequent strategies.
2. The only way to incorporate something into your life is to track it.
3. Track your habits!!!

Strategy 4: Identify What You Truly Want to Improve and What Habits Will Get You There

There is a good chance if you are reading this guide that you have goals.

If you are yet to do so, check out the [Ultiself Definitive Guide to Goal Setting](#) in our blog.

IT'S FILLED WITH PRETTY MUCH EVERYTHING
YOU NEED TO KNOW ABOUT GOALS:

- Why they are important.
- How to set the right goals.
- How to set your goals the right way.
- And what you need to do to accomplish them.



If you do not have specific goals that you truly want it is a must read.

For the sake of this guide let's assume that you have goals and want to accomplish them.

What you need to think about is the habits or activities you need to do on a regular basis in order to accomplish these goals.

LET'S LOOK AT AN EXAMPLE:

If you want to be a writer, then writing for 30 minutes everyday can be a good habit for you to do.

If you want to be wealthy, a good habit may be going over your finances every week.

The key is to identify the things that you need to do consistently that will position you to accomplish your goals.

Then start doing those things on a regular basis and tracking them. **Ideally in Ultiself.**

One thing to keep in mind is to never lose the balance between, **health, mood and productivity.**



If you neglect just one of those areas, you become at risk for a downward spiral.

There is no need for scientific proof or billionaire gurus to support this claim.... Just think it thru.

- If you neglect your health, eventually it will affect your productivity, confidence and mood.
- If you neglect your wealth, eventually you will not be able to afford good food and healthcare, start to stress out and without health or money it's pretty hard to be happy.
- And if you are not happy, health and wealth don't even matter.

FOR THIS REASON ALL OF THE HABITS INSIDE ULTISELF ARE DIVIDED INTO 3 MAJOR CATEGORIES.

1. **Health** - this is your energy levels, immunity (how often you get sick), and fitness.
2. **Mood** - this is your stress management, motivation and confidence.
3. **Productivity** - your ability to focus, be creative, mental sharpness, and memory.

Because you don't want to lose control over any of these areas, make sure to incorporate at least 1-2 habits from each of them into your routine.

Luckily there are some core fundamental habits like exercise and adequate sleep which actually improve multiple areas!



STRATEGY SUMMARY

1. Determine your key goals.
2. Identify key habits that you must do consistently to accomplish your goals.
3. Do those habits consistently and track them.
4. Keep a balance between Health, Mood and Productivity Habits.

Strategy 5: Absolutely Positively Incorporate These Core Habits Into Your Routine and Life

All habits are not created equally.

Certain habits are so beneficial and have so much overwhelming scientific and practical proof that you absolutely positively **MUST** include them in your routine.

John Medina is a molecular biologist and the author of a book called Brain Rules.

He is one of the very few gurus that is very selective in the habits he recommends.

In order for something to become a “**Brain Rule**” it must be published in a peer review journal and successfully replicated by another study.

Even though there are literally thousands of self improvement suggestions made by gurus, very few make the cut.

It's not that the other suggestions do not work. It's simply that they may or may not work for you.

Brian Johnson, the founder of Optimize Me calls these habits “The Fundamentals” and identifies them as “eat, move sleep.”

Check out this [great article](#) from our blog that explains these habits in detail.

HERE IS A QUICK SUMMARY FOR YOU:

1. **Exercise** - Entails any kind of exercise, walking, weight lifting, cycling, playing a sport, or even skiing. Anything will do and the benefits are endless.

Exercising is not just good for your body, but also good for your mood and productivity.



2. **Sleep** - Before consuming any nootropics, drinking excessive coffee or getting a prescription to Adderall monitor your sleep. There is a good chance that you are either not getting enough sleep or you are not sleeping properly.

Sleep improves your mental function, immunity, mood, and even improves your social interactions.

Get at least 7 hours of sleep, and check out our sleep hygiene article to ensure that you are getting the most from your sleep.



3. **Hydrate** - Drinking enough water is essential to filter out the toxins in your body. And practically all systems of your body work better with enough water. Adequate hydration is essential for your brain function, digestion and physical performance.

