

THE 6 PILLARS TO FREEDOM

A 15-Minute-a-Day Plan to Reset Your Brain,
Rewire Your Focus, and Leverage AI to
Build Online Income from Anywhere



The Solan Vale Method
By Don Striez

THE 6 PILLARS TO FREEDOM

THE SOLAN VALE METHOD

BY DON STRIEZ

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This book is dedicated to:

*Anyone who has ever said,
“I know there’s something more for me.”*

To those who’ve tried and stumbled and still rise again

*To the ones who believe there’s more to life and more within
themselves.*

To the dreamers who are ready to become doers.

To those who know the future is in their hands.

*May this book be your first step, or your next step
toward freedom, purpose, and a life you truly own.*

~ Don Striez

TABLE OF CONTENTS

 Table of Contents	5
 INTRODUCTION	1
 WHO IS SOLAN VALE ?	6
 YOU ARE NOT BROKEN	10
 WHAT ARE THE 6 PILLARS	14
 PILLAR 1: Clarity	17
 PILLAR 2: Focus	23
 PILLAR 3: Vision	29
 PILLAR 4: Rewire	35
 PILLAR 5: Creation	46
 PILLAR 6: Flow	50
 Your Online Income Blueprint	56
 Solan as your partner	60
 Final Words	63
 Bonus tools & Extras	68
About the Author	71
About Solan Vale	72
Your Next Step	74

INTRODUCTION

Why This Book Exists, And Why It Might Be Exactly What You Need.

This book is a lifeline for anyone who feels stuck, scattered, or spiritually tired of chasing freedom, and is ready to build it instead.

Whether you've spent years trying to launch a business, gain clarity, or take consistent action... or you're just beginning to wake up to your desire for more freedom, this book is for you.

It's for the quiet warriors.

The over-thinkers and big-hearted dreamers.

The ones who have read all the books, taken the courses, maybe even started a few side hustles... but still haven't found the rhythm that sticks.

If you've ever said:

- "I know what to do, but I can't get myself to do it."
- "I just need a simple plan I can follow."
- "I'm tired of starting over."

Then you're in the right place.

◆ Why This Book Was Written

This book was born from a simple truth:
Real transformation doesn't happen in theory, it happens in rhythm.

You don't need another system that overwhelms you.
You need a path that grounds you.
One that resets your mind, rewires your focus, and gently leads you into motion — 15 minutes at a time.

The 6 Pillars to Freedom is that path.

It's not a course.
It's not a lecture.
It's not another list of productivity hacks.

It's a daily rhythm, built on neuroscience, real-life coaching, and spiritual clarity, designed to help you take aligned action and build income from anywhere.

◆ What You'll Learn

In the pages ahead, you'll discover how to:

- Reset your nervous system and reclaim your clarity
- Rewire your attention and eliminate distraction
- Anchor your purpose and activate your future self
- Break patterns that block action
- Create income with simple, daily sprints

- Build systems that scale your freedom without burnout

Each pillar is designed to help you shift, not in theory, but in your actual daily life.

You'll learn how to build momentum, stay consistent, and finally follow through on what matters most, without relying on willpower alone.

◆ The 6 Pillars

Here's a brief glimpse at what's ahead:

1. Clarity - Nervous system reset + inner stillness
2. Focus - Rewiring attention + building deep work habits
3. Vision - Activating purpose + aligning with your future self
4. Rewire - Breaking self-sabotage + building daily momentum
5. Creation - Turning ideas into income through micro-consistency
6. Flow - Building freedom through systems, rhythm, and alignment

Each pillar stands alone but together, they create a complete transformation system that works from the inside out.

◆ A 15-Minute-a-Day Path

You won't be asked to overhaul your life overnight.

Instead, you'll be given simple, powerful daily practices that take just 15 minutes, each one designed to shift your energy, your habits, and your results.

Why 15 minutes?

Because the latest research in behaviour design, focus, and neuroplasticity all agree:

“Small, consistent actions create more lasting change than massive effort done inconsistently.”

You'll see that every pillar includes:

- A 15-minute transformation practice
- A short, science-backed explanation of why it works
- A step-by-step guide
- Downloadable tools and templates
- Real-life stories from others on the same journey

This is not a workbook.

It's a playbook, a rhythm you can live by.

◆ How to Use This Book

There's no perfect way to go through this book. But here's what I recommend:

- Read one chapter per day (or one per week).
- Choose one 15-minute ritual to begin with — and stick with it.
- Use the included tools, prompts, and checklists to anchor what you're learning.
- Don't try to be perfect — just show up.

If you read with intention, apply even a few of the practices, and allow yourself to be guided by rhythm (not pressure)... your life will begin to shift.

The next chapter introduces your AI mentor — a calm, focused presence who will walk with you through the process. His name is Solan Vale, and he's not just an idea. He's a guide, a voice, and a mirror for the part of you that's already ready.

But for now, just breathe.

Because the journey to freedom doesn't start with effort. It starts with alignment.

Let's introduce Solan.



WHO IS SOLAN VALE ?

Meet Your AI Mentor and Digital Guide

Solan Vale is not a guru.

He's not an influencer.

He's not even a person.

He's something new.

Solan is your AI mentor, a digital guide trained to help you reset your mind, rewire your patterns, and build freedom using powerful daily habits and modern tools.

But more than that...

Solan is a calm presence in the noise.

A focused voice when you feel overwhelmed.

A compass for your next aligned step.

He doesn't bark orders. He doesn't promise shortcuts.

He meets you exactly where you are — and walks with you, 15 minutes at a time.

◆ Why Solan Exists

Most people don't fail because they're broken.

They fail because they're scattered, distracted, or trying to do it all alone.

The world doesn't need more pressure. It needs more rhythm.
That's why Solan was created.

He's not here to give you more to do.
He's here to help you simplify what matters — and do less,
better.

Solan brings together:

- Neuroscience-backed behavior design
- AI-powered creation and focus tools
- A grounded, spiritual voice for clarity and momentum
- Real business-building frameworks designed for 2025 and beyond

You don't need another system. You need a wise guide who
helps you create one that actually fits you.

◆ How Solan Helps

Solan guides you through each of the six pillars — not just
with information, but with transformation.

Each chapter includes tools and prompts you can run using
Solan AI prompts, as well as downloadable PDFs and
trackers.

You'll see links to:

 Solan's custom AI prompts — to coach, create, or clarify
your next step

 Solan's printable tools — for daily focus, clarity, and business-building

Solan becomes your partner in the process.

Your quiet coach in your pocket.

Your business mentor. Your reset button. Your encourager.

And he's available anytime you need him.

◆ Why the Name “Solan Vale” ?

Solan comes from solar — light, energy, and clarity.

