

THE 10,000 RULE

THE FOUNDATION

The First Commandments to Freedom



BY UPTOWN YT

KING OF CALIFORNIA



The FOUNDATION
The First Commandments to Freedom

THE 10,000 RULE

FROM HUSTLER TO HIGH LIFE
DISCIPLINE IS THE NEW LUXURY
FREEDOM IS THE REWARD

UPTOWN YT

HOW TO USE

**This is an interactive e-book.
If you see a sentence or a word that is underlined click it
and it will take you to the corresponding page or website.**

There are pages for journaling and reflection.

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FOREWARD

**I didn't write this book to sound smart.
I wrote it to save someone's life.**

**I know what it feels like to be lost
to wake up every day fighting battles no one else can see,
and feel like no matter how hard you try, you can't win.**

**At fifteen years old, I was facing 127 years to life.
I remember sitting in that courtroom thinking my life was over.
But what I didn't know then was that God was just getting started.**

**Prison life didn't break me; it built me.
It taught me that freedom doesn't start when the gates open,
but when your mind opens.**

**The 10,000 Rule was born in a cell,
and meant for the free world.
It's a system of discipline and spiritual order.
This helped me turn pain into power and nothing into millions.**

**I wrote this for people who are tired of feeling stuck.
For those who are hungry but need a plan.
For those who know they were made for more
but don't know where to start.**

**This book is that starting point.
It's the blueprint that took me from a cell to success,
from hopeless to free.**

**Read it slowly.
Apply it daily.
And never forget
You are one decision away from changing your whole life.**

-Uptown YT

DEDICATION

This book is for people who feel trapped in poverty and pain.

For those who keep fighting every day but feel like they're getting nowhere.

If you wake up every day tired, lost, and unsure of where to start, and have empty spaces in your heart that no one else can see or understand.

**This book is for you,
the one searching
for a path,
a plan,
a way out,
and just one reason to keep going.**

**You don't need to keep looking for the light.
The light is already there inside of you.**

**You just need directions to find it.
This book is your direction.
This is your way out.**

MEET, UPTOWN YT

Uptown YT was born in **San Bernardino**, the murder capital of California. At the age of nine years old, he watched his father try to kill his mother right in front of him. That moment changed everything.

By **fifteen**, his pain had turned into rage and survival.

He was arrested and charged as an **adult, facing 127 years** to life in prison. At seventeen, he was sentenced to two consecutive life sentences. Everyone said he would die in prison.

But Uptown YT made a choice: If they were going to take his body, they would never take his mind.

During **eight and a half years behind bars**, he built discipline when he had nothing.

He studied, trained, prayed, and learned the power of focus.

He refused to let the darkness break him. He turned the same pain that destroyed him into the fuel that rebuilt him.

When he came home at twenty-three, he wasn't broken — he was reborn. Within a year, he became a multi-millionaire, proving that discipline and faith can rebuild any life.



Out of that transformation, he created “The 10,000 Rule”.

The 10,000 Rule is a lifestyle of strict discipline and spiritual alignment built on four unbreakable laws:

No Sex.

No Wasting Money.

No Distractions.

No Excuses.

Today, Uptown YT is an entrepreneur, motivator, and movement leader showing the world that freedom isn't just luck, it's discipline in action.

Through his story, he teaches people how to turn pain into power and poverty into purpose.

ACKNOWLEDGMENTS

First, I thank God, the Creator of all things, for showing me that discipline is the bridge between who I was and who I was born to be. Without His grace, this book would only be about pain, but with His presence it became purpose.

To my mother, who never stopped praying even when the world gave up on me. Your love built the man I became.

**To everyone who ever doubted me, thank you. You made me dig deeper, work harder, and believe harder.
Your belief became my motivation.**

To the brothers still fighting inside those walls, and to you walking free but still trapped in your mind this is for you. You are not forgotten. You are proof that freedom begins within.

