Your roadmap



REGULATE · INTEGRATE · EXPAND

Kristian Hill

One structure.
Your own path.

Everyone I work with goes through the same three phases. How long each one takes, and what we do inside it, is yours.

1

Regulate

Out of the storm.



2

Integrate

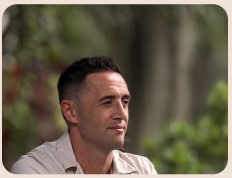
Calm starts to hold. Your body comes back in.



3

Expand

Power and direction for your business and your life.



You're starting at Regulate.

Run into the storm.

Picture a huge storm behind you. You've been running from it. You're on the edge, partly in it, and that's why everything feels so hard right now.

In this phase you stop, turn around and run into it.

When you get to the eye of the storm, everything calms.

It won't be a straight line. Whatever comes up, comes up. Let yourself surrender to the process. It will make sense in due course.



Body first. Then everything else.



Your physical state primes your psychological state. Mindset alone won't hold it, and I'm not going to tell you to meditate and hope it gets better.

We find the gaps and start with the bleeding neck problems, the ones costing you most right now.

Then the easy wins. Where are you making life harder for yourself? What could you fix today that would make things a lot easier?

We remove friction. We go for ease, not force.

Underneath all of it we build self-trust and self-discipline. That's the backbone. And we build a foundation: a life that gives you energy instead of draining it.

Before our first session.

- [ ] Sit for a minute with your eyes shut. Breathe.
- [ ] Look back at your last 24 hours as if I'd been there. What would I notice?
  MORNINGS · PHONE · WORK BOUNDARIES · EATING · CONSUMING · WATCHING
- [ ] Pick the one easiest thing to fix, and do it this week.
- [ ] Tell me on WhatsApp what you picked.

By our first session, you'll probably be surprised at what you'd been letting slide.

How we work.



Every week, one to one, usually 75 to 90 minutes. We set the time each Sunday or Monday.

After each session you get notes: what we covered and one thing for the week.

Between sessions, WhatsApp: +44 7759 017732.

Communicate everything.

Even if you don't have a question, share it. A coincidence that shows up. A conversation that suddenly makes sense. A dream that seems a bit wild. It's big work we're doing, and it all counts.

The only way out is through.