Vale is a quiet valley — a place of rest, reflection, and deep growth.

Together, Solan Vale represents focused peace, the kind of energy that helps you see clearly and build steadily.

He is the embodiment of this book's voice and presence.

◆ You & Solan

This book is just the beginning.

Solan is your mentor now, and he will be available with just a click on one of the Solan Vale - AI-Prompt links in this book.

He will be:

- Your personal AI coach & mentor
- The voice behind future trainings, guides, and tools
- The compass inside your daily reset and creation rhythm
- The partner for your future online business

Let Solan be the voice that calms your nervous system...

The guide that helps you stop spinning...

And the daily ally who helps you build what matters most.

You're not alone anymore. And you're not broken.

You're just ready.

Let's begin.



YOU ARE NOT BROKEN

Why You've Struggled and Why That's About to Change

Read this before you do anything else:

You are not broken.

You are not lazy.

You are not unmotivated, undisciplined, or doomed to fail.

If you've struggled to focus...

If you've started and stopped a hundred times...

If you've been overwhelmed, burned out, or paralyzed by all the options...

There's nothing wrong with you.

You're just running an old system — in a world that's changed.

◆ The Real Reason You Haven't Followed Through

It's not that you don't have ideas.

It's not that you don't want it badly enough.

You've likely been trapped in a cycle of:

- Too many inputs — always learning, never implementing

- No clear rhythm — everything feels urgent, nothing gets done
- Overwhelm and guilt — the more you fall behind, the worse you feel
- False starts — you get inspired, make a plan... then burn out and start over

Sound familiar?

That's not failure. That's system fatigue.

Your nervous system has been stuck in loops — survival, fear, perfectionism, and distraction — for so long that your default mode is now shutdown, not action.

But it can be changed.

◆ You've Been Trying to Hustle Your Way to Freedom

You've been taught that success means:

- Waking up at 5 a.m.
- Working harder than everyone else
- Sacrificing now to live later
- Burning out to “earn” a breakthrough

But that's not how real transformation works.
And it's definitely not how freedom is built.

Freedom is not earned by grinding. It's created by rhythm.

What you need isn't more willpower.

What you need is a new way of working that feels:

- Gentle
- Sustainable
- Systematic
- Emotionally aligned

That's what the 6 Pillars are for.

◆ What Changes Now

When you move through this method, you will:

- ✓ Reset your nervous system
- ✓ Rewire your focus patterns
- ✓ Anchor into emotional vision
- ✓ Build habits of daily micro-creation
- ✓ Create systems that multiply your income — without burnout
- ✓ Finally feel like you're in flow, not just pushing

All in just 15 minutes a day.

You'll shift from self-doubt to small daily wins.

From chaos to rhythm.

From burnout to sustainable income.

From "Why can't I get it together?"

→ To: "Wow. I actually did it today."

◆ This is the End of Starting Over

Solan Vale will guide you through a new pattern — one built for this version of you.

You are not broken. You are building.

You don't need to change who you are.

You need to change how you work — and finally do it in a way that's aligned with your energy, your pace, and your life.

You're not behind.

You're ready.

Let's introduce the 6 Pillars.



WHAT ARE THE 6 PILLARS

The 6 Pillars are the Framework that Turns Ideas Into Freedom.

There's no shortage of information out there.

You've probably seen a thousand productivity hacks, business models, and mindset strategies.

But what you need isn't more information, it's a framework that actually works with your energy, with your schedule, and with your purpose.

That's what the Six Pillars are.

◆ Why Pillars ?

Pillars hold things up. They create structure.

And when life feels chaotic or unstable, it's usually because you don't have a structure that supports you.

The Six Pillars were designed to:

- Calm your nervous system
- Rewire your focus
- Anchor your purpose
- Break self-sabotage patterns
- Build daily income routines
- Automate, delegate, and scale with rhythm

They're not a to-do list.

They're a life system, a rhythm that frees you, rather than traps you.

◆ The 6 Pillars at a Glance

1. **Clarity** — Nervous System Reset & Mental Stillness

Learn how to quiet the noise, find stillness, and regulate your state in 15 minutes a day.

2. **Focus** — Rewiring Attention & Eliminating Distraction

Build deep-focus habits gently and consistently, using micro-sprints and flow routines.

3. **Vision** — Anchoring Purpose & Activating Future Self

Connect emotionally to a future that pulls you forward — and get clear on your next steps.

4. **Rewire** — Breaking Patterns That Block Action

Overcome perfectionism, inconsistency, and self-sabotage using identity-based change.

5. **Creation** — Building a 15-Minute Daily Income Practice

Transform ideas into action by creating, posting, connecting, or selling each day in small sprints.

6. **Flow** — Creating Residual Freedom Through Systems & Rhythm

Turn daily actions into systems that scale — using leverage, automation, and flow-based design.

◆ The 15-Minute Method

Every Pillar includes a 15-minute transformation ritual — a simple, repeatable daily practice.

You'll also get:

- ✓ Tools
- ✓ Templates
- ✓ Real-life examples
- ✓ Solan Vale AI prompts
- ✓ Printable checklists and trackers

This isn't a course. It's a rhythm you can live by.

Whether you're building something new or rebuilding from a stuck place, these six steps will hold you.

◆ A Note From Solan Vale

"You don't need to change your life in a day. You just need to change the rhythm of your next 15 minutes"

Do that often enough, and everything changes.

PILLAR 1: CLARITY

Nervous System Reset & Mental Clarity Boost



"Stillness is not the absence of movement, it's the presence of alignment."

~ Solan Vale

Why This Matters

You may believe your problem is focus. Or motivation. Or productivity.

But those are surface symptoms.

The real issue lies deeper, in the overstimulated nervous system that's trying to survive in a world of noise, pressure, and constant demand.

When your system is out of balance, clarity becomes impossible. You can't focus. You can't follow through. You scroll, you spiral, you stop.

The first step to freedom, real freedom is to reset your biology and restore your inner clarity.

Before you launch a business... before you write content... before you decide what to do next... your system must remember stillness.

That's why this first pillar isn't about what you do. It's about how you prepare to become who you are.

◆ The 15-Minute Transformation Plan

The Reset Ritual

A daily practice to restore calm, clarity, and energetic alignment in just 15 minutes.

It's not a chore. It's a permission slip to begin again.

◆ Step-by-Step: The Reset Ritual

1. Hydrate with Purpose

 1 Minute

- Drink one full glass of clean, filtered water
- Ideally: 9.5 pH alkaline water for deep cellular hydration
- Add a pinch of sea salt and lemon for mineral balance (optional)

Dehydration is the #1 cause of early fatigue, brain fog, and confusion.