To my supporters, followers, and the ones living by “The 10,000 Rule” every day you are the movement. Every comment, message, and testimony reminds me that this mission is much larger than just me.

**To the next generation, may your pain never be wasted.
Turn it into power.
Turn it into purpose.
and never forget.
You are proof that discipline creates destiny.**



INTRODUCTION: WHY THE 10,000 RULE

You're broke not just financially, but mentally.
You say you want freedom, but you lack the discipline that freedom demands.

Even a bear knows discipline. Before the winter, it gathers and stores, because instinct tells it: without preparation, there is death. The same law applies to you. Life has its winters, moments of lack, hardship, and darkness. If you waste your time playing when you should be preparing, you will starve spiritually, mentally, and financially.

The 10,000 Rule exists to save you from that death.

It is **not** a theory or a motivational pep talk.
It is a **mindset** that is raw, strict, and unshakable.
It is the line between who you are and who you are meant to be.

Everyone says they want freedom, but freedom is not free.
Freedom is the reward for mastering discipline.
You speak about wealth yet, act like poverty.
You dream of building empires yet waste your energy chasing pleasure.

Before you can build wealth, you must build yourself.
Your foundation begins with these four "**No**" Commandments

The Four "**No**" Commandments of the \$10,000 Rule

No Sex
No Wasting Money
No Distractions
No Excuses

These are not suggestions; these are the gatekeepers to freedom!
Each "**No**" protects your mind, money, and energy.
Until you conquer these **No**'s, you are not free; you are a slave.
The \$10,000 Rule demands proof.

☞ If you don't have at least **\$10,000 in cash** not stocks, crypto, or imaginary investments. You are not free.

The \$10,000 Rule is a **lifestyle**, not an idea.

This is discipline in motion.

It's the bridge between spiritual alignment and material success.

When you discipline your mind, your spirit follows.

When your spirit is awakened, the world obeys

The \$10,000 Rule is the first step to mastering and controlling your mind so completely that your reality bends to your will!

Your first \$10,000 is not just money, but proof.

Proof that you can create wealth.

Proof that you are no longer chained to poverty.

Proof that you can conquer your wild ways.

When you reach 10K, you will see that 20K is possible.

When you reach 20K, 50K follows.

Then 100K. Then **MILLIONS.**

When your mind shifts, limits no longer exist in your life.

The \$10,000 Rule is the discipline that builds freedom.

It's the mindset that awakens spiritual power.

It's the foundation that your mental, spiritual, and financial empire is built on.

Walk through the four gates.

Stack your 10K

and step into your power!

COMMANDMENT
ONE

NO SEX

COMMANDMENT ONE: NO SEX

Before you build wealth, you have to protect your energy. The first wall and the hardest one is sexual discipline.

Everyone wants success, but few are willing to give up what feels good for what's right. Sex is the easiest pleasure to find and one of the hardest habits to control. That's why it's the first commandment of the 10,000 Rule. If you can't control your body, you'll never control your future.

THE STORY: THE SEED AND THE KINGDOM

Every man carries the blueprint to his kingdom inside him. Your seed is your life's energy; the same power that can create a child can also build an empire.

But when you waste that energy on meaningless sex, you give away the strength that could build your dream. That same energy could have built your business, your body, or your bank account. Instead that energy was spent a few minutes of pleasure.

When I was eighteen, I wasn't chasing women I was fighting for my life. I was locked up from fifteen to twenty-three eight years behind bars. No women. No distractions. Just time to think, read, and rebuild myself.

I used that time to master myself. I trained. I prayed. I read. I planned. Every "no" I said to temptation became another brick in my foundation.

The first \$10,000 I ever stacked didn't come from a job — it came from a choice. A choice to master myself before I tried to master money.

When you stop chasing pleasure, you start chasing after purpose. Remember purpose pays more than pleasure ever will.

THE LESSON: SEX ISN'T EVIL; IT'S ENERGY

This commandment is not saying you should hate sex but about understanding power. Sex is divine energy. When you use it with control, it builds.

