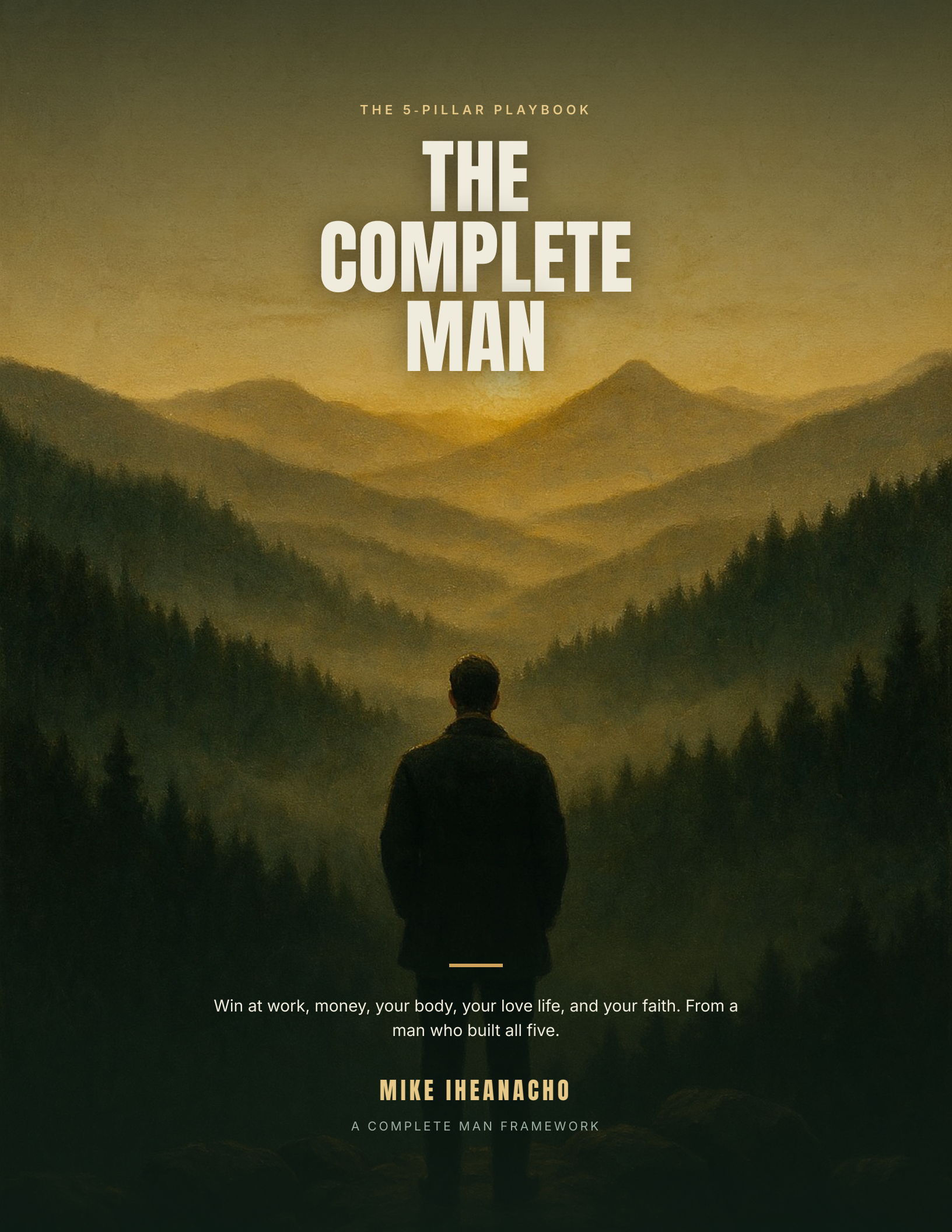




THE 5-PILLAR PLAYBOOK

THE COMPLETE MAN

Win at work, money, your body, your love life, and your faith. From a man who built all five.

MIKE IHEANACHO

A COMPLETE MAN FRAMEWORK

START HERE

Most Men Are Good At One Thing

Maybe you make good money but your love life is a mess. Maybe you look strong in the gym but you feel empty inside. Maybe you love God but your bank account is a wreck.

You do not have to live that way.

You can be strong in every part of your life at the same time. Your work, your money, your body, your love life, and your faith. When you build all five, they feed each other. Your life stops feeling like a fight between the parts. It starts to feel whole.

I know this works because I lived it.