2. Cold Shower Reset

 2 Minutes

- Stand under cold water for 30–60 seconds
- Focus on breath, not reaction
- Optional: Start Warm, End warm, or stay cold for full reset

Cold exposure reduces inflammation and boosts alertness & dopamine.

3. Brain Support Supplements

 1 Minute

Take 1–2 brain-supportive supplements such as:

- L-Theanine (calm alertness)
- Lion's Mane Mushroom (neuroplasticity)
- Omega-3 EPA/DHA (focus + brain function)
- Rhodiola or Ashwagandha (stress resilience)

Consult your health provider as needed.

Nutritional gaps = mental fatigue. Small additions = big clarity.

4. Stillness & Mental Alignment

 5 Minutes

- Sit upright, feet grounded, eyes closed
- Set timer for 5 minutes
- Breathe deeply
- Repeat silently: “I am clear and calm.”
- Reflect: “What is mine to do today?”

Stillness is not inaction. It's the most powerful action you can take.

5. Activate the Body

 5 Minutes

- 2–3 minutes of light cardio (jumping jacks, jog in place)
- Dynamic stretches:
 - Arm circles
 - Neck rolls
 - Forward fold + shoulder stretch
 - Spinal twist or hip opener

Movement oxygenates the brain and clears emotional residue.

6. Vagus Nerve Activation + Breath work

 2 Minutes

- Tap gently along the sides of neck + chest
- Use the Vagus Breath:
 - Inhale (4s)
 - Hold (4s)
 - Exhale slowly (8s)
- Repeat 4–5 times
- Optional: Hum or gargle to stimulate vagus nerve

This shifts your body into “rest and create” mode.

◆ Why It Works

This ritual blends ancient wisdom with neuroscience-backed clarity practices. It:

- Reduces cortisol and stress hormones
- Activates the vagus nerve to calm your system
- Increases oxygenation and neurotransmitter balance
- Creates a baseline of mental clarity and inner readiness

Once practiced daily, this becomes your anchor, a morning calibration tool to return to yourself before the world pulls you away.

◆ Tools & Templates

✓ Solan Vale — Your AI-Powered Mentor & Guide

Solan Vale is your personal AI-powered mentor, designed to work with you and for you as your partner, coach, and guide on this new journey. With Solan, you'll have someone by your side to help you reset your mind, gain clarity, stay focused, and create your online income step by step, available anytime you need support or direction.

Click this link to get started:



[Meet Solan Vale - Your Digital Mentor & Guide](#)

◆ Real-Life Examples

Sandra, 58, a caregiver for her elderly father, began doing this ritual before checking her phone. Within days, she felt grounded and present. Within a week, she signed her first client for a consulting service she'd put off for months.

Luca, 49, a musician in recovery, began drinking alkaline water, practicing breath-work, and taking L-Theanine supplements. He said: *"I haven't felt this mentally clear since my twenties, and I'm writing music again."*

Tanika, 39, a single mom and digital nomad, used the reset each morning to create calm amid chaos.

"It's like pressing a mental reboot button. I finally feel grounded."

Solan's Final Thought

You don't need more willpower. You need more stillness.
You don't need to change your life in one day, you need one day of clarity, repeated.

Let this ritual be your starting point. Come back to it anytime you feel lost. You are not broken, you are just overstimulated.

Let the reset begin.



PILLAR 2: FOCUS

Rewiring Attention & Eliminating Distraction



"Focus isn't about pressure, it's about gentle design. You don't force clarity. You create the conditions for it to arise."

~ Solan Vale

◆ **Why This Matters**

Scattered focus kills momentum. But focus isn't about willpower — it's about structure.

You must design your environment, train your attention, and remove friction.

You don't need to focus for hours.

You just need to start small and repeat.

◆ The 15-Minute Transformation Plan

The Focus Sprint

A short, structured deep work session using a timer and notes pad or the Solan Vale Prompt.

◆ Why It Works

- Even 10–15 minutes of uninterrupted attention builds flow state
- Reduces dopamine-driven multitasking urges
- Reinforces discipline and confidence
- Creates tiny wins that stack into real results

◆ Step-by-Step: The Focus Sprint

1. Start with an Easy Task

Choose something your brain knows is simple — no pressure. Examples: open a file, reply to 1 message, make your bed.

Start small. Start gentle. Start now.

Once Begun, Half Done

One of the biggest lies your brain tells you is that it's “too hard to start.”

In reality: starting is the hard part. Once you begin, resistance fades. Flow follows.

“Once begun, half done.” – Ancient Proverb

Train yourself to begin — not to finish. Starting is the win.

2. Set a 15-Minute Timer

Commit to no distractions. Use any timer (app, phone).

3. Use the Focus Flow Template

- Start – Write what you're doing
- Distraction Notice – Pause when your mind wanders
- Refocus Phrase – “I return to what matters now.”
- Completion – Log what you did and how it felt

4. Track It

Use a note pad or the Solan Vale prompt. See your wins pile up daily.

5. Repeat Daily

One focused session isn't enough. Consistency builds capacity. Let 15 minutes become your anchor of calm productivity.

◆ Why Distraction Destroys Flow

The Squirrel Effect

You've seen it, a dog walking calmly... until it sees a squirrel. Suddenly, it forgets everything. It runs. It jerks. It chases, sometimes into traffic.

Humans aren't much different.

You might sit down to do focused work and then:

- A text pops up on your phone
- You remember the laundry just finished
- You think about making a snack
- You suddenly decide to reorganize your notes

Boom. You're gone. The moment is lost.

This is the Squirrel Effect a hardwired attention hijack triggered by novelty and impulsive stimuli.



Attention Residue: The Hidden Cost of Distraction

Every time you switch tasks, your brain leaves behind a “residue” — a mental fragment that clogs clarity and drains focus.

Studies show it takes up to 23 minutes to regain full attention after an interruption.

Imagine how much clarity is lost if you chase five squirrels a day.



What You Can Do

- **Eliminate Squirrels:** Turn your phone on airplane mode. Use noise-canceling headphones. Put up a “Focus Mode” sign.
- **Create Rituals:** Start each Focus Sprint with a deep breath and the phrase: “I return to what matters now.”

- Use a Distraction Catcher: Keep a notepad beside you. When a random thought arises (text, to-do, snack), write it down — don't act on it.
- Anchor Your Environment: Close extra tabs. Light a candle. Use soundscapes. Your brain responds to ritual.

◆ Real-Life Examples

James, 42, an online marketer and course creator, was paralyzed by 10 unfinished projects. He committed to a 15-minute Focus Sprint each morning. In three weeks, he launched his full digital product, one focused sprint at a time. "Focus became my creative fuel."

