

The Holistic Superstar System



CONGRATULATIONS!

YOUR CHOOSING TO BECOME A SUPERSTAR!

If you're reading this its probably because your passion and commitment to being the best version of yourself is wearing you down...

DJ Khaled went from "We da best" to "We depressed" 🦴😭😭



That's Ok! We've all been there, and now I've created a guide to provide some help.

WHO IS COACH TUCK?



For most of my life, one question drove me: How can I be the best at what I do? I chased that question with everything I had. As a college football player, I started at the bottom of the depth chart and worked my way to becoming the starting cornerback. Every rep, every meal, every workout was fueled by one thing—proving myself.

I thought success would bring fulfillment. Instead, it brought exhaustion. By midseason, I was injured, burned out, and trapped in a body that had nothing left to give. The doctor called it overtraining syndrome. I called it being in PAIN from head to toe.

That breaking point forced me to search deeper. During the offseason, I met a CHEK Practitioner who introduced me to Paul Chek’s holistic system—the 4 Doctors and 6 Foundation Principles. For the first time, I learned how to train not just my body, but my mind and spirit.

When I returned to the field, I was transformed—clearer, calmer, stronger. By senior year, I was named Division III First Team All-East Region and ranked among the top 10 defensive backs in the country. But the real victory wasn’t the stats. It was really that I finally felt happy, healthy, and whole.

Then came another test. The pandemic hit, and I lost my job as the Assistant Director of Football Operations at UMass—the “dream path” toward working in an NFL front office. It felt like another collapse, but in truth, it was a reset. I realized I had spent years chasing goals that weren’t truly mine.

So I walked away from the industry I once idolized to pursue what was calling me: becoming a holistic health coach.

WHO IS COACH TUCK?

I was humbled at the start of my journey. I went from a Division I football facility to small gyms and YMCAs, guiding ordinary people. But something extraordinary happened. When I stopped chasing validation and started serving people from the heart, I saw lives transform—starting with my own.

I learned to see beyond symptoms and diagnoses, to understand how pain, stress, and imbalance begin in the mind and spirit long before they show up in the body. The deeper I went, the more I realized this work wasn't just about helping others heal—it was about mastering myself.

Then came my greatest challenge. In 2022 My father passed away from a heart attack after years of struggling with his health. Despite everything I knew about health, I couldn't save him. That loss shattered me—and rebuilt me. I took time away coaching, became a carpenter's apprentice, and discovered the importance of slowing down to create a sturdy foundation. If you rush on a job site it can be very dangerous and costly. After returning back to training others for 6 months, I then went to North Carolina to live on a biodynamic farm. I learned what it means to holistically grow and eat my own food. It was the greatest course in nutrition I could've ever taken.

When I returned to coaching, I did it with a new mission: to teach others what I had finally learned—how to stop living someone else's dream and start embodying self-mastery.

Through this journey I've helped hundreds of people including athletes, entrepreneurs, and leaders—reclaim their health, balance, and purpose. Through holistic principles and deep self-work, they don't just perform better—they become better.

Success without self-mastery is empty. But when you align your body, mind, and spirit—you become unstoppable.



THAT'S WHAT IT MEANS TO BECOME A HOLISTIC SUPERSTAR.

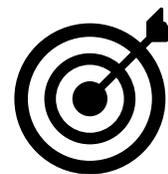
HOW TO USE THIS GUIDE: THE PERFORMANCE PYRAMID

I designed this guide to be super simple and easy to follow. After 5 years of practice, working with clients, studying with some of the top experts in their fields (Including Paul Chek, Jason Pickard, and many others), I've synthesized the most important aspects of holistic health and personal development into a simple 5 step system to go from sick to superstar.

The main pillars of my superstar performance method with clients centers on 5 steps to peak performance: Power, Peace, Purpose, Place, and Presence.

We must cultivate the power first to have the energy to maintain peace. Without a peaceful mind we can't fully live our purpose. If we don't know our purpose then we won't ever align with the right place. Without any of these other pillars we will never have the presence that it truly takes to be the superstar version of ourselves.





Your Dream

Write a paragraph what life would be like if it were exactly the way you want it. Describe the feelings, people, places, and things in your dream life. REMEMBER TO USE THE PRESENT TENSE

Your Why

Ask yourself what is your why? Why do you want to live your dream? Once you establish a why keep asking why you want that 7 more times to get to your real why. (Ex: I want to lose weight so I can have more energy...why? With more energy I can get more done...why do you want to get more done?...)

S.M.A.R.T. Goals

- S.** Be SPECIFIC when writing a GOAL
- M.** Make sure you are clear as to how you will MEASURE success.
- A.** Make a goal ACHIEVABLE. The goal should be 50% more challenging. A 50/50 or better probability that you can achieve the goal is best.
- R.** Dream Big and Be REALISTIC
- T.** Have a specific TIME frame for achievement (Can always reevaluate)

What are your top 3 goals for the next 3-6 months

- 1.
- 2.
- 3.

Action Items

What are two things you can do this week to move toward your goals?

- 1.
- 2.

Roadblocks

What is preventing you and has been preventing you from achieving your goals?

Affirmations

I am worthy...I am confident...I am happy...I am healthy...I am whole

Email your responses to tuckernewmancoaching@gmail.com for feedback and use the link to set up a free session: [FREE SESSION WITH COACH TUCK \(CLICK HERE\)](#)

WHAT IS A SUPERSTAR?

REMEMBER: WE ARE ALL STARS RADIATING ENERGY

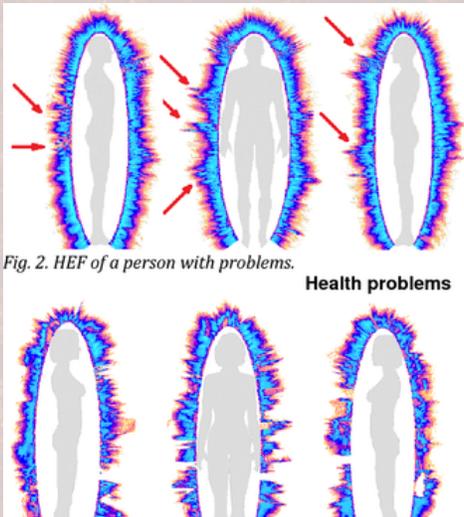


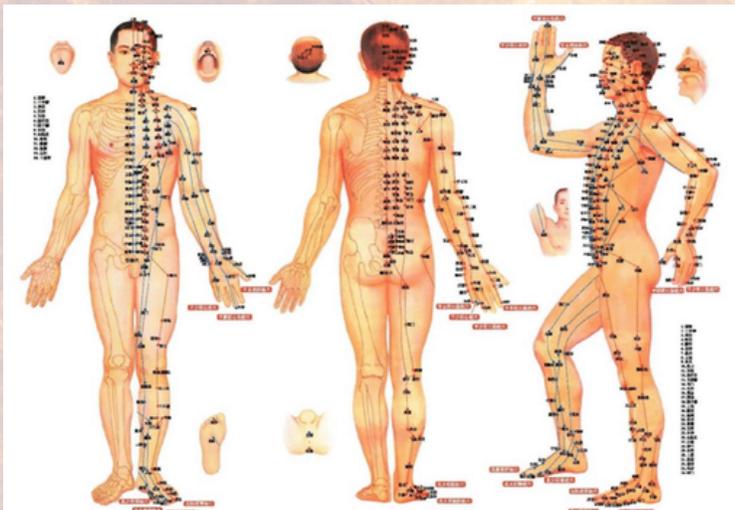
Fig. 2. HEF of a person with problems.

Health problems

NIH Proved The Existence of the
“Human Biofield” in 1994: <https://doi.org>

The science is clear. We are electromagnetic beings existing in a quantum field. Newtonian physics is outdated. Its time to start addressing our health in alignment with the quantum reality of ourselves.

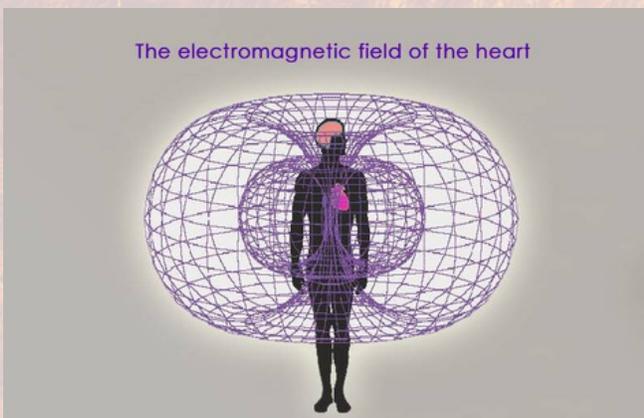
No matter what science you trust, every system can account for the existence of an energetic field that surrounds our bodies.