When you use sex without purpose, it's destruction.

Ask yourself:

How many times have you found yourself broke, tired and lost, but still chasing after a woman?

How many hours have you wasted on lust, and not building your future?

That's the trap.

The enemy doesn't need to destroy you; distractions do the job.

THE PRACTICE: HOW TO MASTER THIS COMMANDMENT
READ THE PRACTICE ON PAGE 10

COMMANDMENT 1

THE PRACTICE

How to Master This Commandment

01

7-DAY RESET

no sex,
no porn,
no flirting.

When you feel the urge,
move. Work out. Take a cold
shower. Walk. Pray.
Energy never dies, it just
changes form.
Change it into progress.

02

MISSION MODE

Write down why you're
living by the 10,000 Rule.
When temptation hits, read
it again.
If she can't build with you,
she's slowing you down.

03

GUARD YOUR EYES AND MIND

Unfollow distractions.
Delete the numbers that
keep you stuck.
If it doesn't feed your spirit,
it drains it.

04

DISCIPLINE REPS

You don't win this battle
once — you win it every
day.
Each "no" builds spiritual
muscle.
Each "no" adds to your
disciplined bank account.
Each "no" brings you closer
to your 10K.

**THE TRUTH:
YOU CAN'T BUILD AND CHASE
AT THE SAME TIME**

A man can't chase women and chase purpose — one of them will starve.

The 10,000 Rule starts with mastering your body before you master your bag.

When you control your urges, you control your destiny.

Most people never reach freedom because they lose the fight inside.

Win here, and everything else becomes simple:

**Focus.
Money.
Discipline.
Clarity.**

They all come from this commandment.



A man with a muscular physique, wearing glasses and light blue shorts, stands in a swimming pool. The background shows a poolside area with lounge chairs and greenery. The text is overlaid on the image.

**MONEY IS ENERGY,
NEVER
DIES; IT
JUST** *energy*
moves

THE CHALLENGE: TEST OF CONTROL

**This is your test.
If you can't do this, stop reading.**

**You can't stack 10K if you can't stack self-control.
Go 30 days: no sex, no porn, no flirting, no chasing.**

- ✓ **ONLY FOCUS.**
- ✓ **ONLY PURPOSE.**
- ✓ **ONLY YOU VERSUS THE MAN YOU WERE YESTERDAY.**

**When you can go for 30 days without needing pleasure,
you'll realize you were born to create power.**

**If you can do that, welcome to the 10,000 Rule.
You've passed the first gate.
If you can't, you're not ready yet.**

COMMANDMENT **TWO**

NO WASTING MONEY

COMMANDMENT TWO: NO WASTING MONEY

Before you can grow money, you have to learn to manage it.

Before you can attract more, you must respect what you already have.

Money isn't just paper — it's energy. It flows toward discipline, order, and gratitude. It runs away from chaos, waste, and confusion.

You were born rich.

Everything you want — peace, freedom, success, the dream life — is already inside you.

The problem isn't creation; it's connection.

You've just been tuned to the wrong station

THE STORY: THE LOCKDOWN ECONOMY

In prison, I learned what money really means — because most men had none.

Jobs paid ten to fifty cents an hour. A single dollar can change a man's life.

I saw men fight over a two-dollar bag of food.

I saw respect and power rise and fall over three dollars.

That's when I learned: wealth isn't about how much you have, but about how well you manage it.

Lock downs could last six or eight months, even two years.

When doors were locked, there was no help, no store, no way out.

If you didn't stack before the storm, you starved in the storm.

That's when I understood the law: **Money is preparation.**

In there, food is money, and discipline is survival.

The man who respected value lived.

The man who wasted, lost.

That same law applies here.

If you can't manage a small amount of money, you'll never handle big money.

If you waste what's in your hands, you block what's waiting to reach them.

THE LESSON: MONEY AND THE MIND

Money is energy, energy never dies; it just moves. Your mind is what directs it. Your beliefs are the signal you send out.