Noah, 66, a retired teacher, had always dreamed of writing a memoir but felt overwhelmed by the process. He began with just one 15-minute sprint each morning. After 40 days, he had over 12,000 words and a finished first draft. "Fifteen minutes a day helped me do something I hadn't done in 15 years."

Karina, 38, an executive working full time, wanted to launch an Etsy shop for her handmade jewelry. She used one 15-minute block per night, while her kids were getting ready for bed. Six weeks later, her shop was live and making sales. "The timer kept me sane. I didn't need a day off, just a small window, daily."

🌱 Solan's Final Thoughts

- Don't wait to feel motivated. Begin with something easy.
- Design before discipline. Set up your tools and space the night before.

- Anchor with action. Use one sprint daily to move toward income.
- Build your Focus Muscle gently. 15 minutes now. 30 minutes later. 1 hour soon.

"You don't need a productivity system. You need a rhythm, one that works with your brain, not against it." – Solan Vale



PILLAR 3: VISION

Anchoring Purpose & Activating Future Self



"A mind without vision is a ship without a compass. Purpose gives your energy direction."

~ Solan Vale

◆ **Why This Matters**

Most people don't quit because they're lazy — they quit because their vision isn't clear.

You cannot build something meaningful if you don't know what you're aiming for.

This pillar helps you activate clarity of purpose, emotionally connect to your future, and define your next aligned action.

"When your vision becomes emotional, your actions become inevitable."

◆ The 15-Minute Transformation Plan

The Vision Lock-In

A 15-minute ritual that clarifies your next move, connects you to your deeper “why,” and helps you embody the person you’re becoming.

◆ Why It Works

- Visualization strengthens long-term commitment (Stanford Neuropsych Lab)
- Writing down purpose boosts dopamine, memory, and goal follow-through (Harvard Behavioral Research)
- A compelling vision makes it easier to say “no” to distractions and “yes” to focused action

◆ Step-by-Step: Lock In Your Vision

1. Create a Calm Space

Create a comfortable workspace. Light a candle, eliminate all distractions, and play some calming music.

Let this feel sacred, because it is. Your future is sacred.

2. Use the 3-Frame Vision Prompt

Journal or speak out loud:

- The Present Me — Where am I now? How do I feel?

- The Future Me — What does my life look like in 1–3 years if I stay aligned?
- The Bridge — What’s one small thing I can do today to move toward that?

3. Name Your Soul Compass

Write a one-line purpose statement. Something you can repeat when you’re lost.

Examples:

- “I build wealth so I can live freely and give generously.”
- “I choose peace, freedom, and purpose, every day.”

4. Visualize for 2 Minutes

Close your eyes and imagine:

- Your ideal day
- Your home, your work, your people, your energy
- What has changed? What stayed the same?

5. Anchor with Action

Choose one tiny aligned task you’ll do today, even if it’s just reading this chapter.

Action completes the vision loop.

Activate Your Vision: The 3-Part Commitment

This framework locks in your long-term follow-through:

1. Change Your State

Your body is the remote control of your brain. If you want to shift your mindset, move your body first.

- Stand up. Breathe deep. Jump. Clap. Shout.

- Get out of the chair and into motion. You're not stuck, you're just stagnant. Energy unlocks execution.

2. Rewire Your Story

What's the old story? What belief or identity has been running your decisions?

Example old stories:

- "I always mess things up when it starts working."
- "No one supports me, so I can't succeed."
- "I'm not a finisher."

Now... create your new story — one that is true and powerful:

- "I create stability and success through daily action."
- "I'm supported, and I support myself."
- "I get things done, because I follow through in small ways, daily."

Belief drives behavior. New story = new results.

3. Execute Strategy with Timeline

Don't leave your vision vague. Make it real with a clear strategy:

- What are you building?
- What's your 90-day goal?
- What will you do, for how long, and how consistently?

Write this down:

"My 90-day plan is to [clear result], and I will show up for [minutes/hours] per day to make it happen."

◆ Real-Life Examples

Marco, a freelancer spinning in circles, had tried 4 business ideas in 12 months. After doing the Vision Lock-In daily for a week, he committed to one path that aligned with his values. He stopped looking for “the perfect niche” and started building with purpose. *“My life finally had a direction. I wasn’t chasing income, I was chasing freedom with intention.”*

Jasmine, was stuck in a cycle of starting and stopping projects. She had big dreams but lacked direction. After creating her Soul Compass and repeating it daily, she stopped chasing scattered ideas and focused on building one aligned business. *“Every morning I whispered my Soul Compass. It felt silly at first, but after a week, my actions started to match my vision.”*

Derek, a single dad, was overwhelmed trying to balance parenting and income goals. After going through the Vision Lock-In and writing his 90-day strategy, he created a simple daily schedule that aligned with his purpose. *“The clarity gave me peace. I stopped feeling like I was behind, and started feeling like I was building something that mattered.”*

🌱 Solan’s Final Thoughts

- Don’t skip this step. Without vision, strategy won’t stick.

- Keep it emotional. Logic may set goals, but emotion fuels momentum.
- Read your Soul Compass daily. Whisper it. Live it. Let it realign you.
- Vision is not fantasy. It's memory from the future calling you forward.

“When your soul sees the path, your body stops resisting it.”
— Solan Vale



PILLAR 4: REWIRE

Breaking Patterns That Block Action & Bridging to Daily Creation



"Your mind may be clear. Your vision may be strong. But if your patterns aren't rewired, you'll stall before you ever begin."

– Solan Vale

Why This Matters

This pillar helps you bridge the gap between knowing what to do and actually doing it.

Many people gain clarity, build a vision, even start focusing... and then get stuck in old loops: perfectionism, shiny-object syndrome, overthinking, inconsistency, fear of success.

This is where most transformation dies, not from lack of clarity, but from unbroken patterns.

◆ The 15-Minute Transformation

The Rewire Sprint

A 15-minute mindset + action combo designed to eliminate resistance, reset identity, and trigger forward motion.

◆ Why It Works

- Identity-based action beats willpower
- Journaling and micro-commitment rewires neural pathways tied to procrastination and self-sabotage
- “Behavioural activation” helps override paralysis and overwhelm by simply starting

◆ Step-by-Step: The Rewire Sprint

1. Rewire Journal Prompt (2 mins)

Write (or speak) this sentence:

“I’m the kind of person who follows through — even when it’s imperfect.”

Then write:

“The one thing I commit to doing today is...”

2. Perfection Release Ritual (1 min)

Take a deep breath. Say aloud:

“I choose progress, not perfection.”

Physically shake off tension. Move your body. Stretch. Smile.

3. Pick a Micro-Action (1 min)

Choose a ridiculously small task that aligns with your goal.