Traditional Chinese Medicine has supported the concept of energetic flow of energy through the body for thousands of years

The National Institute of Health in 1994 proved the existence of the biofield. People may have also heard this biofield referred to as *auras* or *etheric fields*.

No matter what you call it, we all can agree there is more to us than our physical bodies.



HeartMath Institute has been measuring the energy field of our heart with scientific research for nearly three decades.

This is the benefit of using a holistic approach. It addresses and assesses each aspect of ourselves and therefore helps us progress faster than conventional approaches.

THE HOLISTIC SUPERSTAR PHILOSOPHY

“If you want to be a star, you have to learn how to play with fire” -Osho

Sick Tuck



Inflammation is HEAT (FIRE) in the body. When we're inflamed, nothing works right. Our body is BURNING out. We eventually feel tired and as a result our thinking gets foggy, our feelings start to numb, and we lack the willpower to take action on our goals and dreams.

In other words, Inflammation makes us feel sick, stressed out, achy, and tired.

Sugar is another form of fire. Even if you're not diabetic, too much or too little of sugar (or anything) throws your body out of balance.

Superstar Tuck



You can see to the upper left Sick Tuck lacks muscle definition and is not very happy. His body clearly looks different and feels different. He lacks a certain QUALITY that Superstar Tuck has.

Sick Tuck tends to exist around the holidays eating desserts, going to bed too late, and managing himself poorly.

Superstar Tuck appeared when Tuck decided to get honest with himself and embody the thoughts, feelings, and habits of his superstar self.

Power

What Does It Mean To Feel Drained?

Cell Voltage	Cell pH	
-50	7.88	Make New Cells
-45	7.79	
-40	7.70	
-35	7.61	Normal for kids
-30	7.53	
-25	7.44	Normal for adults
-20	7.35	
-15	7.26	Tired
-10	7.18	Sick
-5	7.09	
0	7.00	Change polarity
+5	6.91	
+10	6.83	

The book *Healing Is Voltage* by Jerry Tennant MD, gives incredible scientific evidence that supports the claim that the voltage of the human body is an underlying factor for how we feel and experience life.

We see as our voltage (chi, prana, life force, energy) begins to drain, illnesses and dis-eases start to

appear. This causes us to ask two important questions: **how do we increase our voltage? And what decreases our voltage?**

That answer to both questions can be summed up in two words, STRESS MANAGEMENT. Stress comes in many forms but is interpreted as the same signal in every system (Increase of Cortisol). Stress is also like fire, we need to have some fire to keep us warm but too much drains our life force and we become sick, unhappy, and tired.

Physical Stress: Exercise, Daily Tasks

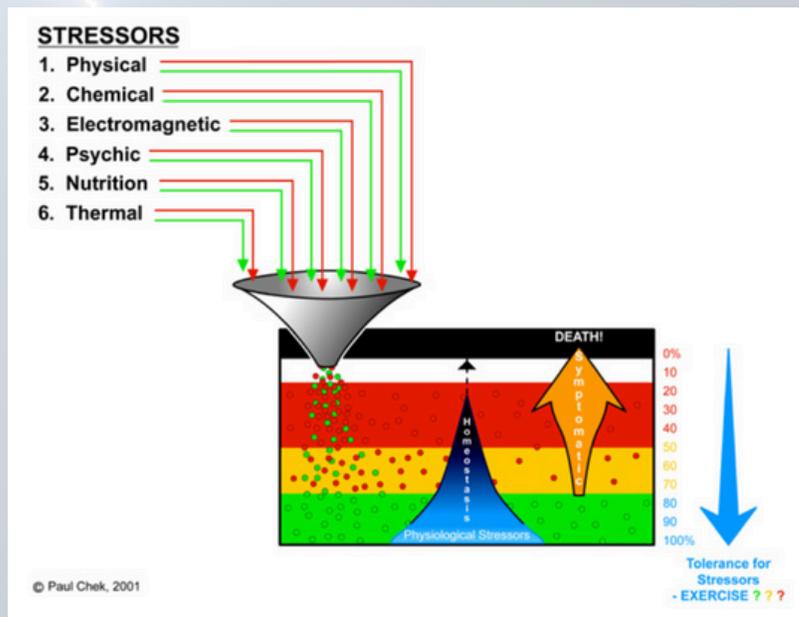
Chemical Stress: Pesticides, Fluoride, Chlorine, Smog, Chemtrails

Electromagnetic: Wifi, Cellphone Towers, Too Much Sunlight

Psychic: Negative Thoughts

Nutrition: Over/Under Eating, Food Intolerances

Thermal*: Too cold, too hot (Most energy consumptive system in the body)



Use with permission from CHEK HLC 1 program

Power

Why Managing Stress Matters

A CHEK Practitioner holistic health assessment includes looking at the various stressors in a person's life and prioritizing which ones should be addressed first to alleviate the client.

The art in this approach is providing solutions that both alleviate the pain and do not cause more long term stress, like many pharmaceuticals and conventional approaches to illness and disease.

You can see to the right an image that comes from the book *How To Eat, Move, and Be Healthy* by Paul Chek. On the left side of the seesaw are common causes of excessive stress and the suppressed hormones as a result. Remember hormones create the QUALITY of life we experience. Suppressed hormones = suppressed quality of life.



Figure 3: The Stress/Recovery Teeter-Totter. The more stress your body is under, the more stress hormones it will produce. When your body is overburdened from making stress hormones, it is not able to produce adequate levels of repair hormones to keep your body healthy.

Used with permission from CHEK Institute

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REMEMBER: You are never 100% Sympathetic or Parasympathetic. You are either more of one than the other in a constant balancing act



Sick



- | Sympathetic | Parasympathetic |
|--------------------------------------|--------------------------------------|
| • "Fight or Flight" | • "Rest + Digest" |
| • Decreased Digestion | • Improved Digestion |
| • Increased Anxiety | • Increased Relaxation |
| • Increased Cortisol | • Decreased Cortisol |
| • Depressed Immune System Function | • Increased Immune System Function |
| • Decreased brain function | • Increased brain function |
| • Decreased muscle repair and growth | • Increased muscle repair and growth |



Superstar

The key to managing stress is to know yourself intimately. Stress is a perception and perceptions constantly change as we grow and experience more of life. Learning to drive is very stressful and produces a lot of cortisol, but after a while we perceive the activity as easy because we do it all the time. Eventually through repetition our perception of the activity shifts and we produce much less cortisol performing the same activity.

Assessing our diet and lifestyle to see what is overly activating our sympathetic nervous system is essential to becoming a superstar. Coffee, artificial lighting, and negative thinking are common ways we activate that response and therefore suppress our bodies ability to grow and recover.

When we holistically assess how much stress we are under, we recreate our lifestyle to include activities that promote a parasympathetic state (resting and digesting).

Ask yourself: When do I feel most anxious, fearful, and worried? What am I doing when I feel that way? Can I eliminate that activity or do I need to add more rest and relaxation before and after it to keep my stress levels balanced?

Power

From my own experience and working with many clients, gut health is one of the most important factors that influences our levels of stress and ability to perform.

The most common problem I encounter with clients is leaky gut syndrome. Whether or not we've heard the term "leaky gut syndrome," we have all, at some point, experienced gas, bloating, and pain in our mid section.

We then try to "burn the fat" or use some sort of drug because all we see is a pooch belly with decreased muscle definition. But its not the fat that is the problem. That's a symptom. The problem is our intestines lose their structure and food particles get into our blood stream creating inflammation. Then it signals to our nervous system we are under attack!

