

The Strong Life

Health, sleep, exercise, purpose, family and financial discipline for the long game

JERSEY STRONG DEAL ONLY

A practical field manual built to be studied, practiced and used on the dealership floor.

This book is lifestyle education, not medical, nutrition, mental-health or financial advice. Use qualified professionals for individualized guidance.

Chapter 1: The Strong Life Foundation

Core Lesson

A sustainable sales career requires energy, sleep, relationships, purpose and financial discipline. The goal is not burnout disguised as hustle.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

What gave me energy?

What drained me?

What did I avoid?

What is one small change I can repeat next week?

Chapter 2: Sleep

Core Lesson

Protect a consistent sleep window. Reduce late-night stimulation, caffeine timing and unnecessary screen time. If persistent sleep problems affect daily life, seek qualified medical advice.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

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Chapter 3: Fuel

Core Lesson

Build simple meals around adequate protein, vegetables/fruit, whole-food carbohydrates and hydration. Avoid pretending there is one perfect diet.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

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Chapter 4: Movement

Core Lesson

Use strength training, walking and mobility according to your ability. Consistency beats heroic bursts followed by injury.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

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Chapter 5: Stress & Recovery

Core Lesson

Create a short decompression ritual after work. Breathing, walking, journaling or quiet time can help transition out of deal mode.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

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Chapter 6: Faith & Purpose

Core Lesson

Define the values that guide decisions. Make room for reflection, gratitude and community according to your beliefs.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

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Chapter 7: Family

Core Lesson

Protect relationships from the dealership schedule. Communicate expectations and schedule meaningful time instead of waiting for free time to appear.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

What gave me energy?

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What did I avoid?

What is one small change I can repeat next week?

Chapter 8: Money

Core Lesson

Track income, fixed costs, debt, emergency savings and irregular expenses. Build a plan before lifestyle inflation consumes raises.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

What gave me energy?

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What is one small change I can repeat next week?

Chapter 9: Career & Financial Freedom

Core Lesson

Income growth is only one part of freedom. Pair earning power with savings, debt management, skill development and long-term planning.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

What gave me energy?

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What did I avoid?

What is one small change I can repeat next week?

Chapter 10: Daily Routine

Core Lesson

Use a simple morning, workday and evening checklist. Review tomorrow before leaving today.

Weekly Practice

Write the behavior you will perform, the time it will happen, and how you will measure completion.

Reflection

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Chapter 11: Bad-Day Protocol

Core Lesson

When a day goes badly, do not make permanent decisions in temporary emotion. Review facts, recover, identify one lesson and restart.

Weekly Practice

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Reflection

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Chapter 12: 90-Day Strong Life Plan

Core Lesson

Choose one sleep goal, one movement goal, one nutrition goal, one relationship goal and one financial goal. Track weekly.

Weekly Practice

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Reflection

What gave me energy?

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What did I avoid?

What is one small change I can repeat next week?

Chapter 13: Sustainable Ambition

Core Lesson

Hustle should mean disciplined action, not self-destruction. Protect your health because your career is a long game.

Weekly Practice

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Reflection

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Chapter 14: Personal Scorecard

Core Lesson

Rate sleep, movement, nutrition, family, purpose, money and work from 1–10 each week. Pick the lowest score and improve it first.

Weekly Practice

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Reflection

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