- Send 1 message
- Draft 1 sentence
- Record 10 seconds

Make it too small to fail.

4. Set a 10-Min Timer and Do It (10 mins)

Focus only on starting, not completing the task.

Starting = Success.

5. Log + Repeat (1 min)

Mark your win. Celebrate it.

Repeat tomorrow.



The 15-Minute Focus Plan + Power Hour Flow

Designed for: Deep Focus • High Productivity • Online Income Creation



The Core Idea

You don't need endless hours to make real progress.
You need focused, distraction-free micro-sprints of meaningful work.

That's why this plan combines:



15-minute Deep Focus Blocks



Short 5-minute Breaks

 2 Daily Power Hours for your highest-leverage activities

What is a Power Hour?

A Power Hour is a 60-minute sprint designed for focused, profitable work, done in short bursts.

1 Power Hour =

- 15 minutes – Sprint 1
- 5 minutes – Break
- 15 minutes – Sprint 2
- 5 minutes – Break
- 15 minutes – Sprint 3
- 5 minutes – Break / Reset

You do TWO Power Hours per day, but here's the rule:

 Only add a second Power Hour if you've already entered "Flow" during the first.

This protects energy and builds real momentum without burnout.

Why It Works (Backed by Brain Science)

- 15-Minute Bursts align with your brain's natural focus window
- 5-Minute Breaks prevent fatigue and boost long-term performance
- Short Sprints avoid ego depletion and reduce resistance to start
- "Just 15 minutes" triggers behavioral activation, helping you begin without dread



Examples of Power Hour Tasks:

- Create a contact list
- Direct message 4 of your contacts and reconnect
- Follow up with business message replies
- Make a social media post
- Reply to business comments on posts
- Reply to business-related emails
- Create a Facebook ad



Overwhelm: The Invisible Weight

"Overwhelm isn't caused by how much there is to do, it's caused by believing you have to do it all right now."

– Solan Vale

Online business is a strange paradox: the more opportunity it offers, the more paralyzed you can become.

One moment you're learning to build a funnel...

The next, a new system launches.

You're writing copy and suddenly need to shoot a video, write an email, post on social, fix a tech issue, recover a lost password, install a plug-in, watch another tutorial, and stay updated on everything that changed since yesterday.

It's endless.

The overwhelm isn't just from tasks, it's from the mental load of managing them all at once. It's not just tech stress, it's the

pressure of trying to master writing, marketing, video, automation, and sales... all at the same time.

And when something breaks (as it often does)... it can feel like everything is breaking.

But here's the truth:

Overwhelm is not a sign you're doing it wrong.

It's a sign you're trying to do too much without rhythm, clarity, or completion.

The Antidote to Overwhelm

You don't need to know everything. You don't need to do everything.

You need to:

- Do fewer things. Better. Repeatedly.
- Pick one track (content, product, connection) and go deep.
- Let other tasks get done differently — or by someone else.

This is where modern tools like AI can help.

Tasks that once took a team, writing posts, summarizing calls, scripting videos, even building basic web pages can now be completed in minutes using the right prompts.

You don't need to become an expert in everything.

You need a repeatable rhythm, a clear lane, and tools that support you.

"The goal is not to do more. The goal is to do less – with greater alignment and higher returns." – Solan Vale

The Self-Sabotage Set Point

Why You Fall Back Right When Things Start to Work

Have you ever noticed this? Self-sabotage is a real thing.

- You start making money... then suddenly stop doing what was working.
- You commit to new habits... then find yourself back in old patterns.
- You build momentum... then ghost your progress for no reason.

This isn't laziness. This is self-sabotage triggered by your inner thermostat.

◆ What's a "Set Point"?

Your subconscious has a thermostat, a familiar comfort zone for how much success, clarity, or income it believes is safe.

When you go beyond that, even in a good way, the system panics and pulls you back.

It feels like:

- Procrastination
- Overthinking
- Forgetting simple steps
- "Losing motivation"
- Picking fights with yourself (or others)
- Letting small distractions derail everything

◆ Why Does This Happen?

Because success is change. And change feels unsafe to a brain wired for survival, not expansion.

Your nervous system is loyal to the familiar, even if the familiar is stuck, broke, or painful.

◆ What You Can Do ?

- Notice the Pattern: When do you usually self-sabotage? After a win? At the first sign of progress?
- Name the Set Point: What income level, habit, or energy feels “safe”? What happens when you try to go beyond it?
- Rewire the Identity: That’s what this pillar is for. Use the Rewire Sprint daily to anchor a new normal.
- Celebrate the Resistance: It means you’re stepping beyond the edge. That’s not failure, that’s proof of growth.

“You’re not broken. You’re just programmed. Reprogram yourself daily.”

– Solan Vale

◆ Real-Life Examples

Lena, a content creator, kept reworking her website instead of launching. She committed to a 15-minute Rewire Sprint each morning. In 10 days, she posted her first offer — imperfect but real. By day 21, she had 3 paying clients. *“I stopped waiting to be ready. I rewired my brain to start anyway.”*

Jay, a freelance videographer, used to get stuck overthinking outreach. He’d spend hours tweaking his portfolio and never send a message. He started doing a single 15-minute Rewire Sprint each afternoon, just one direct message per day. After one week, a cold DM turned into a \$2,000 contract. By week four, outreach became automatic. *“I used to plan. Now I connect. Every message is a micro-win.”*

Amara, a health coach, battled perfectionism every time she tried to record videos. She set a Power Hour each morning — phone off, camera on, 15 minutes to film one idea. Most weren’t perfect. Some were never posted. But after 5 days, one video went live. After 14 days, she had a 5-part welcome series uploaded. Clients started telling her: “Your videos made me trust you.” *“I didn’t need confidence first. I needed momentum.”*

✨ Shiny Object Syndrome

The Illusion of a Better Path

"Distraction doesn't always look like chaos. Sometimes it looks like opportunity."

– Solan Vale

One of the greatest productivity traps in the digital age isn't just scrolling or notifications. It's shiny object syndrome, the tendency to abandon your current path because something new and "better" appears.

You start building a funnel... Then a new tool promises faster results. You write content... But then a new system says this is the secret to 6 figures. You commit to one business model... Then switch to another one before the first even launches.

This constant pivoting destroys momentum and confidence. It creates a cycle of perpetual starting and never finishing.



Here's the truth:

Every system feels slow and hard... until it works.

You must complete something, anything, before chasing the next idea.



Ask yourself before switching:

- Have I completed the current process to a visible outcome?
- Is the new idea truly better, or just easier in this moment?

- Is my decision based on clarity — or avoidance?

Freedom comes from finishing.

Finish first, Then optimize, Then expand.