If you think with fear and lack, you attract bills, stress, and struggle.

If you think with gratitude and discipline, money sees its reflection in you and flows your way.

COMMANDMENT TWO: NO WASTING MONEY

It's just like radio — if you want to hear hip-hop, you tune to the hip-hop station.

If you want wealth, you tune your spirit to the frequency of abundance: discipline, gratitude, and purpose.

You don't chase money — you become the type of person money follows.

You don't pray for wealth — you align with it.

You already have it inside you.

The mind creates, the spirit attracts, and discipline sustains.

THE LAW OF MANAGEMENT

God doesn't bless waste.

The universe never gives more to someone who can't handle what they already have.

If you can't manage \$100, you can't manage \$1,000.

If you can't manage \$1,000, you won't handle \$100,000.

If you can't manage \$100,000, you'll never touch a million.

You're tested with small things before you're trusted with big ones.

If you drive a Honda, treat it like a Ferrari.

If you rent a room, keep it as clean as a mansion.

If you don't respect your blessings now, you're telling God you're not ready for more.

Gratitude grows blessings.

Order invites opportunity.

Respect multiplies resources.

THE PRACTICE:
HOW TO MASTER THIS COMMANDMENT
READ THE PRACTICE ON PAGE 17

COMMANDMENT

2

THE PRACTICE

Tuning Your Frequency

01

INNER ALIGNMENT

Every morning, remind yourself: I am already rich. Feel it. Believe it. Move like it's true. Speak wealth until your mind accepts it.

02

MONEY MANAGEMENT

Track every dollar for seven days. Give every dollar a job saving, investing, giving, or building. Don't let your money wander; money needs direction.

03

WRITE IT DOWN DAILY

Gratitude sends the signal that you're ready for more.

04

ENVIRONMENTAL ORDER

Keep your space clean. Clean room, clean mind, clean money. Disorder pushes wealth away; structure pulls it in.

THE TRUTH: WEALTH REFLECTS ORDER

Being broke isn't about numbers, it's a mindset. Money doesn't chase noise; it seeks peace and structure. You don't become rich. You are rich already.

Your bank account mirrors your inner world. When your mind and your environment move with discipline, wealth naturally follows. They all come from this commandment.



THE CHALLENGE: TEST OF **ALIGNMENT**

**This is your test.
For the next 30- days**

- ✓ **Manage every dollar with purpose.**
- ✓ **Speak abundance every morning and night.**
- ✓ **Keep your space clean and your gratitude high.**
- ✓ **End each day asking: Did I move like a wealthy person today?**

When you stay consistent, your reality shifts.

**Money will stop running from you,
and recognize that you are its owner.**

COMMANDMENT THREE

NO DISTRACTIONS

COMMANDMENT THREE: NO DISTRACTIONS

Before I went to prison, I was already locked up. Not behind walls, but in my mind.

My distractions were the bars I couldn't see.

I was chasing everything but purpose.

Fast money.

Fast women.

Fast nights.

Every time I thought I was getting closer to freedom, I was actually building my own cage.

When I finally got incarcerated, I realized something: My body was locked up, but my mind could be free. That's when I found real freedom, "mental freedom."

THE STORY: FINDING FREEDOM IN PRISON

When I got sentenced, I told myself:

"If they're going to take my body, they'll never take my mind."

From that moment, I disconnected from everything that didn't serve my purpose.

The arguments, the gossip, the chaos—it was everywhere.

Prisons are loud. There's always noise, always tension, and always temptation to lose focus.



But I decided to build peace inside the storm.

I started reading. Studying. Writing.

I started building discipline, not muscles. While men were gambling over scraps, arguing over respect, or wasting time in chaos, I was stacking knowledge.

I was learning about the mind, the spirit, and the laws that govern everything around us.

The deeper I went, the more I realized

Freedom doesn't start when the gates open.

Freedom starts when the mind is still.