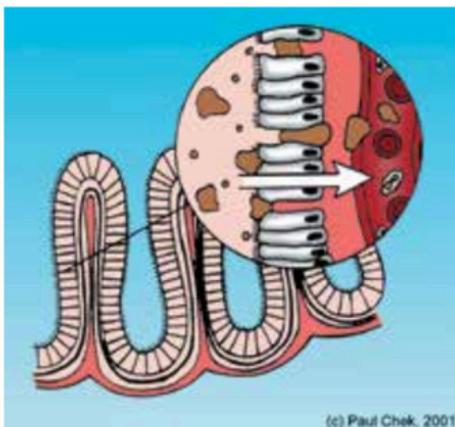


Figure 4: Leaky Gut

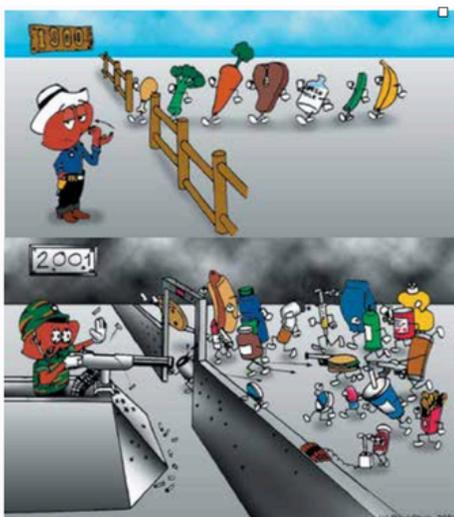


Figure 9: The Liver at the Gate 1900 vs. 2001

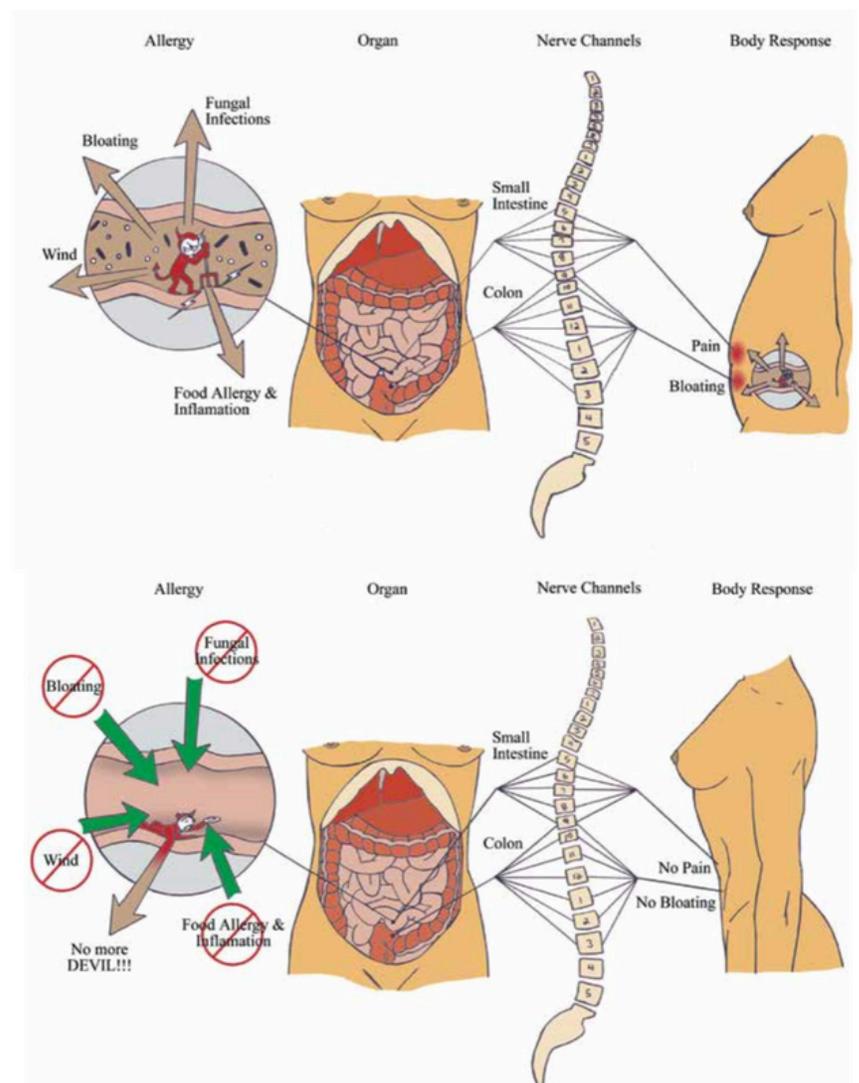
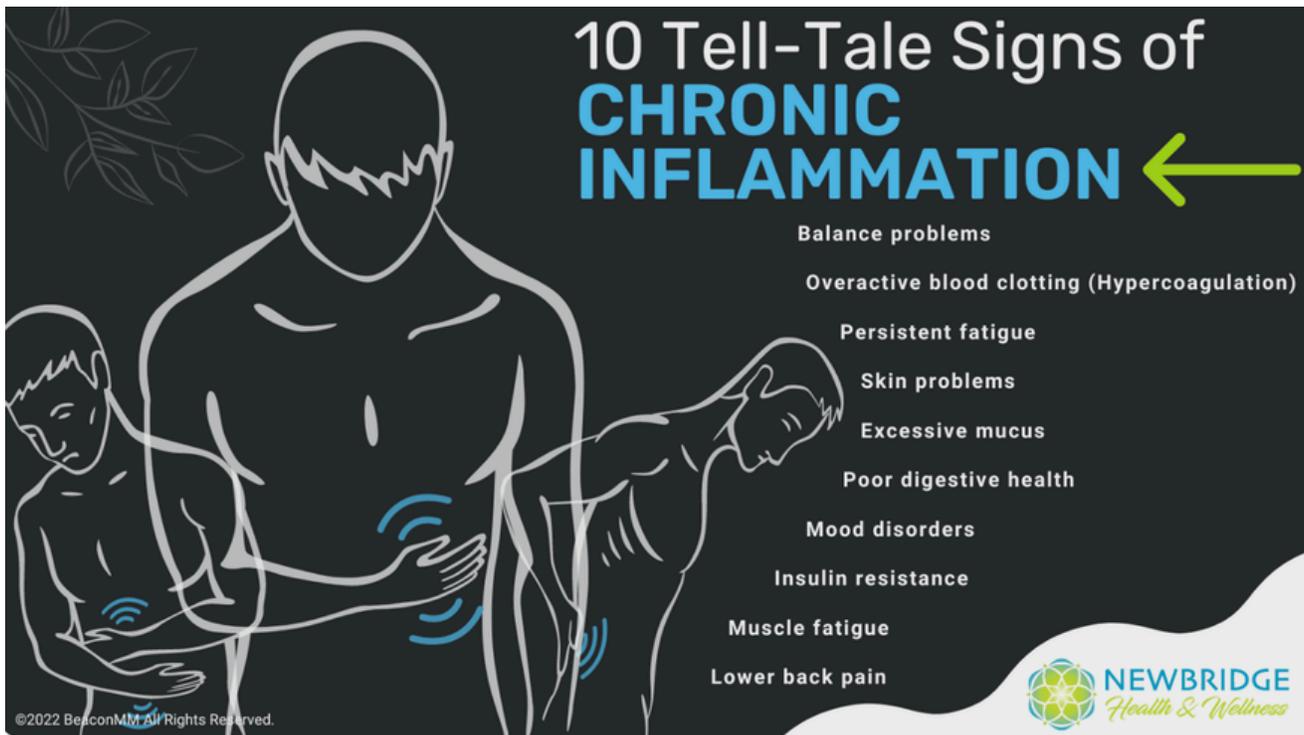


Figure 10: Devil in the Gut.

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Power



Inflammation creates all the symptoms you see above. The more inflamed we are the more extreme these symptoms become. I guide clients to address the gut health first rather than getting a drug or doing some expensive protocol.

Foods we aren't even "allergic" to can cause these symptoms because once an undigested food particles is in our blood stream our immune system turns on to eliminate something that doesn't belong.

Grains, nuts, seeds, dairy, and meats are common foods that can be hard to break down and fully digest. These food particles can make it through the intestinal wall creating an "Auto-Immune" response.

If you are experiencing any of the symptoms above instead of thinking what pill or supplement will be a quick fix, pay attention to when these symptoms are the worse and what foods you are eating closest to experiencing the symptoms. Generally an hour or 2 after eating is when you will notice an increase in whatever symptoms you are experiencing because that food (if not full broken down) is now in the intestines and can get through the gut lining creating an "Auto-Immune" response.

Power

HOLISTIC SOLUTIONS FOR SUPERSTAR STATUS

Solution #1: REST!

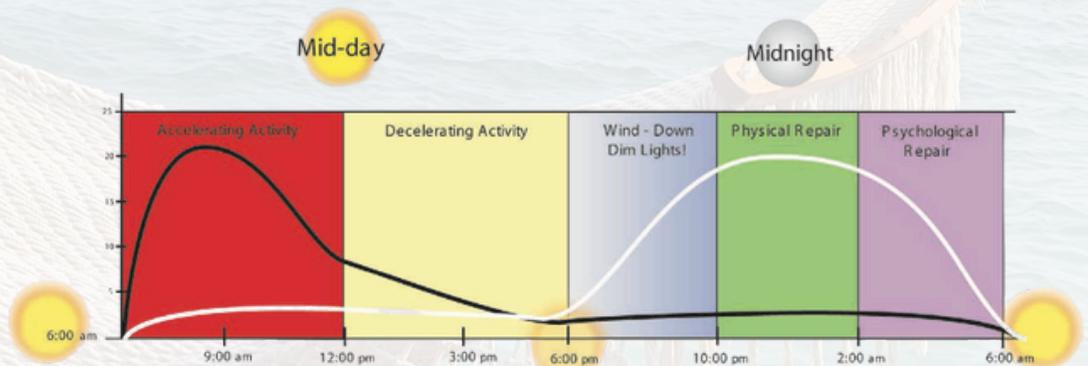
Remember this principle: *The more complicated the problem, the more simple the solution.* Our bodies are designed by and attuned to nature. When we live in rhythm with our true nature we maintain a balance of breaking down and building up.