I was born in a small village with no clean water and no power. When I was four, we moved to America. That is when we found out my heart had a problem that could have killed me. My family had almost nothing. My mom, my dad, and I shared one room in a friend's home.

My dad drove pizzas at night and went to school in the day. He earned a PhD. My mom waited tables. Then she became a nurse. Then, at 50 years old, she went back to school and became a doctor.

They taught me a few simple things. Work hard. Wait now so you can win later. Keep your faith. And never act like a victim. No one is coming to save you. And no one is holding you back but you.

I took that and ran with it. I taught myself tech and grew my pay from \$36,000 a year to as much as \$400,000. This year I stepped on stage for my first bodybuilding show. I went from soft to 8% body fat and took 2nd place. And I have a marriage that is fun and strong, not boring or dead.

Where you start does not decide where you end.

I am not telling you this to brag. I am telling you so you know one thing. This playbook is the plan. Let's build the complete you.

THE FOUNDATION

The One Belief That Runs It All

Before the steps, you need the right mind. Here it is. Keep these five in your head. They power every part that comes next.

● **Believe in something bigger than you.**

I believe God gave me a gift and a purpose. That belief keeps me going when things get hard. You can call it faith. You can call it purpose. But you need it. A man with no reason to fight will quit the first time it gets hard.

● **No victims.**

Stop blaming your past, your boss, your money, or your luck. The day you own your life is the day it starts to change.

● **Give it your full effort.**

Not half. Not "when I feel like it." All of it.

● **Wait now, win later.**

The men who win are the men who can say no to the easy thing today for the better thing tomorrow.

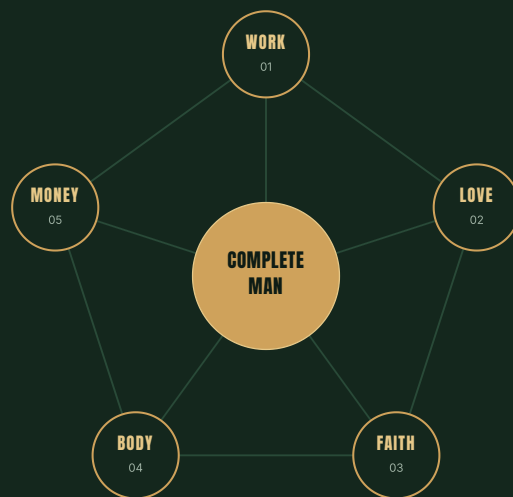
● **Do not quit before your breakthrough.**

Here is the truth most men miss. The win often comes right after the hardest part. Most men quit one step too soon. Do not be most men.

HOW TO USE THIS PLAYBOOK

Simple. One Part At A Time.

- 1 If you took the Scorecard, you know your weakest part. Start there. That is where a little work gives you the most.
- 2 If you have not taken it yet, take it now. It takes three minutes. It shows you where to start.
- 3 Read the part for your weak spot. Do the first moves. Aim for the small win that week.
- 4 Then move to the next part. One at a time. Do not try to fix all five at once.



FIVE PILLARS. ONE COMPLETE MAN.

There is a simple 30 day plan at the end. Use it to stay on track. Do not just read this. A book you read changes nothing. A book you act on changes your life.

01

PILLAR ONE

Your Work

WHY IT MATTERS

Your work pays for the life you want. It also shapes how you feel about yourself. A man who is proud of his work walks taller.

THE LIE

"I need the perfect degree or the perfect job to get ahead."

THE TRUTH

You need one skill the market pays well for, and the patience to build it. That is it. I had a finance degree and no tech job. I taught myself tech at night for almost two years. It changed my whole life.

Your first moves

- ☐ Name one skill that pays more than what you do now.
- ☐ Find out where people learn it. Free videos, cheap courses, books. It is all out there.
- ☐ Block three hours a week to learn it. Same days. Same time. Guard that time like a job.
- ☐ Build one small thing with the skill so you can prove you can do it.

YOUR WIN THIS WEEK

Pick the skill and do your first three hours. That is it. You started.



If you kept building this skill for two years, where could you be?

02

PILLAR TWO

Your Love Life



WHY IT MATTERS

The right partner makes your whole life bigger. The wrong one, or none at all, drains you. This is the part that quietly makes or breaks the other four.

THE LIE

"A relationship will slow me down and kill my fun."

THE TRUTH

A good partner is fuel, not a cage. My wife and I build a life that is more fun together than we ever had alone. But it takes work and a plan, not luck.

