



A Review,
So Far
&
some NEXT...
DB#25

LOOKING BACK, RESTING &
MOVING FORWARD

25 Deeper Blogs

Financial Independence – more & more simple	DB#2,3
Thinking processes – Decisions, Risk & Reward, Focus, Systems	DB#1, 5-14, 17
Rhythm & Habits – Morning, Winter Blues	DB#15,16,4
Endurance Athlete – Feeding & Coaching	DB#19 - 24
Reliable Used Car Process	DB#18
Review	DB#11, 25

25 Deeper Blogs

Post #	Name	Subtitle	KEY	Gifts	NEXT	LINKS	# pages
						total:	266
						average pgs per	11
DB#1	Transitions ...DB#1	The starting point is change: What to do: Just Prior to, Right Away & As You Go!	Checklist of what you might do as you decide to change your life	.pdf	So many ideas to write on - COME BACK HERE to CREATE	http://johnnysspedlab.com/2019/12/26/transitions/	5
DB#2	Financial Independence ...DB#2	I originally created a book of 'money learning' for my Mom decades ago. I later created this 'letter' for my Wife & my Children so that they would understand the options that this tool called money creates. Along the way, I have met with many people explaining these simple concepts...	FI is yours if you want it, this is what needs to be taught to children & adults more often: SAVE >> SPEND + INVEST AUTOMATICALLY = FINANCIAL INDEPENDENCE	.pdf	CLASS, a deeper look at Market (low effort) vs. Real Estate (higher effort)	http://johnnysspedlab.com/2020/01/02/financial-independence/	16
DB#3	Investing made Simple ...DB#3	I wrote this quick article for the children of my family. The idea is to make investing as simple as possible, dependent only on risk tolerance and expense ratio. I would encourage you to go one more step and make your investing automatic. I understand there are thousands of investing...	FI simple. Just do this...	.pdf	Even more simple?	http://johnnysspedlab.com/2020/01/10/investing-made-simple/	4
DB#4	Bashing the Winter Blues ...DB#4	For my daughter who has not seen Winter in two years, yet this year finds one again. All the best to you and have fun!	Winter possibilities	.pdf	none	http://johnnysspedlab.com/2020/01/16/bashing-the-winter-blues/	3

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DB#5	A Perfect Day Exercise ...DB#5	How you might find 'the way' to what you really want.	Find what you want with a dreaming exercise of details of what your days could become.	.pdf	none	http://johnnysspedlab.com/2020/01/26/a-perfect-day-exercise/	11
DB#6	Risk & Reward Exercise ...DB#6	Larger Risks & Larger Pay-off Your life has a story, so let's begin to tell it A Process template + 5 Examples: Vocation, Profession (2), Physical & Financial categories:	Let's take calculated risks	.pdf	none	http://johnnysspedlab.com/2020/01/30/risk-reward-exercise/	6
DB#7	A Critical Decision Making Process ...DB#7	The point is there are many methods to make an important decision, each one has its own merits. The key is to be aware of as many as possible and to use them where you deem appropriate. I present a few that have worked for me here. I will follow-up...	When it is important, how will you decide?	.pdf	none	http://johnnysspedlab.com/2020/02/06/a-critical-decision-making-process/	10
DB#8	Critical Decision Making Process – an Example ...DB#8	This process is by no means perfect, but I have used it many times over the years for larger more critical decisions. This is an example of each of the eight (8) steps used to decide.	An real life example on how I decided. How about you, what is your process?	.pdf	none	http://johnnysspedlab.com/2020/02/13/critical-decision-making-process-an-example/	23
DB#9	CareerDecisionMatrix (CDM) ...DB#9	Finding out which job is better for you Now & in the future	A detailed method on how to decide & later moving from career to vocation	.pdf & .xlsx	none	http://johnnysspedlab.com/2020/02/20/careerdecisionmatrix-cdm/	12

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DB#10	Finding Your Criteria ...DB#10	Guidelines for Your life. Values, Principles, Lessons, Themes ... Finding Your Criteria.	How will you tell if it has been a good day? What is really important to you? What will you live your life by?	.pdf	none	http://johnnysspedlab.com/2020/02/27/finding-your-criteria/	14
DB#11	Focus Your Life ...DB#11	A system to help you find what you are looking for, so you might spend your life there ... Select the significant CATEGORIES of your life, Place your projects withing these CATEGORIES, then Reflect, Review, Renew & Commit for each of these CATEGORIES.	Select CATEGORIES & REVIEW weekly	.pdf	none	http://johnnysspedlab.com/2020/03/05/focus-your-life/	12
DB#12	A System ... putting it all together ...DB#12	How can you visually connect your daily planner, overall goals, significant categories of your life & your currently working projects, in ONE sheet that you can carry with you?	Simple tracking - everyday, everyweek, every month, every quarter, every year	.pdf	Show photo of books: 2017 thru 2020	http://johnnysspedlab.com/2020/03/12/a-system-putting-it-all-together/	9
DB#13	Finding Your Rhythm ...DB#13	Getting to Habits	From building percistence, beautiful creations come.	.pdf & .xlsx	none	http://johnnysspedlab.com/2020/03/20/finding-your-rhythm/	19
DB#14	EXPERIENCES ...DB#14	Your connection to the Future ...	Evaluating your past Experiences might help you find your future.	.pdf & .xlsx	none	http://johnnysspedlab.com/2020/03/26/experiences/	18