If we push too much, we create a deficit and our bodies can't recover. We need spring, summer, fall, and winter. If we have long summer and short winter or skip winter entirely we will feel the symptoms of chronic stress and increased inflammation.

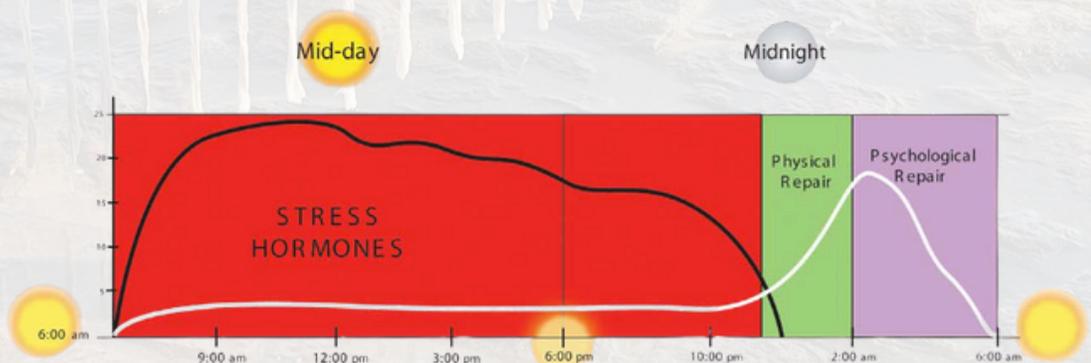
The diagram to the left comes from the book *How To Eat, Move and Be Healthy*. It shows that our physical repair cycle naturally takes place between 10pm-2am. Our Psychological repair occurs between 2am-6am.

Disrupting this cycle disrupts our ability to keep our energy/chi/voltage levels high. Sooner or later we lose our power and fall into a hole that we now have less energy to get out of. With less power we either create a deeper hole or stay stuck and eventually have an expensive crisis we need to address.

NORMAL ANABOLIC/CATABOLIC HORMONE LEVELS



EXAGGERATED STRESS RESPONSE



Power

Solution #2: Heal The Gut/Reduce Inflammation

Based Off The CHEK Approach to Nutrition.

1. Drink half your body weight in ounces of CLEAN water daily (Ideally Spring Water or Filtered Water)
2. You are what you eat, you are what you eat has eaten, and you are what you don't excrete
3. Avoid the 4 white devils: white milk, white flour products, white sugar, and white table salt (sodium chloride, sea salt is fine). Choose organic, unprocessed or minimally processed alternatives. These cause inflammation!
4. If it wasn't here 10,000 years ago DON'T EAT IT
5. The longer it lasts on the shelf the worse it is for you (exceptions are honey, sprouted nuts/seeds, and fermented foods)
6. Utilize the 80/20 rule (80% Healthy, 20% Whatever you want within reason. Don't be too rigid, don't be too loose.)
7. If you can't pronounce the word on the label or it has a number your liver won't like it
8. The more ingredients in a food, the worse it is for you
9. Stay away from HYDROGENATED/PARTIALLY HYDROGENATED foods (baked goods are a major culprit)
10. Stay away from ARTIFICIAL COLORS/SWEETENERS/FLAVORS or PRESERVATIVES (just about anything pre-packaged)
11. Eat organic/local as much as possible—it's better for you, the environment, and the overall economy
12. Eat a balance of macronutrients (carbohydrate/fat/protein) at every meal/snack

Principles are much easier to follow than calorie counting or diet plans. Start at the top of the list and slowly incorporate these principles into your life.

You will notice inflammation becoming greatly reduced and the quality of your life massively improved.

Power

Solution #3: Breath and Cold Exposure

When we think of stress as fire it makes managing it so much easier. What decreases fire? Water! What increases fire? Air!

Being in a fight or flight response increases our breathing rate and creates MORE FIRE. If you need more fire, great! If you have signs and symptoms of chronic inflammation then you need to slow down your breathing and cool down the heat.

Breathing is something we do over 25,000 times a day. A proper breath should be done with the primary breathing muscle, our diaphragm. The first $\frac{2}{3}$ of the breath should occur in the belly with the last $\frac{1}{3}$ in the chest.

If you find your chest rises as you immediately take a breath, you are now making your body work over 25,000x harder a day than it is designed to. This adds up over time and is a big reason why so many people experience chronic IN-FLAME-ATION.

I recommend as a daily practice a minimum of 3 minutes of slow belly breathing. Since our breath also mirrors our mind, it can be helpful to use a count such as 4-7-8 breathing. 4 seconds in, 7 second hold, and 8 seconds out. The timing is not as important as just breathing slow and controlled.

Another simple tool to cool down the fire is to GET COLD. Wim Hof has popularized the concept of cold exposure world wide. [Here is a great study](#) done on how simple breathing and cold exposure can significantly reduce inflammation and make our body more resilient to pathogens and illness.

Simple place to start is to take a cold shower in the morning and/or around your exercise time. 30 secs-2mins is the sweet spot for decreasing inflammation and calming our nervous system without overdoing it.

Caution: *YOU CAN OVER DO IT! More isn't always better.* Don't try to be like Wim Hof or impress people with how long you can stay in the cold. Cold is stress! When done in short spurts it creates a greater recovery response relative to the stressful activities done prior which is why it's so beneficial. But a 10 minute cold plunge or jumping in a frozen lake will stress the body more than it can recover in the short term, draining our power.

Power

Power Comes From Answering These Questions Honestly!

WHAT IS MY DREAM?

WHAT ROADBLOCKS ARE PREVENTING ME
FROM LIVING MY DREAM?

WHO AND WHAT CAN HELP ME GET PAST THE
ROADBLOCKS SO I CAN LIVE MY DREAM?

**FREE NUTRITION AND LIFESTYLE ASSESSMENT
AND COACHING CALL WITH ME!**

WEAK AURA



ATTRACTS NEGATIVITY

STRONG AURA



**ATTRACTS POSITIVITY
& ABUNDANCE**

Peace

A coach who knows a lot about success is John Wooden. He won 88 straight games as the head coach of the UCLA Men's basketball team. He had four undefeated seasons and won 10 national championships in a 12 year period. Just one undefeated season can be an enormous task, so how could one man continually be successful despite a constant cycling of new players (who were unpaid) every three years?

One word, MINDSET!

How do you define success? Is it measured in metaphorical wins? Money? Status? Who your partner or friends are? Your body? Your beauty? Your house? Your car? Your clothes?

John Wooden's definition of success has always been something I refer back to because not only did he embody success by societal standards, his definition of success had nothing to do with anything external.

He defined success as:

“Peace of mind attained only through self-satisfaction in knowing you made the effort to do the best of which you're capable.”

You would think success to him was an undefeated season, but in reality it had more to do with knowing he did his best by his own standard.

It is much less stressful when we use our minds to create peace rather than chasing an outcome.



Peace

It's not about the perfect body, the new car, the next award, or how much money you're making. None of that brings lasting peace and will ultimately leave you feeling "unsuccessful" when you get the thing you wanted only to feel like it's not enough because you could have more.

Even if you're in pain and not where you want to be at this current stage of your life you can still be successful.

My mentor Paul Chek says, the fastest way to health is **honesty**. Replace the word health with anything and you get the same truth. When we are honest about what we are creating and make the effort to do our best, our mind can be at peace.

Remember peace isn't the absence of chaos. You can have kids running around screaming, your bank account being drained by bills, or a serious illness suddenly appear but if you engage your challenges as opportunities and do your best, each day will ultimately be a peaceful and successful day.

“Peace is not the absence of chaos or conflict, but rather finding yourself in the midst of that chaos and remaining calm in your heart.”

Most people believe if they walk across burning hot coals their feet will get burned. And they're right! You will! But how are some people able to do this without being burned? They change the story in their mind to "Wow, that will burn me" to "I'm walking on cool moss." Because they fully believe the new story they experience the new reality. Don't believe me? Research the Tony Robbins fire walk for yourself and read the testimonials from participants...



Woman walking across burning hot coals at a Tony Robbins event. Thousands of people each year are able to do this without being burned...How? The mind controls the body!

Peace

We are not healed by time; we are healed by story.”

-James Hillman

Below is a simple formula I use for my clients to help them begin the process of changing their story. When we identify what makes us happy we are crafting the blueprint of our story. The great thing about being human is that life conditions don't always match the blueprint our thinking mind has created. We can't always change our life conditions to match our blueprint. Sometimes we need to change the blueprint to match our life conditions. This is also known as acceptance.