So drink at least 2-3 liters of water per day without exception.



The close seconds are some kind of mindfulness/breathing routine and getting outside. And obviously eating healthy.

These habits are marked as Recommended in our [habit directory](#).

So make sure that any routine that you create has the above mentioned core habits and experiment with the rest.



STRATEGY SUMMARY

1. Absolutely Positively Incorporate the following core habits into your routine.
2. Exercises.
3. Adequate Sleep.
4. Hydration.
5. It is a great idea to incorporate the following also: Get Outside, Breathing/meditation, Healthy Eating.

Strategy 6: Start Small

YOU PROBABLY HEARD THE FOLLOWING PIECE OF LOGIC BEFORE:

Who you are now, what you have now, and what you are doing now is a culmination of your prior thoughts, habits, actions and beliefs.

This is not new information, but it is very important.

If you work out 4 times per week and eat healthy, then you are most likely in shape.

If you manage your time well and focus on your goals consistently then you are probably well off and successful.

If you know how to relax properly and have good relationships in your life, then you are probably pretty happy.



The key is doing the right things in your daily routine in a consistent disciplined manner.

One of the biggest roadblocks to this is BURNOUT

Think about this...

Are you gonna get in better shape doing 50 push ups a day for 6 days or 10 pushups a day for 6 months?

Most likely the latter.

The same goes for just about any habit.

The smaller you make it, the more likely you are to stick with it.

And, the more benefit you will get from it in the long run.



So make sure that you commit to small habits.

If you want to build a reading habit, commit to reading 1 page a day.

If you want to start going to the gym, commit to a 15 minute workout per day.

ect . ect.

And make sure you leave yourself time for rest and recharge. I am not talking about sitting on the couch and watching tv. I am talking about the essential balance of health, mood and productivity.

If you are a success driven person, like me, don't forget sleep, health and socializing. They are essential for you to accomplish your business goals.

Now here is the cool thing...

Because you will not impose overwhelming habits on yourself:

1. You will be more likely to start them
2. More likely to finish them
3. And actually very likely overachieve them

For example if your daily goal is to read 1 page you will most likely read 5.

When you overachieve you will feel really good about yourself.

It will boost your confidence.

Just think about how you will feel walking around knowing that you completed everyone of your good habits and actually went above and beyond.



STRATEGY SUMMARY

1. Keep your habits small.
2. There is a very good chance you will overachieve.
3. And you will be able to stay more consistent in the long run.
4. Oh and the side effect you will feel more confident.

Strategy 7: Identify Your Keystone Habits

WANT TO IDENTIFY THE 2-3 ACTIVITIES THAT WILL MAKE YOU LIMITLESS?

Keep reading...

In his bestselling book *The Power of Habit* by Charles Duhigg discusses the concept of keystone habits.

The concept is fairly straightforward and matches the Ultiself approach:

Some habits will simply have a more profound affect on YOU than others!

The habits that have the greatest impact on you are called keystone habits.

They vary from person to person.

So YOUR keystone habit may be your morning coffee while your friend's may be running or meditation.

If you can identify these habits and integrate them you will send your life on an upward spiral.

HERE IS THE FASTEST WAY TO IDENTIFY YOUR KEYSTONE HABITS AND MAKE THEM STICK:

1. Determine what you want to improve: For example your focus, creativity, mood, energy levels, etc.

This can be based on your goals or simply an area you want to improve.

2. Discover some popular habits to improve these areas.

If you are yet to do so check out the [ultiself habit directory](#)...

...you will find tons of habits for whichever area you want to improve.

3. Once you have selected the habits start implementing them and tracking it in Ultiself.



This will help you identify which habits are effective.