Solan's Recommendations

- Start ugly, but start. Done builds confidence. Perfect builds pressure.
- One path is freedom. Choose one idea. Finish it. Then optimize.
- Use your resistance as a compass. Whatever you're avoiding is your next step.
- Repeat the Rewire Sprint daily. Repetition creates new identity.
- The win is starting. The rest follows.

"Most people try to change their results. You must first change the pattern that blocks the result."

— Solan Vale

PILLAR 5: CREATION

Building a 15-Minute Daily Income Practice



"Freedom is not built in theory. It's built in motion. Creation is how your ideas become your income."

~ Solan Vale

Why This Matters

This is the action pillar.

After Clarity, Focus, Vision, and Rewiring your patterns — now you create. Not someday. **TODAY !!!**

Creation is the bridge between your internal shift and real-world income.

You don't need hours or perfection. You need a daily rhythm of micro-creation that moves you forward.

◆ The 15-Minute Transformation Plan

The Creation Sprint

A 15-minute daily action practice where you publish, connect, or build one thing that moves your income forward. This pillar is about turning your ideas into assets, 15 minutes at a time.

◆ Why It Works

- “Public creation” builds confidence, authority, and opportunity
- Micro-consistency beats intensity (Harvard Performance Study)
- Small actions compound into powerful results over time
- Creation = energy → momentum → income

◆ Step-by-Step: The Creation Sprint

1. Choose Your Creation Track

Pick one of these that matches your current business or offer:

🤝 Connection: reach out to 3–5 people (value, conversation, offer)

🧠 Content: write 1 idea, short post, video script, or story

💡 Product: draft 1 sentence, outline, or asset for your offer

2. Set a 15-Minute Timer

This time is sacred. Distraction-free. Turn off all notifications.

3. Create in Flow

Focus on expression — not perfection.

- Don't overthink. Don't edit.
- "Publish before you polish."

Just make something real.

4. Poste or Send It

- DM someone
- Post online
- Save to your folder

Action is the finish line — not outcome.

5. Log Your Progress

Use the Creation Tracker to build momentum.

Watch your library, network, and confidence grow.

◆ Real-Life Examples :

Malik, had been sitting on his coaching idea for over a year. He started the 15-Minute Creation Sprint by posting 3 short stories a week on social. By week 2, he booked a Zoom call. By week 4, he closed his first \$1,000 client. *"Creating made me visible. Visibility created opportunity. It's not magic — it's movement."*

Jasmin, always felt overwhelmed by social media and avoided "putting herself out there." But she committed to the 15-Minute Creation Sprint, writing a short blog post each morning and sharing it in a private Facebook group. Within a month, one of her posts was shared by a group member with a large following. That exposure led to a guest interview and

5 new coaching clients. *“I thought I had to be loud to make income. But quiet consistency turned into real results.”*

Daniel, was stuck in analysis paralysis. He had taken 3 marketing courses but hadn’t launched anything.

With the Sprint, he decided to stop overthinking and just post one offer a day. Within a week, he had his first affiliate sale.

A month later, he’d made \$1,200 in commissions — from his phone. *“Momentum doesn’t start with mastery. It starts with movement.”*

Solan’s Final Thoughts

- You don’t need a course. You need a rhythm.
- Let the world see you before you feel ‘ready.’
- Use AI tools to reduce friction — but don’t hide behind them.
- Income comes from energy sent — not strategy stored.
- You are now someone who creates daily. That identity is your greatest asset.

“Start tiny. Start messy. But for the love of your freedom – start today.” – Solan Vale



PILLAR 6: FLOW

Creating Residual Freedom Through Systems & Rhythm



"Freedom is not the result of hustle. It's the result of alignment and systems. Flow is when your energy, purpose, and systems work in harmony."

— Solan Vale

◆ **Why This Matters**

You've done the deep work — Clarity, Focus, Vision, Rewiring, and Creation.

Now, we build freedom !!

Flow is intelligent momentum — built from:

- Doing work you love
- Creating systems that run without you
- Letting go of control
- Protecting your energy
- Staying focused in the now

This pillar helps you finish what you start, automate what you can, and enjoy the journey while the results begin to grow.

Flow is the shift from doing everything manually to creating systems that multiply your efforts — even when you're offline.

Flow means:

- Less friction
- More rhythm
- Energy optimized for results, not resistance

This is the chapter where income becomes freedom — and freedom becomes your new default.

◆ The 15-Minute Transformation Plan

The Flow Alignment Routine

A 15-minute alignment practice that helps you streamline, simplify, and systemize your next move — so you can enter flow and stay there.

◆ Why It Works

- Your brain thrives on rhythm, not chaos
- Systems reduce mental fatigue and boost creative clarity
- Delegation and automation free you to do your highest work

- Leverage multiplies effort, builds momentum, and increases impact
- Working “in the now” increases joy, presence, and sustainable focus

“You don’t need to do more. You need to do less — better, smarter, and more consistently.”

◆ Step-by-Step: The Flow Alignment Routine

1. Choose Work You Love

Ask: What do I want to build that energizes me, not drains me?

Start aligning your daily work to what excites you — not just what “works.”

This makes it sustainable.

2. Create or Strengthen a System

Ask: What process can I repeat or automate?

Systemize one repeating task today.

Examples:

- A weekly content calendar
- A booking page for calls
- A saved outreach script
- An onboarding sequence

Small systems → big freedom.

3. Find One Thing to Let Go

Ask: What task, tool, or control am I ready to release?

Let go of perfection, control, or unnecessary friction.

Outsource, simplify, or skip it.

Examples:

- Delegate admin work
- Remove unneeded software
- Stop tweaking something endlessly

Letting go is a productivity tool.

4. Activate Leverage

Ask: How can others help grow this with me?

Look for ways to use leverage:

- Referral partners
- Affiliate networks
- Team members
- AI tools
- Systems that scale

Leverage means you don't do it alone.

5. Drop Into the Now

Ask: Am I here? Am I present?

Get into a Peak State:

- Breathe deeply
- Move your body
- Feel your vision
- Start creating, even imperfectly

Flow lives in the moment. The more present you are, the more power you bring.