- Ex: I am most happy when I...create my own art every morning, play sports with friends, listen to music, eat a healthy dinner, get adequate sleep for my needs, watch funny videos...etc.

I am most happy when I...

-
-
-

The Formula For Happiness

LC=Life Conditions BP=Blueprint

LC=BP=Happiness (Reality Matches What I Think Life Should Be)

LC≠BP=Unhappiness (Reality Does Not Match The Way I Think My Life Should Be)

LC≠BP (AND We Believe There Is Nothing We Can Do To Change It=Depression/ Apathy)

SOLUTIONS TO UNHAPPINESS

3 things you do when your life conditions don't equal your blueprint

1. Complain or Blame Something, Someone, An Event, Or Ourselves (DISEMPOWERING)
2. Change Your Life Conditions (WILLPOWER)
3. Change Your Blueprint (ACCEPTANCE)

Another way to understand this is through the serenity prayer:

“God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.”

Peace

Answer these questions to create lasting peace

I DEFINE SUCCESS AS:

WHAT LIFE CONDITIONS ARE NOT MEETING MY EXPECTATIONS?

WHAT IS YOUR BLUEPRINT FOR HOW YOUR LIFE SHOULD BE?

WHAT CAN YOU DO TO CLOSE THIS GAP?

Peace

“Nothing has a stronger influence psychologically on their children than the unlived life of the parent..”

Carl Jung, once of the greatest psycho-analysts who ever lived noticed that of the thousands of patients he saw over his career, each person seemed to be heavily influenced by their parents. Even if they haven't seen them in decades the imprint was still there.

One thing he cautioned the patients and psychologists he trained was not to seek to be perfect, but to become whole and at peace with themselves.

When his patients understood what the “unfinished business” or the area of most healing was needed for their parents and took it upon themselves to heal that aspect of their own life, healing of life long issues be it body symptoms or otherwise began to take place.

Most people reject this opportunity and remain forever resentful of their parents.

In *Memories, Dreams, Reflections* Carl Jung wrote: "It often seems as if there were an impersonal karma within a family, which is passed on from parents to children. It has always seemed to me that I had to . . . complete, or perhaps continue, things which previous ages had left unfinished."

My father was terrible at managing his anger and money. And wouldn't you know, upon honest reflection I notice I struggle with managing my anger and money.

My mother can be incredibly critical and anxious. Lo and behold I can be incredibly critical and anxious. Instead of saying “my parents *DID* this *TO ME*,” I now have an opportunity to grow more conscious and break the pattern to be the Superstar I was meant to be.



Peace

In the movie *Star Wars* we have a perfect example of how this family dynamic plays out. Luke Skywalker inherited his Jedi powers from his father, Darth Vader. Even though he wasn't even raised by his father the patterns of anger and rage and potential for misusing the force existed within him. We see this in the final battle.

Despite initially resisting the Emperor's temptations and acting against the pattern of his father, Luke is drawn into a lightsaber duel with Vader to protect his friends. Provoked by Vader's threat to turn Leia to the dark side, Luke lashes out in anger and defeats his father—nearly succumbing to the Dark Side tendency of violence and destruction. But recognizing the path he's on, he refuses to kill Vader and throws away his weapon, declaring himself a Jedi like his father once was.

Enraged, the Emperor attacks Luke with Force lightning. Moved by his son's suffering, Vader turns against his master—sacrificing himself to save Luke and destroy the Emperor. In that moment, Anakin Skywalker (Darth Vader) returns, fulfilling the prophecy and restoring balance to the Force.

If you had a parent that struggled with addictions, relationships, money, health, emotions, there is a very good chance those same patterns will play out in your life. Then there's a choice. To live the same life as the parents or individuate and live their unlived life of freedom.

Doing this not only brings you peace to your mind but also to your parents. Notice how Darth Vader was able to turn against the dark side and overthrow the emperor after his son's choice to be non-violent and a true Jedi.

Instead of trying to fix our parents, teachers, and elders, we must first evolve ourselves. This not only heals past generations but ensures it won't be passed onto the next one.

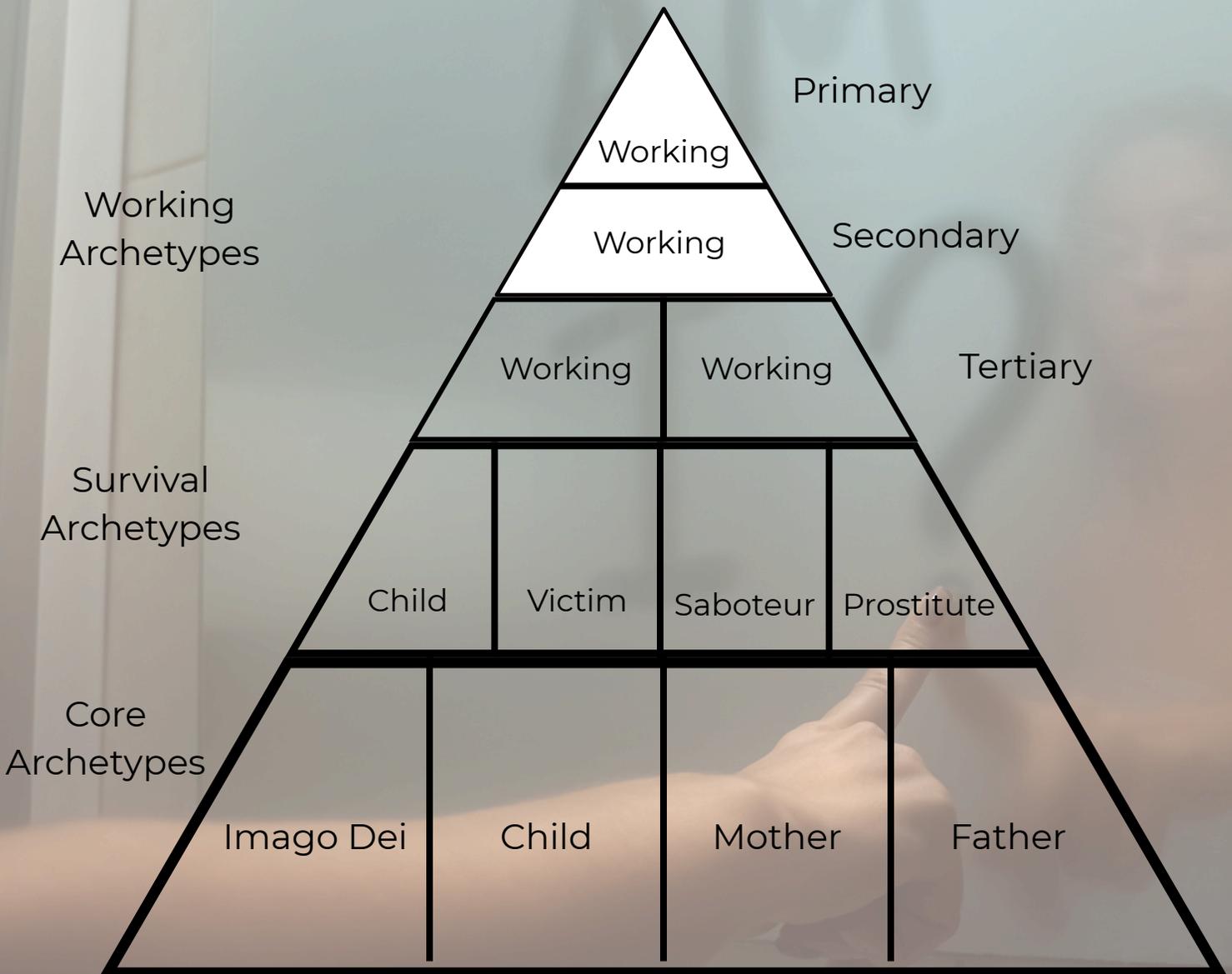
THAT IS ULTIMATE PEACE OF MIND AND A MAJOR ASPECT OF OUR PURPOSE!

Peace

Archetypes - WHO AM I?

This is a concept I learned from Paul Chek in his *Spirit Gym* program. It is called the Archetype pyramid and gives a great representation of which forces are acting most strongly through us.

The core and survival archetypes are inherent to everyone. The 4 working archetypes are unique to each person and can change over time as we evolve, grow, and take on new roles



Peace

“Every child is tasked with the unfinished business of their parents lives...”