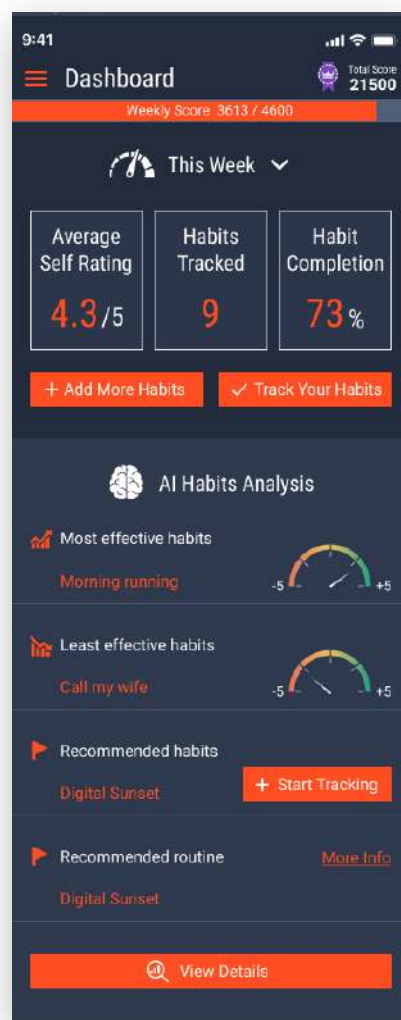
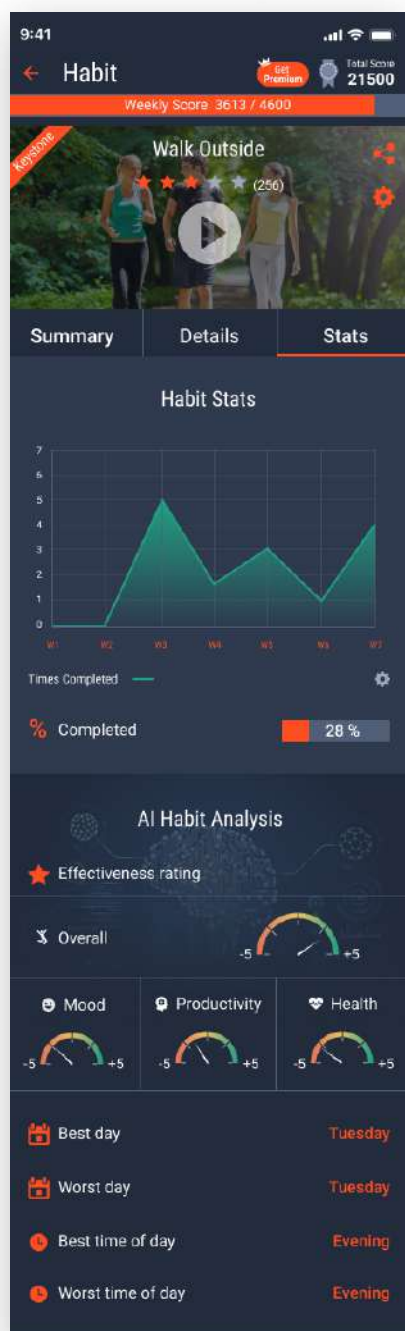
The process is easy.

In addition to tracking your habits, Ultiself will prompt you to rate each day from 1 to 5.

If you had a really bad or unproductive day rate it a 1, if you had an amazing day rate it a 5. And everything in between.

Our **machine learning algorithm** will identify which habits have the greatest positive impact on on your days.

This way you will know YOUR most effective habits!



4. The habits that have the best ratings are very likely your keystone habits.

And the habits that have a low rating should be replaced with others until you find your optimal routine...

There are many factors involved in our algo but here is a very simple explanation of how it works.

- ✓ The activities that you did on or before your good days get a high effectiveness rating.
- ✓ And the activities that you did on or before your bad days get low effectiveness rating.

And build your ultimate self with keystone habits!



STRATEGY SUMMARY

1. Certain habits will have a more profound effect on YOU than others.
2. These are called keystone habits.
3. If you identify and implement your Keystone Habits, you can send your life into an upward spiral.

Here is how you identify them:

4. Use the Ultiself habit directory and select some habits to implement and track based on your goals.
5. Use the Ultiself app to track your habits and rate your days.
6. The app will determine which of the habits have the greatest positive effect on you.
7. Eliminate the habits that do not work.
8. Keep adding new habits until you get a group of your most effective habits.
9. Those are likely your keystone habits and will have a huge positive impact on your life.
10. Use the Ultiself app to make those habits stick.