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DB#15	Morning Stretch ... DB#15	Less than 10 minutes, a great part of your Morning Routine	Loosen your stiff body, you will thank yourself.	.pdf	none	http://johnnysspedlab.com/2020/04/03/morning-stretch-db15/	2
DB#16	A Morning Routine ... DB#16	Considerations to start your day Habits that get you going well	Save yourself, start with key 'pieces of life' that are important to you.	.pdf	none	http://johnnysspedlab.com/2020/04/10/a-morning-routine-db16/	5
DB#17	To Create Moments for Thinking in the Morning ...DB#17	Creating an opportunity to think without the weight of the day's experiences. The days of our lives seem infinite, yet are numbered. What will you create?	THINK early!	.pdf	none	http://johnnysspedlab.com/2020/04/16/to-create-moments-for-thinking-in-the-morning-db17/	9
DB#18	Researching & Buying a Reliable Used Car ... DB#18	A simple 5 step process to buy a reliable used car, research to negotiation. And a simple method to determine success or not.	On your path to Financial Independence, buying reliable used cars is one of the keys. A method to evaluate your car purchases.	.pdf & .xlsx	What I do after I buy a used car	http://johnnysspedlab.com/2020/04/23/researching-buying-a-reliable-used-car-db18/	16
DB#19	Endurance Athlete Feeding ...DB#19	Becoming Your Own Chemist Nutrition during your training & events	During feed yourself well & inexpensively. Gluten Free & Dairy Free.	.pdf & .xlsx	none	http://johnnysspedlab.com/2020/04/30/endurance-athlete-feeding-db19/	9

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DB#20	Endurance Athlete Feeding ... DB#20	Becoming Your Own Chemist Nutrition AFTER your training & events – Recovery	Doing recovery well, feeding after your event. Gluten Free & Dairy Free.	.pdf & .xlsx	Feeding Recovery	http://johnnyspeedlab.com/2020/05/07/endurance-athlete-feeding-db20/	8
DB#21	Endurance Athlete Feeding ... DB#21	Becoming Your Own Chemist Nutritional 'high' protein Snack	An inexpensive good snack. Gluten Free & Dairy Free.	.pdf & .xlsx	none	http://johnnyspeedlab.com/2020/05/14/endurance-athlete-feeding-db21/	9
DB#22	Endurance Athlete Training Overview ... DB#22	Becoming your own coach Periodization, Base, Interval/Speed/HIIT* & Rest *Details on Interval/Speed/HIIT to follow in future Deeper Blog	Endurance training = .	.pdf & .xlsx	none	http://johnnyspeedlab.com/2020/05/22/endurance-athlete-training-overview-db22/	18
DB#23	Endurance Athlete Training – Intervals/Speed/HIIT ... DB#23	Becoming your own coach Periodization, Base, Intervals/Speed/HIIT & Rest	Endurance training - SPEED/INTERVAL/HIIT.	.pdf & .xlsx	Testing your fitness	http://johnnyspeedlab.com/2020/05/28/endurance-athlete-training-intervals-speed-hiit-db23/	14
DB#24	Endurance Athlete Training – Fat Burn Zone (FBZ)... DB#24	Becoming your own coach Burn more fat & last longer in the Fat Burn Zone (FBZ) Zone 2 – Z2	Endurance training - 'FAT BURN ZONE'. - HEART RATE ZONE 2 (Z2) ~ 180 - AGE = .	.pdf & .xlsx	Table %fat/%glucose at %HR, REFERENCES for all athlete posts	http://johnnyspeedlab.com/2020/06/04/endurance-athlete-training-fat-burn-zone-fbz-db24/	14
DB#25	Summary so far! ...DB#25	Index, Topics covered & some thoughts on what is NEXT	All so far ... to find it faster.	.pdf & .xlsx	none	http://johnnyspeedlab.com/2020/06/08/a-review-so-far-&some-next-db#25/(opens.in.a.new.tab)	7