Resources to explore more of what archetypes mean:

1. Caroline Myss
2. Carl Jung
3. Joseph Campbell
4. Paul Chek

Questions and process for identifying working archetypes

1. Purchase the Carolyn Myss Archetype Card Deck: [Link here](#) or View her glossary on her website when you sign up for her newsletter: <https://myss.com/free-resources/sacred-contracts-and-your-archetypes/appendix-a-gallery-of-archtypes/>
2. Spread Out All Archetype Cards and go through which 4 are most attractive or feel most aligned to you right now.
3. Organize them from most resonant to least resonant in your life and number them 1-4.

Ask yourself: How can I focus more energy and attention on embodying this archetype? How can I balance my primary archetype with the need to engage with secondary and tertiary?

Peace

Some more questions to ask yourself for lasting peace

What aspects of my parents personality and habits drive me crazy?

What longings, dreams, or potentials did my parent(s) leave unexpressed?

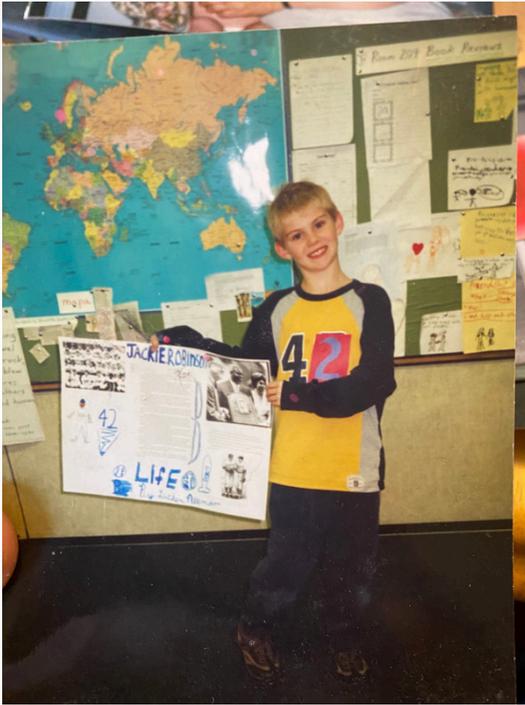
In what ways do I feel impelled (consciously or unconsciously) to “complete” or “finish” something that wasn’t finished?

Which aspects of my living are genuinely mine, and which feel like inherited obligations or compensations?

How might I live in such a way that honors lineage and honors my sovereignty and thereby breaking the unconscious chain and allowing new life to emerge:

Purpose

Childhood Dream



A common thing I find with many clients is they don't know their TRUE PURPOSE for living.

I hinted in the last section how the unlived life of our parents provides a clue to what our ultimate purpose is in our life time.

I believe, as do experts like Carl Jung, that our purpose is to individuate, or as Joseph Campbell would say, "go on the hero's journey" so we can become a whole and integrated person.

Again, looking at our childhood can provide a lot of clues to what we came here to do.

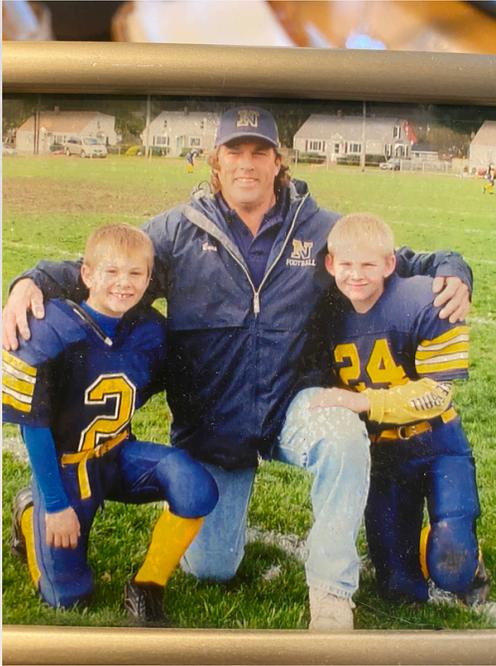
Think about a recurring dream you had as a child. Or a very happy memory. What did you want to be when you grew up? What stories and characters were your favorite?

Childhood is us in our purest state. As we grow into adults we have to assimilate into a culture and we lose our individuation (this is necessary). The journey then becomes how do we return back to that childhood nature and do the things that brought us joy as a child with adult wisdom and abilities to still contribute to the tribe/society.



Purpose

What Held Your Focus As A Child?



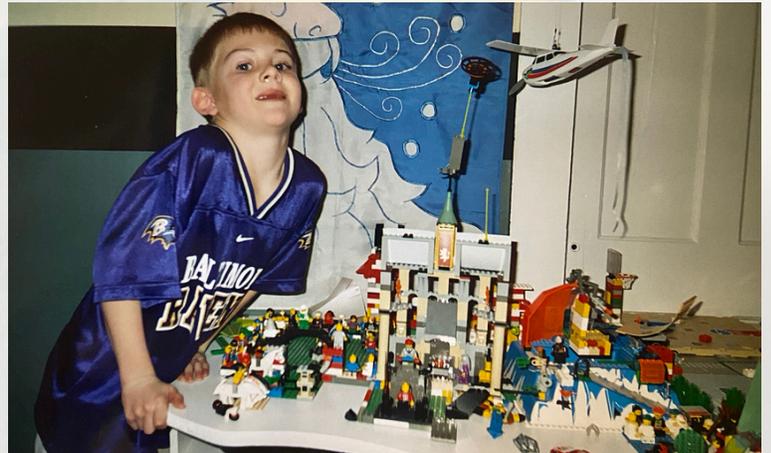
If we had a traumatic childhood, many of the memories can be blocked as a protective mechanism so we don't constantly reexperience that pain.

In the short term this is helpful, but long term can create a feeling of stuckness or repression preventing our light from shining and limiting our ability to experience happiness and fulfillment.

A great place to start is to find one thing positive about your childhood.

What did you authentically love doing for the sake of doing it without any attachment to the outcome?

For example I would spend hours building legos, not to please anyone or to show off but simply for the personal satisfaction of playing.



I would make funny videos with my friends. I would also go outside and play sports. I would play entire football or basketball games in my head acting out the big moments over and over because it was fun to me. In my mind I was going to be a professional athlete one day.

Our childhood provides clues, not necessarily to the whole picture. It doesn't mean that to be fulfilled I HAVE TO BE A PRO ATHLETE. There was a deeper meaning to what I was doing and my childhood mind associated my desire with what I was seeing at that time. The key is to identify the archetypes, patterns, and emotions BEHIND the activities, stories, and games we loved as a child. Then see how that applies to your life now!

Purpose

Childhood Dream

Ask yourself these questions to identify your purpose

What could I do for hours without needing anyone to push me to do it?

What were my favorite myths, stories, movies, and tv shows?
What birthday party themes did I have, what was I for halloween? (Remember its unclear whether we choose the archetypes or the archetypes choose us, its more likely the latter)

What did I want to be when I grew up?

What was one of the happiest memories of my childhood?

Purpose

Art



Another way to identify and express our purpose is through art. What do you find yourself creating? What type of art are you drawn to? We don't have to be an artist to do art. Just look at your bedroom or look at your body.

Everything that surrounds us is our "art." The beautiful thing about art is that it provides our soul an opportunity to express. We get to see what our soul wants to express and not just what the ego is interested in.

Giving yourself time, even an hour a week or 5 minutes a day just to doodle something can provide you with key insights about your purpose and your deepest desires you need to express.

One way I use art is to make sense of my life through creative writing. I found that when I write fictional stories, real people and situations in my life begin to come through unfiltered. I am able to "rewrite the scene" from when traumatic situations and view it in a different lens. Because I created fictional characters in a way it creates safety for me because I know what the scene really was about but anyone else reading it would just read a cool scene in a story.

It's free therapy in a sense and the most effective kind because it fills me with joy and lets my inner child play and create.



Purpose

Meditation Practices

Another effective way for identifying our purpose is by getting very still and quiet. Purpose is correlated with our soul and the flow of spirit that animates us.

A wise man once said the purpose of life is to live. A soul gives us life and spirit animates us to become LIVE.

Most people are disconnect from soul and spirit because of the business of our lives and the arrival of modern technology replacing the innate technology within us.