Strategy 8: Create a System

HAVE YOU EVER HEARD OF MATT CASSLE?

Unless you are a hardcore football fan the answer is probably no.

Matt Cassle was an NFL backup quarterback.

He was a decent player but he was not a superstar like Tom Brady, Payton Manning, or Joe Montana.

Yet in 2008, Matt Cassle had to become the starting quarterback for the New England Patriots because Tom Brady suffered a season ending knee injury during the first week of the season.

Remarkably, Cassle won 10 games with the New England Patriots that year.



In fact he did so well that the Kansas City Chiefs picked him up in 2009 and made him their starting quarterback...

Only to see him fall back into mediocrity and eventually the back up role.

Moral of that short sports story is that the New England Patriots have an amazing system.

This is why they have been winning consistently since 2001. And have set multiple records in the NFL.

And when you have an amazing system you can put various pieces (like Matt Cassle) into it and it will work.

So why not do this with your life???

1. Systematically discover habits based on your goals and the area that you want to improve.

If you are yet to do so check out our [habit directory](#). You can search for habits for any area you want to improve such as confidence, clarity, creativity, focus, energy and a whole lot more.

2. Track and identify the effectiveness of various habits. This is done by implementing your habits and tracking how you feel each day.
3. Eliminate the habits that do not help and keep the habits that do. It's a systematic approach that simply works.
4. Create your optimal routine.

The self development industry wants you to get hooked on products and courses.

Remember how hot the paleo diet was just a few years ago? Where is it now???

Now we have the keto diet. Where will it be in a few years?

Remember The Secret from 2010? Now no one is talking about it. And we are all doing meditation, cold showers, and breathing exercises.

Point is, habits will come and go.

New habits will come out. New research will come out on your existing habits.

Your body, mind and overall situation may change and so will your habits.



STRATEGY SUMMARY

HERE IS THE KEY CONCEPT TO UNDERSTAND:

1. Don't worry so much about getting addicted to habits, create and get addicted to the system of constantly improving yourself.
2. Think of the system as a video game, if you win you will become better, brighter, stronger and more successful.
3. Now if you are stubborn and want to make things difficult for yourself you can play this game in a notebook or on a spreadsheet.
4. Or you can play this game on an app that was specifically designed to get you hooked on improving yourself...Ultiself!
5. Our team experts in psychology, neuroscience and machine learning put in key features that will make building your best self systematic, easy and fun.

It will help you reach your goals as quickly and as efficiently as possible.

We have done the hard work for you.

We have broken down and organized hundreds of habits in our [habit directory](#)....

...Created a state of the art tracking system for you to be able to identify their effectiveness on YOU.

And build our app with advanced gamification in order to get them to stick.

We want you to be your healthiest, sharpest, most creative, happiest, basically your best!

Strategy 9: Use a Checklist

CHECKLISTS, DASHBOARDS AND CONTROL PANELS ARE VERY POWERFUL.

You have one for your car, computer, bank account, and even your household appliances...

The book Checklist Manifesto By Atul Gawande discusses how just telling ICU nurses to create a checklist reduced patient stay by 50%.

So do you have a checklist for your most important possession?

YOURSELF!



If you don't, getting control over your life will be extremely difficult.

A mental checklist just won't cut it.

Studies upon studies show that journaling, can boost mood, reduce stress, improve productivity and even improve your immunity.

