

# **BECOME UNBREAKABLE**

## **THE SYSTEM GUIDE**

A 7-Day Execution Guide to Stop Drifting

NATHAN ANDERSON

# START HERE (DAY 1)

**Run this for 7 days. No customization. No negotiating.  
Just execute the pages in order.**

**DRIFT:** when your days are run by feelings and convenience, not standards.

Motivation is unreliable. It shows up late and leaves early —especially when life gets heavy.

Most men don't stop growing because they fail.

They stop because they stop choosing challenge, and comfort becomes the default.

You don't need more motivation. You need standards that hold when you're tired, busy, or stressed.

**You don't rise to your intentions. You fall to your standards.**

**Daily rhythm:**

**AM:** Morning Lock (1 min)

**Training:** 60-Minute Framework (60 min)

**PM:** Daily Audit (3 min)

**Tracker:** Mark the boxes (1 min)

Miss a day? Resume the next day. No reset. No guilt.

Turn the page → **The Unbreakable 5**

# LOCK THE STANDARDS: THE UNBREAKABLE 5

Mindset shapes belief. Action builds identity.  
These are standards, not goals. The win is 5/5.

Miss one? Correct it the same day.

Correct it the same day: complete the minimum before sleep.

## TRAIN YOUR BODY

**Standard:** Lift to build strength. Walk daily for consistency.

**Minimum:** Walk 30 minutes (daily).

Lift (60-Minute Framework or 10-minute Minimum Lift).

**If you miss:** Do Minimum Lift (10 min) + Walk 30 min before sleep. No doubling tomorrow.

## SHARPEN YOUR MIND

**Standard:** Read daily to build wisdom, clarity, or resilience.

**Minimum:** Read 10 minutes.

**If you miss:** Read 10 minutes before sleep. Keep the chain unbroken.

## ANCHOR YOUR SPIRIT

**Standard:** Pray daily and align your actions with truth.

**Minimum:** Prayer + 5 minutes scripture/study.

**If you miss:** Pray tonight. Do 5 minutes of study. No zero days.

## LEAD AT HOME

**Standard:** One intentional action each day that strengthens your family.

**Minimum:** One action (examples: initiate, help, repair, plan).

**If you miss:** Do one action before sleep. Leadership doesn't wait.

## AUDIT THE DAY

**Standard:** Review the standards. Adjust tomorrow.

**Minimum:** Complete the Daily Audit (3 minutes).

**If you miss:** Do the audit in bed. Write tomorrow's one correction.

Mark the tracker daily. Then turn the page → **Morning Lock**

# MORNING LOCK

One minute. Before your phone.  
Before work. Before excuses.

## 1) STANDARDS FIRST.

Today, I will live by:  standards  feelings (Check one.)

## 2) ONE NON-NEGOTIABLE.

If I only do one thing today, it's this: (specific action)

---

## 3) SIDEWAYS DAY PLAN (NO EXCUSES).

Before sleep, I will complete:

- Walk 30 minutes
- Minimum Lift (10 min)
- Read 10 minutes
- Pray + 5 min of study
- One action to lead at home
- Daily Audit (3 min)

## 4) WHO NEEDS ME AT MY BEST TODAY?

Person: \_\_\_\_\_ Action: \_\_\_\_\_

## LOCK IT IN:

Say it out loud: "I don't negotiate with my standards."

Turn the page → **The 60-Minute Framework**

# THE 60-MINUTE FRAMEWORK

Train your body = Lift 3x/week using this framework + walk 30 minutes daily

## The 60-minute session (repeatable)

5 min — Warmup (mobility + activation)

40 min — Strength (lift heavy; focus on Push / Pull / Legs)

15 min — Finisher (walk, bike, incline, or core)

## 7-Day Structure (start any day)

Day 1: Strength — Push

Day 2: Walk 30 + mobility (10)

Day 3: Strength — Pull

Day 4: Walk 30 + mobility (10)

Day 5: Strength — Legs

Day 6: Optional: conditioning + Walk 30

Day 7: Recovery + Walk 30

Mobility (10) = stretch (hips + shoulders)

## Rules (don't negotiate)

- No doubling. Miss a day? Resume the next scheduled day.
- Miss a lift day? Do Minimum Lift (10 min) before sleep.
- Miss the walk? Walk 30 before sleep. No doubling.

## Minimum Lift (10 min) — sideways day fallback

2 rounds: one Push, one Pull, one Legs movement.

Do 1 hard set per movement (6–12 reps). Stop 1–2 reps before failure.

Move fast. No phone.

Turn the page → **Daily Audit (Evening)**

# THE DAILY AUDIT (EVENING)

3 minutes. End the day clean. Correct fast.

## 1) Score the standards (check the boxes)

**Train your body**

- Lift (D1/D3/D5 only — Framework or Minimum Lift)
- Walk 30

**Sharpen your mind**  Read 10

**Anchor your spirit**  Pray + 5 min of study

**Lead at home**  One intentional action

**Audit the day**  One correction written

**Win = Unbreakable 5 + Audit.** If not achieved: complete the minimum before sleep, then continue tomorrow.

## 2) Code Check (Mirror) — 60 seconds

- Did I live by my **standards** or my **feelings** today?
- Did I do what I said I would do—or **explain it away**?
- Who needed me at my best today—and did they get it?

## 3) One correction for tomorrow (2-4 words)

Tomorrow I will: \_\_\_\_\_

Close the day: **No guilt. No reset. Execute tomorrow.**

Turn the page → **7-Day Tracker**

# 7-DAY TRACKER

WIN = UNBREAKABLE 5 + AUDIT.  
IF YOU MISS ONE, CORRECT IT BEFORE SLEEP.

## DAYS 1-7

D1 D2 D3 D4 D5 D6 D7

Lift (D1/D3/D5—Framework or Minimum Lift)

Gray = not a lift day

Walk 30

Read 10

Pray + 5 min of study

Lead at home (one action)

Daily Audit completed

Tomorrow  
(one focus 2–4 words)    — — — — — — —

Turn the page → **After Day 7**

# AFTER DAY 7

You don't need motivation. You need standards.



**Run this again for 7 more days.**

Same pages. Same structure. **More reps.**



**If you missed days**

Don't restart. Don't make up days.

Resume tomorrow. Minimum before sleep.



**Go deeper (Chapter 9)**

Go to *Become Unbreakable*, Chapter 9—while you keep running the standards.

**Close it: Correct fast. Keep the chain unbroken.**