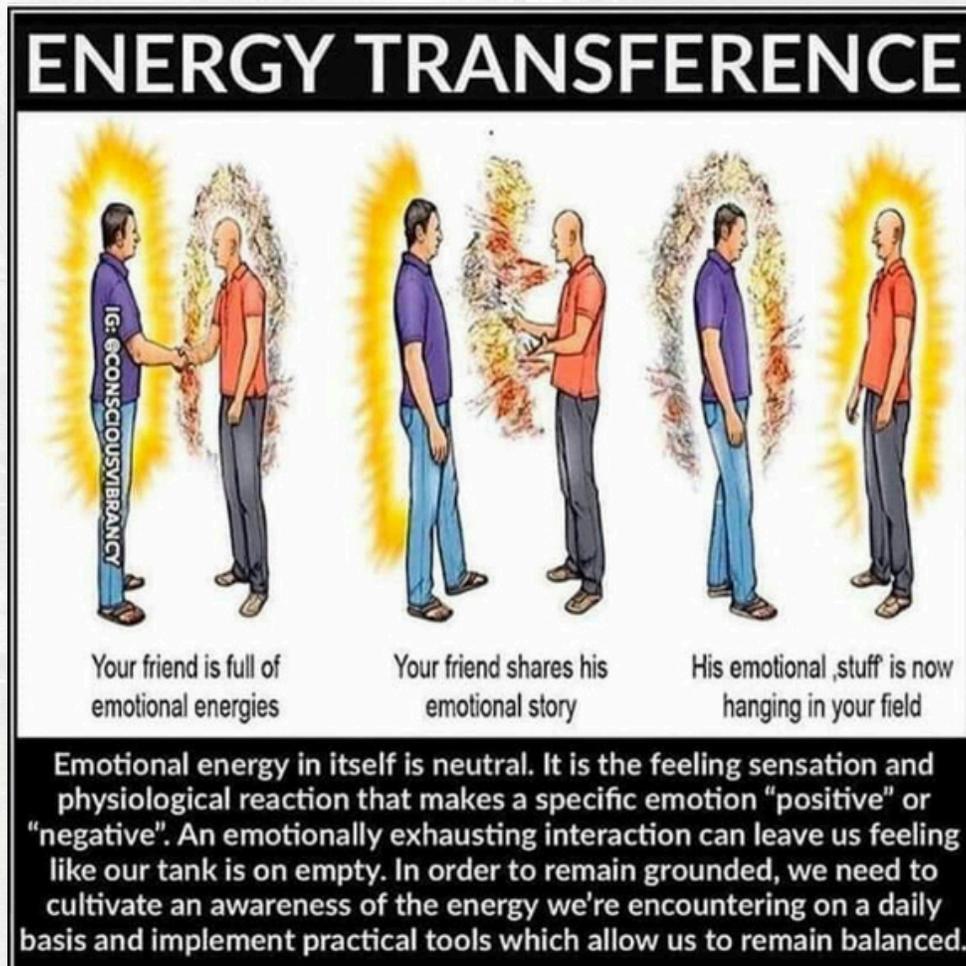
A simple solution to reconnecting is through meditation or meditation like practices.



Place

Putting It All Together

“The Mirror Principle”



This step in the holistic superstar system can actually be the most critical component of results that last! The image above perfectly illustrates why that is the case.

Our environment is a reflection of us. We infuse the energy of our environment with the energy we carry while simultaneously integrating the energy of the environment we are in. A fusion begins to happen and we all see this happening all the time because its how we learn.

Place - Integrate

One of my favorite quotes about the importance of environment comes from Tony Robbins. He says, "Who we spend time with is who we become." This could not be more spot on when we look at the forces that shape who we are.

Let's say we grow up in a family that everyone was overweight, lacked ambition, and just did what society told them to do. Then you grow up eating the same way and being overweight, lacking ambition, and going to college to get a 9-5 desk job you don't enjoy just like your friends and family.

Then one day you are inspired by someone who is fit, healthy, loves what they do and are motivated to live life fully. You decide you want to become like that person. I find myself being that person of inspiration for a lot of people. You go to the gym and meet this super positive, healthy, and fit trainer. You want to become more like me! Great!

Only problem is that I only see you for a 1 hour session and that is enough for changes to start to happen. But then you go back to the same people they have always hung out with that guilt and shame you for changing. They ask you why you're eating different, and going to bed earlier, listening to different podcasts, and talking about your goals.

Now the old version of you is in conflict with this new version. When clients exchange energy with me like in the image at the beginning of this section they are now attracting new thoughts and ideas that never came from their normal environment.

Place

This is why we go to school. We call it a “learning” environment. If you hang out with tech wizards you’ll learn more about computers than if you hang out with athletes.

You can only learn so much from AI or online sources. You need to be in the ENVIRONMENT if you want to grow and become.



Place Is Where We Integrate

Answer these questions to get clear on who, what, when, where, why, and how you can start have your external world match the dream you want for yourself

How would you describe the 5 people you spend the most time with?

How would you describe yourself to someone who just met you?

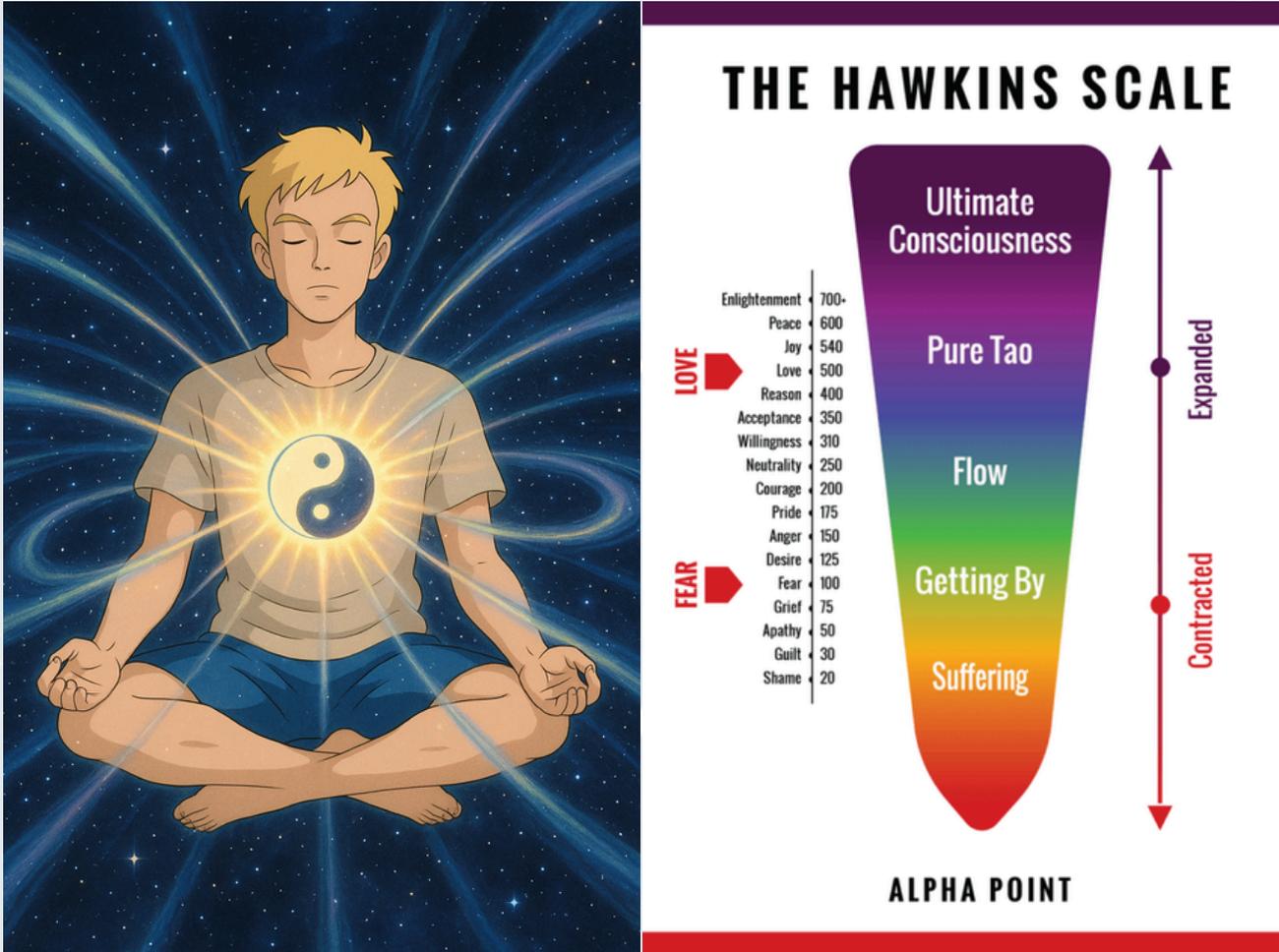
What does your bedroom/home look like (messy, clean, organized, dirty, etc.)?

How would you describe your mind (focused, chaotic, fast, slow, etc.)?

How would you like yourself, your home, and your mind to be like?

What steps can you start to take to be the ideal version of you living in the ideal environment with the ideal state of mind?

Presence



The final step of the performance pyramid is PRESENCE. This is the ultimate state we are after. The best most vivid memories we have are the times we were most present. As the old saying goes right now is a gift, that's why they call it the present.