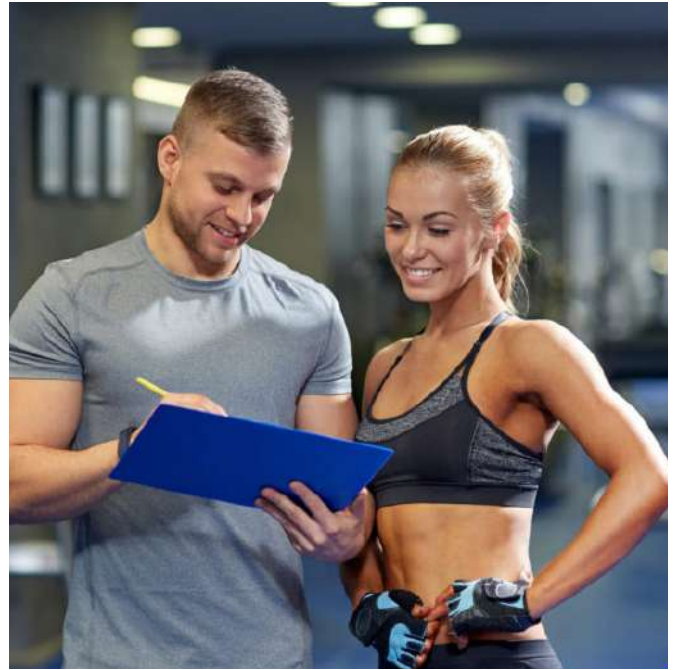
“ Just checking things off gives you a dopamine boost and is a massive shortcut to ingraining good habits in your life.

Therefore if you are like most, tracking your habits is essential.

In addition to using your checklist for healthy habits you should use it for other key areas of your life.

Things like:

- Going over your finances.
- Cleaning and Decluttering.
- Paying bills.
- Keeping in touch with certain people.
- Learning new things.
- Basically all the things that you need to do systematically on a regular basis to have a better life.



And the best way to do it is with the Ultiself app.

You can track various pre-built biohacking and self improvement habits or you can add your own.

So if you need to write about sports cars every week for 1 hour for your work, you can simply create that habit on ultiself and track it right in the app.

Basically Ultiself is like a habit tracking journal on steroids!



STRATEGY SUMMARY

1. Use a checklist for your life.
2. Track your habits.
3. Track key activities that you must do like going over your finances.
4. This checklist will keep you on track, build your self efficacy and steer you toward your goals.

Strategy 10: Mix Things Up

I WILL TAKE A SECOND TO TELL YOU THE OBVIOUS. THEN I WILL LET YOU IN ON A LITTLE SECRET ABOUT ULTISELF.

The Obvious:

Building good habits is becoming a huge trend.

There are numerous best selling books like Atomic Habits by James Clear and the Power of Habit by Charles Duhigg.

Multiple habit tracker apps and even more content sites.

The Secret:

When we started making the Ultiself app, I did not want to call our habits habits!!!

If you think about it they are actually “activities” .



You see, habits are activities that you perform automatically after a certain cue.

They are triggered in the Basal Ganglia in your brain rather than the prefrontal cortex and they require way less willpower than activities.

Examples of habits are brushing your teeth when you get out of bed.

Or tying your sneakers after you put it on.

You do them without actually thinking about it proactively.

Reading for 30 minutes a day or checking your finances once a week are very important, but they are actually activities.

Anyways, eventually our marketing guy convinced me that we have to ride this “habits” wave and since I want customers i gave in.

Why am I telling you this?

Because the concept I am about to teach is going to go against the whole definition habits.

But before you think I am crazy just ask yourself this question.

Don't you want your routine to be filled with the activities that will get you to your goals the fastest? That will make you the happiest, strongest, sharpest and most confident?

Obviously! Right?

So, aside from your core habits like exercising, drinking enough water and getting enough sleep...

...You need to mix things up. It will:

- Optimize your routine
- Keep things fresh and fun
- And ensure that you are getting the most benefits from your habits

There is yet another concept to consider:

In psychology there is a term called habituation...

The definition is: the diminishing of a psychological response to a specific stimulus over time.

This means that meditating for 10 minutes a day will most likely have more effect on your focus on day 30 than it will be on day 300.

“

Point is you always need to keep tweaking, you can always be better...

Remember you don't want to get hooked on the good habits. You need to get hooked on the “self improvement game”.

The quest to build your ultimate self never ends!



