

The Ultimate Guide to Leveling Up

Here are the top 3 stats in real life and how you can maxx them out. The top 3 stats you need to master are:

1. Health
2. Speech
3. Alchemy

1. Health

- a. It's not a coincidence that every hero is jacked. Your body is with you for life, so you need to take care of it.
- b. Not only that but getting healthy will have a positive impact on every aspect of your life.
- c. When you're healthy, you command more respect.
- d. Your body is a testament to your discipline.
- e. Getting healthy will also make both your body and mind function better.
- f. It takes hard work and dedication, but it pays off dividends.
- g. Being healthy gives you flexibility.
- h. Think of it as a health bar. The more healthy you are, the bigger the health bar. The bigger your health bar, the more damage you can afford to take in pursuit of your quests.
- i. Want to maximize your health bar? Do these:
 - i. Lift weights
 - ii. Meditate
 - iii. Breathwork
 - iv. Intense cardio
 - v. Eat whole vegan foods
 - vi. More sun exposure

2. Speech

- a. Speech is powerful.
- b. Being charismatic will get you farther in your life than money can.
- c. When you can play on people's emotions and desires through the way you talk, you can get anything from them.
- d. Passing speech checks is how cults are created, business deals are made, and promotions decided.
- e. So how do you level up charisma? Easy, live an interesting life and talk to people.

3. Alchemy

- a. This one might be a shock to a lot of you, but alchemy isn't what you think. Alchemy has been hidden from the masses under the idea that you can change base metals like lead into gold.
- b. This is really just a metaphor for something bigger.
- c. Alchemy is really about turning your THOUGHTS into gold. Mastering alchemy is like enabling god mode in real life. It's that powerful.
- d. Mental alchemy is the power that pushes men like Alexander the Great to conquer Persia, even though he was outnumbered and out-funded.
- e. It's the force that pushed Kanye West to be the powerhouse in art and business that he is today despite everyone telling him he couldn't do it.
- f. Once you believe it is possible, you can make it SO.
- g. After you break free of your mental prisons, the sky's the limit.
- h. The power cannot be overstated.