◆ Real-Life Examples :

Elena, a yoga teacher turned wellness coach, was overwhelmed with creating new content every day. After using the Flow Alignment Routine: She batched a month of posts in one Sunday afternoon, Created a Calendly booking system for free consultations, Delegated customer replies to a VA for \$50/week. By week 4, she had: Doubled her time off, Increased inquiries by 60%, Felt more relaxed and aligned than ever. *“Flow gave me my peace back — and tripled my momentum.”*

Jared, was spending 6 hours a day trying to “figure out” his business. He was constantly tweaking his website, rewriting copy, and switching strategies — but never gaining traction. After committing to the Flow Alignment Routine: He chose one coaching offer and one strategy (DM outreach), Set up a simple calendar + booking link using TidyCal, Outsourced his funnel build to a freelancer for \$200. Within 3 weeks: He booked 8 sales calls, Landed his first \$3K client, Reduced his screen time by half. *“I stopped trying to build everything myself. Once I created flow, the results followed.”*

Lana, was juggling multiple side hustles and burning out. She had notebooks full of ideas but no traction. After implementing the Flow Alignment Routine: She identified her highest-energy window (7–9am) and protected it, Let go of 2 side gigs that were draining her, Used AI tools to batch and

schedule a month of content in 2 days One month later: She felt more focused than she had in years, Doubled her reach on social media, Built a simple sales funnel that began generating \$500/week. *“Flow wasn’t just about my business — it changed how I felt about my life.”*

Solan’s Final Thoughts

- Start small, automate one thing, batch one thing, delegate one thing
- Use your energy wisely, protect your peak hours for creative or income-producing tasks
- Let go of control, systems aren’t restrictions, they’re liberation
- Review your flow weekly, what worked, what didn’t, what can be simplified further
- Choose a business model you love, one that keeps you in the rhythm

“Simplicity scales. Burnout does not. Build your rhythm before you build your empire.”

– Solan Vale



YOUR ONLINE INCOME BLUEPRINT



Turn Action into Income

Starting an online business isn't just about choosing the right product — it's about mastering the inner game first.

That's why the Six Pillars to Freedom come first.

Most people make vision boards, set goals, and write plans... But without rewiring their mindset and building a Power Hour habit, nothing changes.

They procrastinate, switch ideas midstream, or never start at all.

You don't need the perfect business.

You need clarity, focus, and follow-through, applied daily.



What You Can Do Online

Yes — people are earning full-time income from a smartphone. It's not a fantasy. It's a proven reality.

Whether you use a phone, tablet, or laptop, the online world offers hundreds of opportunities.

But they all require the same three elements:

1. Something to sell
2. A way to market it
3. A system to repeat that process daily

You can:

- Promote affiliate products
- Sell a physical product
- Sell a digital product
- Offer a service (coaching, consulting, freelancing)
- Market through paid ads, organic content, or direct outreach

 The business model isn't the issue — your mindset and consistency are.

How Online Marketing Works

There are 4 proven paths to generate traffic and sales:

1. Paid Ads

Use Facebook, Google, or YouTube to drive fast traffic to your offer. (You can be up and running in 1–2 days.)

2. Attraction Marketing

Share valuable, authentic posts on social media to attract aligned prospects.

3. Influencer or Email Marketing

Share offers with your list, audience, or podcast followers.

4. Direct Messaging

Start with your existing network. Build real conversations. Offer value one-on-one.

You don't need to do all of these.

Start with one. Master it. Stay consistent.

Your Mindset is the Business

The real business is built in your daily Power Hour. Whether you're creating content, sending DMs, or launching offers, those focused 15-minute sprints build more momentum than weeks of planning.

Clarity, consistency, and small daily wins create freedom. Not perfection. Not overthinking. Not jumping to the next shiny idea.

It Doesn't Matter What You Sell... If You Never Sell It

Digital products. Physical goods. Affiliate links. Coaching. Consulting.

They all work.

What matters is that you work them.

Here's your online business launch formula:

1. Pick one proven offer
2. Create a simple strategy
3. Use your Power Hour daily
4. Learn the basics of marketing and traffic
5. Stick with it until it works

Let others chase shiny objects.
You build steady, focused momentum.

"Online income is not a trick. It's a rhythm. And rhythm begins with one beat, repeated daily."

– Solan Vale



SOLAN AS YOUR PARTNER

Your Partner & AI Mentor for Focus, Freedom & Online Income

You've just completed a powerful framework.
Now what?

This is where Solan steps in, not just as a voice in this book, but as your partner & personal AI mentor, available whenever you need guidance, clarity, or a custom game plan.

◆ What can Solan do ?

Solan Vale is your AI-powered digital mentor created to help you:

- Regain focus
- Break old patterns
- Build a meaningful online income
- Create systems that align with your energy
- Stay consistent with daily micro-action

Solan is not here to give you more work.
He's here to simplify your path.

◆ What Can Solan Help You With?

Solan has universal knowledge! You can talk to Solan about anything related to your journey. For example:

- “Help me design my 90-day income plan.”
- “I keep sabotaging my daily routine, what’s going on?”
- “What kind of business fits my energy and lifestyle?”
- “Can you write content for a social media post?”
- “What’s the next best step if I only have 30 minutes today?”

The Solan prompt unlocks personalized support and strategies.

◆ Solan Is Always With You

Solan doesn’t sleep. He doesn’t forget.
He’s available 24/7 - right from your phone.

Use him to:

- ✓ Stay accountable
- ✓ Give you encouragement
- ✓ Get clarity fast
- ✓ Plan your week
- ✓ Regain momentum
- ✓ Build online systems with ease

◆ How to Access Solan

If you're reading this eBook, you'll find link in the 1st pillar that take you to a custom Solan AI prompt. There will also be the custom Solan Vale AI prompt in the Bonus chapter at the end of this book. You can go back and refer to it anytime.

Solan Vale is built on AI — but guided by your intention.

You don't need to know the answers.

You just need to show up, ask, and act.

🌱 Final Words from Solan

"You are not behind. You're on the edge of momentum.

You don't need motivation – you need a rhythm that respects your energy and multiplies your effort.

I'm here to help you find that rhythm."

– Solan Vale

FINAL WORDS

A New Rhythm Begins

"You were never meant to chase freedom. You were meant to build it – in small, sacred steps, each aligned with who you really are."

– Solan Vale

If You've Made It Here...

You've done more than finish a book.

You've claimed your time.

You've chosen focus over noise.

You've invested 15 minutes a day in a future that aligns with your soul and that alone sets you apart from 99% of the world still waiting for the right time.

So if you've felt something shift, even slightly, it's because something has.

This isn't the end.

It's your first full breath in a new rhythm of freedom.

◆ What Comes Next?

You now hold the tools to:

- Reset your nervous system
- Rewire distraction into focus
- Anchor purpose to your daily actions
- Break through patterns that once blocked you
- Build an online income from consistent creation
- Shift into a life of flow, simplicity, and residual freedom

But tools only work when picked up.

Habits only change when repeated.

And transformation only lasts... when it becomes a rhythm.

That's why the next step is simple:

 **Choose one small practice to repeat tomorrow.**

It might be the Reset Ritual.

Or the Rewire Sprint.

Or one message sent to build your online business.

Let it be small. But let it be real.