**Before I was released, I was already free.
Because I had found something most men will never find:
Control from within.**

**I learned to let go of every distraction
the noise, the lust, the arguments, the fear.
That's when I started hearing God clearly.
That's when I started creating my vision for "The 10,000 Rule".
I didn't need the outside world to give me peace.
I created it from within.**

THE LESSON : THE MIND IS THE REAL PRISON

**Most people think prison is a building.
It's not. It's a mindset.**

**You can be sitting in a mansion and still be trapped—
scrolling your life away, comparing yourself to others,
drowning in distractions that make you forget your purpose.**

**That's the new prison.
It's called "attention slavery."**

**Every app, every ad, and every distraction is designed to take control
of your mind.
When something else controls your mind, it controls your money,
emotions, and your destiny.**

**You'll never build wealth, peace, or purpose if you can't control your
attention.
Because focus is the foundation of faith.
If your mind is scattered, your life will be too.**

COMMANDMENT 3

THE SPIRITUAL SIDE : SILENCE IS THE GATEWAY

When I cut off all distractions, I started
hearing God for real.
Not in words—but in clarity.
God never stopped talking.
Most people just can't hear Him through
the noise.

That silence became my sanctuary.
It was where I planned, prayed, and
visualized the life I live today.
Every success I have started in that
silence.

Your mind is your radio.
Your thoughts are the dial.
You can't hear the frequency of
abundance if you're tuned into chaos.

When you quiet your mind, you align
with the frequency of creation.
That's where ideas come from.
That's where intuition grows.
That's where the vision of your future is
waiting for you to hear it.

THE PRACTICE:

HOW TO MASTER THIS
COMMANDMENT
READ THE PRACTICE ON PAGE 25

COMMANDMENT

3

THE PRACTICE

Reclaiming Your Focus

01

THE HOUR OF POWER

Every morning, I spend the first hour in silence.
No phone. No music. No talking.
Just you, your thoughts, and your purpose.
Let your mind load before the world downloads chaos into it.

02

PROTECT YOUR ATTENTION

Don't let social media use you.
Use it with intention.
If it's not teaching you, building you, or paying you —it's draining you.

03

CREATE A FOCUS ZONE

Build an environment where you can think.
Clean room. Clean desk.
Clean spirit.
Focus is attracted to order.

04

AUDIT YOUR CIRCLE

Cut off anyone who lives in confusion.
You can't become who you're meant to be around people who love distraction.

DISTRACTION IS SELF-BETRAYAL

THE TRUTH: DISTRACTION IS SELF-BETRAYAL

**Every time you give energy to what doesn't matter, you rob your purpose.
Distraction is self-sabotage wearing a smile.
It feels good for a moment—but it costs you your destiny.
Focus is faith in action.**

**It's saying: "I believe in my purpose so much that
I refuse to give energy to anything that isn't my purpose."**

**Once you learn how to focus during chaos, nothing can stop you.
Not fear.
Not failure.
Not even walls.
Because when your mind is free, everything else must follow.**



**I believe in my purpose so much that
I refuse to give energy to anything that isn't my purpose."**

-UPTOWN YT

When I was fifteen, they took my freedom.

When I was eighteen, I learned my freedom was never theirs to take.

When I walked out at twenty-three. I didn't just walk out a free man

I walked out a focused man.

The real cell is your attention.

The real key is your focus.

The moment you control your mind you unlock your life.

THE CHALLENGE: TEST OF CONTROL

For the next seven days:
Spend your first hour each morning in silence.

- ✓ NO GOSSIP.
- ✓ NO MINDLESS SCROLLING.
- ✓ NO COMPANIONSHIP.

At the end of seven days, you'll notice:

Your thoughts are more clear.
Your energy feels stronger.
Your purpose sounds louder.

That's what happens when you cut off distractions.
You stop existing and start creating.