STRATEGY SUMMARY

HERE IS THE BEST WAY TO MIX UP YOUR HABITS (AKA ACTIVITIES) IN ORDER TO BUILD YOUR OPTIMAL ROUTINE:

1. Add 10-12 good habits to your Ultiself Habit Tracker.
2. Do the core habits; drinking enough water, exercise and sleep everyday.
3. It is unlikely that you will be able to do all of the remaining 9 habits everyday. You will most likely average about 5 per day. Don't let this stress you out. It's normal and in fact a good thing...
4. Ultiself will determine your most effective habits by identifying the habits you did on your best days.
5. Proactively evaluate your routine every month. (Ultiself will make this super easy).
6. Replace ineffective habits with new habits for the area(s) you want to improve.
 - For example if taking magnesium does not correlate well to reducing your stress try substituting it for vitamin b or fish oil and see what happens.
7. The idea is to continuously test and optimize.

Strategy 11: Put It All Together and Create Your Optimal Routine

NOTE: this strategy may be a bit repetitive but it puts everything you learned so far together into a solid system. it will really get everything ingrained in your brain so that you can create your optimal routine and build the best you.

FACT:

Your ultimate self is not built overnight.

The little things you do day in and day out determine how you live, what you have and eventually who you become.



Needless to say you absolutely **MUST** focus on this process and the system!

And the best way to do this is to create your optimal routine comprised of habits that have a positive impact on your life.

Ultiself is THE TOOL that helps you do that.

The process is simple.



STRATEGY SUMMARY

Our app will suggest habits based on your demographic and areas of your life you want to improve, like health mood or productivity.

1. Pick 10-15 habits and add them to the Ultiself tracker.
2. Do your core habits everyday ...sleep enough, exercise, hydrate.
3. Shoot to do 5-7 of the other habits you selected everyday.
(Kinda like splitting up your body parts at the gym.)
4. Ultiself will ask you to rate each day from 1 to 5. (1 is terrible 5 is excellent.)
5. Our machine learning algorithm will determine which habits led to your best days. With this information you will see the effectiveness of each habit.
6. Eliminate the ineffective habits...and replace them with other habits that you want to put to the test. Our system will give you suggestions.
7. Overtime you will have a routine of habits that have a very high positive impact on your life ...Your optimal routine.

Master this system and watch your health, mood and productivity improve!

Strategy 12: Gamify it to make it stick

ASK YOURSELF THIS QUESTION.

Have you ever stopped playing a video game, a board game, or a sports game...

...and said "I wish I was practicing instead?"

Of course not!

Games are fun and you want to keep playing.

Practice is work and you typically want it to be over as soon as possible..

The difference between games and practice is keeping score.

What does this have to do with habits?

In order to stick with your most effective habits day in and day out.....

YOU NEED TO GAMIFY IT!!!

Just think about this, blackjack is so addictive that many people develop gambling problems because of it and have to seek counseling.

What are you doing when playing blackjack? You are simply counting numbers.

But when you are counting numbers at work or managing your finances, you want to stop as soon as possible.



The big reason for this is the concept of variable reward. You can read about this in the book *Hooked* by Nir Eyal.

You need to take advantage of these principles to make this whole self optimization journey stick.

Ultiself certainly helps you do that.

If you have read up to this point, you already know what to do:

- Track your activities
- Determine which ones will have the best effect on you
- And implement them into your daily routine

Now it's time to truly integrate consistent self improvement into your life.

Here is the best way to do it.



STRATEGY SUMMARY

KEEP SCORE:

1. You get a dopamine boost every time you check off a good habit in your Ultiself tracker.
2. To "Keep Score" track the number of habits you complete each day and each week and your habit completion percentages.
3. This way completing good habits becomes a game!
4. The Ultiself app actually gives you points for completing habits, habit streaks and hitting various milestones.
5. This creates a system of variable reward to get you even more hooked to building your best self.

Conclusion



If you are looking at self development and biohacking in a slightly different light right now then we did our job with this guide.

If you understand that you need to build your best self systematically.
Than we REALLY did our job.

Now the ball is in your court.

Solidify what you truly want.

Open our app or get on the [Ultiself Habit Directory](#) determine the activities that you need to start testing.

Create your optimal routine.

Make it stick.

And build the best you.