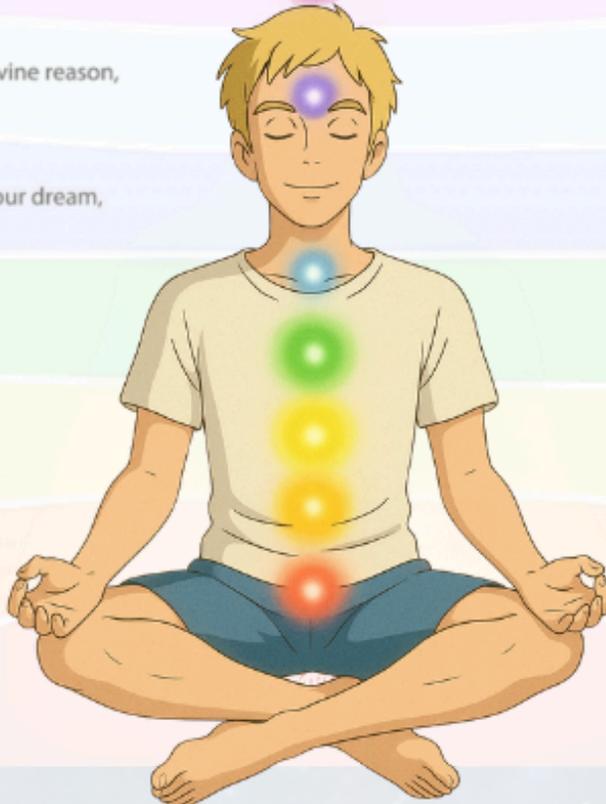
The Hawkins scale created by Dr. David Hawkins beautifully illustrates the connection between our emotions and experience of life. If you haven't read his books *Power vs Force* or *Letting Go*, I highly recommend studying them, they are GOLD.

When we cultivate feelings of courage, acceptance, and love we are living in a positive state. Our energy is like a ripple moving through time and space infinitely. All things in the universe are instantaneously influenced by our state, creating what many spiritual masters and mystics call *THE DIVINE MIRROR*.

Learning how to master our state of being is the key to living life centered in ourselves. This is why it is essential to start our day with something that raises our vibration. By changing our state, we change the divine mirror.

Presence

Powers	Chakra	Truth to Uphold	Sound
Crown Spirituality, knowing who you are, letting go, enlightenment, awareness.		Live in the Present Moment Time/Space	Om* Sahasrara
Third Eye Intellect, brain, open-mindedness, divine reason, bigger picture, trust.		Seek only Divine Truth Light/Dark	Aum Ajneya
Throat Self expression, choice, will, follow your dream, faith, trusting life.		Surrender to Divine Will Ether	Ham Vishuddha
Heart Love, forgiveness (does you good), compassion.		Love is Divine Power Air	Yam Anahata
Solar Plexus Personality, self-esteem, gut instinct.		Honor Self Fire	Ram Manipura
Sacral Creativity and sexuality. Power, control, money, relationships.		Honor One Another Water	Vam Swadishtana
Root Family and social belonging. Safety and security.		All is One Earth	Lam Mooladhara

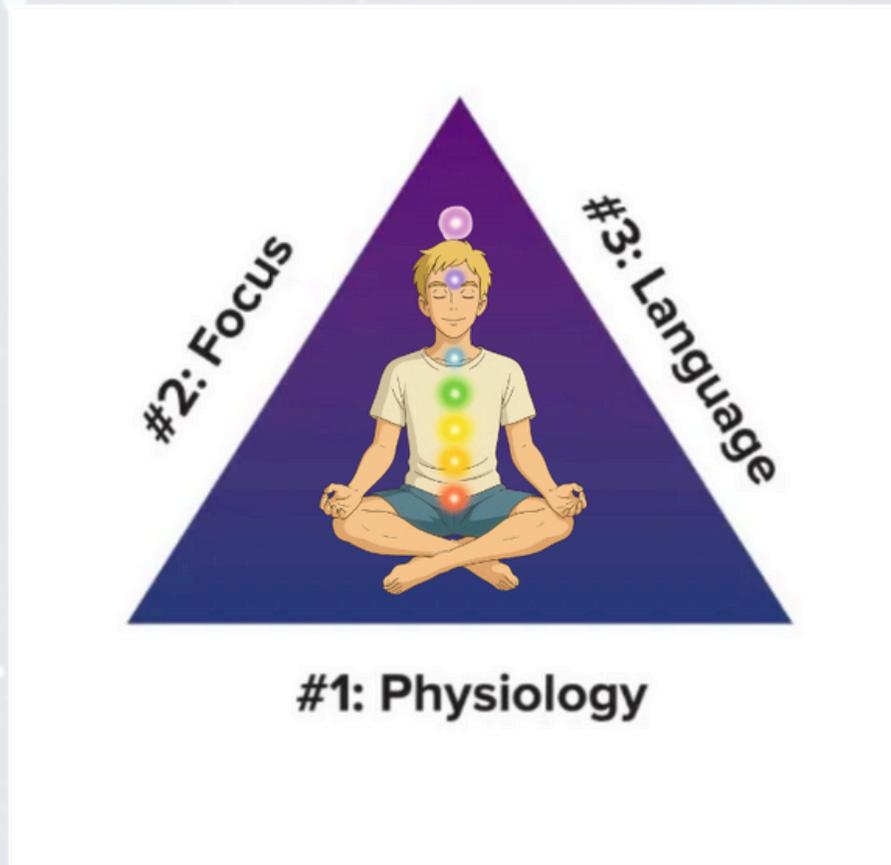


Notice the connection between the Hawkins scale, our emotional experience of life, and the chakra system. As the great sufi mystic Rumi once wrote, “We are not the drop in the ocean, we are an entire ocean in a drop.” A very true and profound statement worth meditating on.

When you get to the core of people’s issues it is always related to some type of theme on the chart above. Their body problems also very often correlate to the area of their body related to the chakra/energy center theme as well.

Why does this matter? Because we cannot solve a problem with the same level of thinking that created it. Better yet, it is the very level of thinking that is the root of the problem anyways!

Presence



The question I get all the time is...COACH TUCK HOW DO I CHANGE MY STATE?

I'll keep it simple. We need to either change our physiology (How energy moves through our body), focus (how were directing our mind and attention), or language (the unique vibrations were expressing through word).

Another way to think of this is each human is a mind (focus), body (physiology), spirit (flow of information aka words) complex.

No matter which practices you choose to awaken the mind~body~spirit and improve our state of being it can be simplified to a change in focus, physiology, or language.

Presence

What emotional states from the chart of consciousness (3 positive and 3 negative) do you feel most consistently on a daily basis?

What moments of your day, week, month, year do you feel most present?

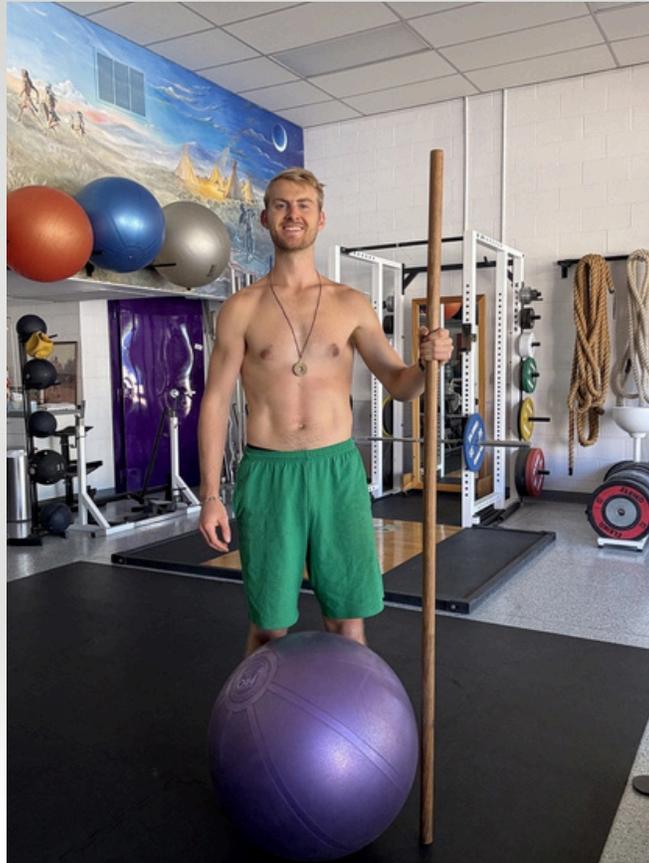
What moments of your day, week, month, year do you feel most present?

Final Word

Becoming a superstar can be super simple. It can also be super easy when we have the right support and guidance. The key is to utilize this guide as best you can and start with the lowest hanging fruit.

We need more superstars shining bright in the world. Without self awareness we don't evolve and therefore we live backwards which is also known as evil.

CONTACT INFO



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