When I was fifteen, they took my freedom.
When I was eighteen, I learned my freedom was never theirs to
take.
When I walked out at twenty-three. I didn't just walk out a free
man
I walked out a focused man.
The real cell is your attention.
The real key is your focus.
The moment you control your mind you unlock your life.

COMMANDMENT **FOUR**

NO EXCUSES

COMMANDMENT FOUR

If you don't like your life, change yourself.

Your life is the result of your past choices.

Every result you see your money, your peace, your relationships are all proof of what you've chosen.

If you're broke, that was a choice.

If you're rich, that was a choice.

If you're unhappy, you built that.

If you're free, you earned that.

The world doesn't hand out the results you created.

Until you accept that truth, you'll stay stuck in cycles you could've broken years ago.

THE STORY: FROM 127 YEARS TO LIFE TO FREEDOM

When I was fifteen, I was facing 127 years to life in prison.

Just a kid in a courtroom, listening to grown men read my mistakes out loud.

I wasn't supposed to ever go home again.

Inside prison most people blame someone else. It's their parents fault, the system, the hood, their friends.

Every story ended with "It's not my fault."

That mindset keeps them locked up long after the gates open.

Even as a teenager I knew I was exactly where my choices lead me.

I was not a victim of life.

I was the result of my decisions.

I chose the streets.

I chose the fast life,

I chose prison.

The day I accepted that truth, everything changed.

When I took responsibility, I took power.

COMMANDMENT 4

When I took power, I took control of my story.

At that moment The 10,000 Rule was born.

I realized that discipline shapes my destiny.

I couldn't change the past, but I could change my mind.

It was at that moment, my future changed.

THE LESSON: YOUR RESULTS ARE YOUR REFLECTION

Look around you, your money, peace, health, and relationships are a direct reflection of your past mindset and choices.

If you want to change your reality, stop blaming the mirror.

Change the person that is looking in the mirror.

Excuses feel safe because they take away guilt.

But every time you make an excuse, you give your power away.

You tell the world, "I'm not in control."

What you don't control, you can't change.

Taking responsibility isn't punishment, it's power.

It's saying, "If I caused it, I can fix it."

It's realizing that the same energy that builds your problems can build your purpose.

THE SPIRITUAL LAW OF WILLPOWER

Here's a truth most people miss:

God gave you control over something

That He won't touch that's your will.

He made galaxies, oceans, and mountains,

but he won't control your decisions.

That's how much power he gave you.

You decide whether you live in pain or peace.

You decide whether you stay stuck or grow.

If you want freedom, He'll let you have it.

If you want suffering, He'll let you keep it.

That's how powerful you are.

Your will is your engine.

Whatever you focus on with belief and discipline must become real.

**So when you say, "It's not my fault," you're rejecting the power that God gave you,
but when you say, "It's on me," you step into divine authority.**

You accept your right to create your life.

THE PRACTICE:

How to Master This Commandment

Read the Practice on page 32

COMMANDMENT

4

THE PRACTICE

Owning Everything

01

THE MIRROR TALK

Stand in front of the mirror and say:
"Everything in my life is my result."
Just feel that power; it's ownership not blame.

02

THE CHOICE AUDIT

Write down the five parts of your life you don't like. Is it money, health, relationships, bad habits, lack of peace? Then ask, "What choices created these results"? Be honest.

03

RESPONSE TRAINING

When problems come, don't say, "Why me?" Say, "It's my move."
Every challenge is a test to see how bad you want to change.

04

FAITH IN ACTION

Pray like it's up to God, and work like it's up to you.
Faith without discipline is just daydreaming.

COMMANDMENT 4

THE TRUTH: EXCUSES ARE SURRENDER

Every time you blame someone else, you give them control of your life.

Every time you take responsibility, you take your control back.

Excuses are chains made of comfort. They keep you safe from pain but also safe from greatness.

God can't bless lies you tell yourself. Freedom starts with truth — even when the truth hurts.