Your first moves if you are with someone

- ☐ Stop nagging. Instead, paint a picture of the life you want to build together and invite her in.
- ☐ Do one small kind thing every day. Small things done often beat big things done once.
- ☐ Ask her what makes her feel loved. Then do that, even when it is not your style.

Your first moves if you are single

- ☐ Get clear on the kind of woman you want. Write it down.
- ☐ Then become the kind of man she would want. Fix you first. A complete man does not have to chase. He draws people in.
- ☐ Stop wasting time on people who are wrong for you.

YOUR WIN THIS WEEK

Do one thing that makes your partner feel loved. If you are single, write down the partner you want and one thing you will fix in yourself.

03

PILLAR THREE

Your Faith

WHY IT MATTERS

Faith is the engine that keeps you going. When work is hard, when money is tight, when you want to quit, faith carries you through.

I will not push a religion on you. I was raised to believe in God, and that is what I lean on. But at the very least, you need to believe in something bigger than yourself.

THE LIE

"I can do it all on my own."

THE TRUTH

The strongest men know they are not the source of their own power. They believe help and favor are on their side. That belief gives them the nerve to keep going when others stop.

Your first moves

- ☐ Decide what you believe in that is bigger than you.
- ☐ Pick one habit that connects you to it. Prayer. Quiet time. Reading. Ten minutes a day.
- ☐ When a hard day hits, do not run to your phone. Run to that habit.

YOUR WIN THIS WEEK

Do your faith habit five days out of seven.



When life gets hard, what do you lean on?

A person is seen from behind, climbing a steep, rocky mountain peak. The sun is low on the horizon, casting a warm, golden glow over the scene. The person is wearing a backpack and using a rope to ascend the cliff face.

04

PILLAR FOUR

Your Body

WHY IT MATTERS

Your body is the base for everything else. When you are strong and fit, you have more energy for your work, your money, your love, and your faith. Win here and the rest gets easier.

THE LIE

"I need more time and more motivation to get in shape."

THE TRUTH

You do not rise to your goals. You fall to your habits. I got to 8% body fat and 2nd place in my first show while working a full time job and running a business. If I can do it, so can you. Motivation fades. Habits carry you.

Your first moves

- ☐ Pick one hard goal with a date. A photo, a race, a number on the scale.
- ☐ Move your body at least three times this week. Even a walk counts to start.
- ☐ Cut one thing that is hurting you. Late night snacks. Soda. Poor sleep. Just one.
- ☐ Protect your sleep. Rest is where your body grows.

YOUR WIN THIS WEEK

Set your goal and its date. Then move your body three times.



What is one hard physical goal that would make you proud?



05

PILLAR FIVE

Your Money

WHY IT MATTERS

Money is a tool. It buys freedom, safety, and time with the people you love. It is not the scoreboard for your worth. But it does set you free to build the life you want.

THE LIE

“Where I started with money is where I will stay.”

THE TRUTH

I have earned \$36,000 in a year, and I have earned as much as \$400,000. Same man, same field. What changed was my skill and my habits, not my luck. Your income is more in your hands than you think.

Your first moves

- ☐ For seven days, write down every dollar you spend. All of it. This alone will open your eyes.
- ☐ Find one leak and stop it. One thing you pay for that you do not need.
- ☐ Set up a small amount of savings to move on its own, every week. Then grow it over time.
- ☐ Spend like the smaller you while you earn like the bigger you. That gap is where wealth grows.

YOUR WIN THIS WEEK

Track every dollar for seven days and cut one leak.



If you could grow your income the way you grow a skill, what would you build first?

THE PLAN

Your 30 Day Plan

Keep it simple. Here is how to work this over one month.

Week 1 & 2

Your weakest part

This is where you get the biggest win. Do all the first moves for that part. Hit the weekly win both weeks.

Week 3

Your body

Your body powers the rest, so give it a full week. Set your goal and start to move.

Week 4

Your next weak spot

Look at your Scorecard again. Take the next lowest part and give it the week.

After 30 days, take the Scorecard again. Watch your score climb. Then keep going. One part at a time, month after month. This is not a quick fix. It is a way to live.

LAST WORD

Now Go Be The Complete Man

You now have the plan. But a plan on paper does nothing. You have to move.

You will have hard days. You will want to quit. When that happens, remember this. The win often waits right on the other side of the hard part. Most men quit one step too soon. Do not be most men.

I came from a village with no water and no power, with a heart that should have failed. If I can build a full life, so can you.

Give it your full effort. Keep your faith. And do not quit before your breakthrough.

Mike