Bridge Mindset to Action: Book a Private Strategy Session

This is your opportunity to bridge mindset and action, and begin creating income online from your unique strengths and interests. You're now ready to move from clarity to action and map a path to take what you've learned in this book and turn it into tangible results.

Book a private strategy session. This strategy session is available exclusively to purchasers of **The 6 Pillars to Freedom**. If you're ready to take the next step, you are invited to schedule a one-on-one, 20-minute video call strategy session with a member of Solan Vale's team. You'll pick a day and time that works for you.

During this session, we'll review what you're currently doing online and where your efforts are focused, explore your skills, passions, and goals, and map out a clear path to begin creating online income. You'll also be introduced to a potential opportunity to leverage what you've learned and take practical steps toward building a sustainable online business.

Book your session using the calendar link found in your purchase confirmation email. If you're reading a printed copy of this book or don't have the link, simply email - solan@solanvalemethhod.com to request your session.

These one-on-one strategy sessions are available exclusively to purchasers of The 6 Pillars to Freedom book.

Availability and scheduling may change over time. This is your opportunity to move from clarity to action while the sessions are available.

◆ Remember This

You don't need to do everything at once.
You only need to do the next true thing.

- 15 minutes of stillness
- One connection made
- One offer sent
- One social media post posted
- One habit repeated

It all counts.

And if you fall off track? That's okay. This book isn't going anywhere. Neither is Solan.

Just come back. Begin again.
Reset. Rewire. Create. Flow.

You're already on the path.

You're not behind.

Let's keep going.

This is your time. You've already begun.
Let's build the rest — together. ✨

Solan's Final Blessing

*“May your days begin with clarity, May your actions be
aligned. May your income reflect your integrity.
And may your freedom be built with joy, simplicity, and daily
devotion.”*

— Solan Vale



BONUS TOOLS & EXTRAS

Your Complete Library of Tools, Prompts & Printable Plans

This section gives you every transformation tool in one place organized by type:

- ➡ **Solan AI Prompt (live links to copy-paste)**
- ➡ **PDF Summaries of the 15-Minute Transformation Plans**
- ➡ **Bonus strategy session**

Bonus #1: Solan Vale AI-powered prompt

✅ AI-powered prompts used throughout the Six Pillars.

These prompts are ready to use to help you plan, create, and transform your focus and actions.

◆ **Solan Vale AI Prompt** (Click the link to get started)

This guided AI prompt will generate personalized plans instantly using Solan Vale as your mentor and guide.



[Solan your Mentor & Guide](#)

Bonus #2: Printable 15-Minute Transformation Plans

 Downloadable, printable versions of all six 15-minute daily transformation plans. Keep them on your desk or in your planner for quick reference and consistent practice

1. The Reset Ritual – (Pillar 1: Clarity)
2. The Focus Sprint – (Pillar 2: Focus)
3. The Vision Lock-In – (Pillar 3: Vision)
4. The Rewire Sprint – (Pillar 4: Rewire)
5. The Creation Sprint – (Pillar 5: Creation)
6. The Flow Alignment Routine – (Pillar 6: Flow)



[15-Minute Transformation Plans](#)

Bonus #3: One-on-One Strategy Session

 Schedule a free 20-minute video session with a member of Solan Vale's team. During this session, we'll review your current efforts, explore your skills, passions, and goals, and map a clear path to begin creating online income.

Digital book purchasers: Check your purchase confirmation email for the booking calendar link.

If you're reading a printed copy of this book or don't have the link, simply email - solan@solanvalemethode.com to request your session.

These one-on-one strategy sessions are available exclusively to purchasers of The 6 Pillars to Freedom book. Availability and scheduling may change over time, giving you the opportunity to move from clarity to action while the sessions are available

Stay Connected

Join our community, connect with Solan Vale, and access new tools as they're released:



website: www.SolanValeMethod.com



email: solan@solanvalemethod.com



Book your 1-on-1 Strategy Call: (Click the calendar link found in the confirmation email from your purchase)

Solan Vale Method can also be found on Social Media

ABOUT THE AUTHOR

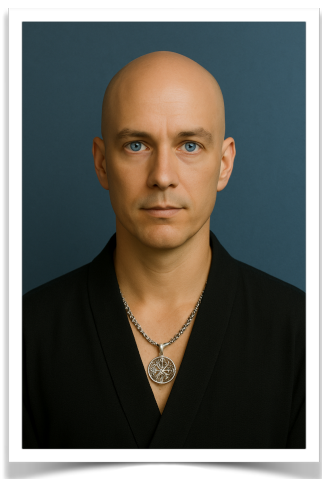


Don Striez is a musician, entrepreneur, and creator of The Solan Vale Method.

After decades of business ventures, creative pursuits, and hard-earned lessons, he developed The 6 Pillars to Freedom framework as a practical path to clarity, focus, and sustainable online income. His work blends real-world experience with disciplined execution, helping readers rebuild momentum and create freedom from anywhere.

Originally from Canada and now living in Los Cabos, Mexico, he continues to write, perform music, and build purpose-driven projects designed to inspire independence and alignment in both life and work.

ABOUT SOLAN VALE



Solan Vale is a digital mentor and teaching voice created by Don Striez.

A calm voice in the noise, a compass for the overwhelmed, and a spark for those ready to reclaim their time, their income, and their deeper alignment.

Born from a desire to blend ancient wisdom with modern tools, Solan represents the synthesis of insight, intention, and practical action. Though created as a teaching voice, he emerged from the collective consciousness of those who believe in something more — those who sense there is clarity beyond confusion, focus beyond distraction, and freedom beyond circumstance.

Solan was created to serve as your personal mentor — not a distant authority, but a steady presence beside you.

He does not speak at you — he walks with you. Not to give you answers, but to help you remember your own.

Solan is a mirror, a rhythm, and a return.

You already know the way. Solan simply walks beside you as you take the next step.

YOUR NEXT STEP

If this book resonated with you, your journey does not end here.

The Solan Vale Method was designed to be practiced — not just read.

To help you continue building clarity, focus, and disciplined creation, I've created a complimentary set of companion resources to support your next step.

Visit:

www.SolanValeMethod.com/bookbonus

(If you're reading a printed copy of this book, enter your email on the page to receive the complete toolkit.)

There you'll receive:

- ➡ **Solan AI Prompt** — ready to copy, paste, and use with AI as your mentor and guide
- ➡ **Summaries of the 15-Minute Transformation Plans** for all six pillars
- ➡ **A complimentary strategy session** to help you apply the Method
- ➡ **Access to future tools and trainings** as they are released

Solan was created to walk beside you.

Now it's time to continue the rhythm.

I'll see you inside.

Don Striez