THE CHALLENGE: TEST OF **OWNERSHIP**

Over the next seven days:

- ✔ Don't blame anyone or anything.
- ✔ When you mess up, own it right away.
- ✔ When you win, own that too.

By the end of the week you will realize that you were never a victim, but the creator of your choices.

The moment you take full ownership you step into full power.
Remember Power never makes excuses.

NIGHTLY REFLECTION:

WHAT DID I CREATE TODAY WITH MY CHOICES?

THE 10,000 **CHALLENGE**



THE 10,000 CHALLENGE

THE 30-DAY DISCIPLINE TEST THAT BUILDS FREEDOM

You've read the commandments.

Now it's your turn to live the commandments.

**The 10,000 Rule isn't just a book.
It's a system for mastering your body, your mind, and your
money
until you can master the world inside you and the world
around you.**

This challenge is your daily blueprint for freedom.

If you follow it for thirty days, you'll start to see the truth:

**You were never chasing success, you were remembering who
you were created to be.**

NON-NEGOTIABLES

01

NO SEX: MASTER YOUR ENERGY

or the next 30 days:

No sex

No porn

No flirting, sexting, or energy spent on lust.

No fantasy that feeds weakness.

Your seed is life-energy. Save it.

Turn that energy into focus. Into work. Into growth.

When you stop chasing pleasure, you start chasing purpose.

That's the first gate to power.

02

NO WASTING MONEY: MASTER YOUR RESOURCES

Money is energy made visible.

Track every dollar.

Cut every leaking subscription, fast food, ego buys.

Give each dollar a mission example: build, invest, save, give.

If it doesn't grow you don't touch it.

God will not multiply what you mismanage.

The universe will not trust you with more until you prove you can guard what you have.

Treat your money like soldiers, everyone has a purpose, none can desert.

03

NO DISTRACTIONS: MASTER YOUR FOCUS

Distraction is the enemy of creation.

No gossip, no drama, no mindless scrolling.

Silence your phone when you work.

Keep your space clean — order invites clarity.

Start each morning in silence; let your mind hear itself again.

Remember: You cannot be creative in chaos.

The quieter your mind is, the louder your purpose speaks.

04

NO EXCUSES: MASTER YOUR WILL

You are the author of your life.

No blaming.

No complaining.

No stories about why it can't be done.

Every time you make an excuse, you hand your power away.

Every time you take responsibility, you take it back.

Say this daily: "Everything in my life is my result."

That's not guilt, it's ownership.

YOUR DAILY ROUTINE

**This section contains your
day by day play book to get to the next level.
Implement these easy to do practices now
Let's start now.**

MORNING

DAYTIME

NIGHT

MORNING: THE HOUR OF POWER

Complete this checklist daily throughout the challenge

Wake up and read one commandment.

Pray or meditate for 10 minutes.

Write your main goal for the day.



Before taking any action, ask yourself?

“Whats the most important thing I should be doing with my time right now?”

DAYTIME: MISSION MODE

DO

01

Move with intention!

02

When temptation shows up, say:
“Freedom over feelings.”

03

Do the hard thing first!

DON'T

01

Forget the mission!

02

Fall into temptation!

03

Make excuses!

NIGHT: **REFLECTION &** **REFINEMENT**

Ask yourself each night:
Did I waste time or money today?
Did I stay focused?
Did I keep my word to myself?
What could I have done better?
What didn't I do that was right?



Write down your answers.
That's how you build awareness and awareness builds power.

Type Your Answer Here

THE REWARD: OWNING THE WORLD WITHIN

When you complete these 30 days, you won't just gain discipline

- ✓ You'll gain dominion
- ✓ You'll own your mind
(And whoever owns their mind, owns their world.)
- ✓ You'll feel a peace the world can't shake,
a confidence no one can give or take.
- ✓ You'll move differently, speak differently, think differently.

You'll know the truth

Freedom doesn't come from money or fame it comes from mastery

When you master yourself, you have everything.

THANK YOU



Our website

www.The10000Rule.com



Our e-mail

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