MIND · MONEY · BODY · DIRECTION



FREE STARTER KIT · THE NAVIGATOR PROGRAM

The 7-Day Reset

Master your mind, money and body. Find your direction.

FOR YOUNG MEN AGED 18 TO 25

7 days · 15 minutes a day · one lesson, one action, one reflection

Curated by Mpilo Ntethe, Founder

Educational guide. It is not medical, legal or financial advice.

START HERE

Welcome, Navigator

You did not start from zero. From the day you were born, your family, your friends, your neighbourhood and the things you saw every day pushed you in certain directions. You did not choose most of it.

But you do get to choose what happens next. Think of me as the older brother who has walked this road. For the next seven days, give me 15 minutes a day. One short lesson, one small action, one honest reflection. No big speeches.

THE FOUR PILLARS OF NAVIGATOR

MIND	MONEY	BODY	DIRECTION
Self-awareness, mindset, emotions, environment	Budgeting, saving, earning	Eating well, moving daily	Goals, skills, purpose

HOW TO USE THIS KIT

- Do one day at a time. Each completed day sets one of your seven **bearings**.
- Write in the log space on each page, or in a notebook you call your Navigator Log.
- Tick your daily checklist on the next page every day.
- Be honest. Nobody else needs to read what you write.
- Missed a day? No problem. Pick up where you left off.

If you are struggling, you don't have to handle it alone. Talk to someone you trust. SADAG Suicide Crisis Helpline: **0800 567 567** (toll-free, 24 hours). More lines at www.sadag.org. In immediate danger, call emergency services or go to your nearest clinic.

THE NAVIGATOR PROGRAM

YOUR DAILY CHECK-IN

The 7-Day Checklist

Every evening, tick what you did. This is the same daily check-in members do inside the Navigator Circle.

Daily check	D1	D2	D3	D4	D5	D6	D7
Completed today's lesson and action							
Did my tiny habit (from Day 4)							
Drank water and moved for 10+ minutes							
Wrote one thing I'm grateful for							
Took one step toward a goal							
Phone away 30 min before sleep							

MY BEARINGS

Colour in a bearing each time you finish a day.

1	2	3	4	5	6	7

THE NAVIGATOR PROGRAM

DAY 1 · PILLAR: DIRECTION

Where Am I Right Now?

You can't plan a route if you don't know where you're standing.

THE IDEA

Before anything changes, you need an honest picture of your life today. Not the picture you show on Instagram. The real one.

YOUR ACTION

Rate each area from 1 to 10.

- Mind: how I talk to myself and handle my emotions ___/10
- Money: how I earn, spend and save ___/10
- Body: my energy, food and movement ___/10
- Direction: how clear my goals are ___/10
- My people: friends and environment ___/10
- My habits: daily routine ___/10

REFLECT: Which area scored lowest? Which one, if it improved, would make the others easier?

BEARING 1 SET: I know where I'm standing.

MY NAVIGATOR LOG

THE NAVIGATOR PROGRAM

DAY 2 · PILLAR: MIND

The Voice in Your Head

Your mindset is the story you tell yourself.

THE IDEA

Some of that story was given to you by other people, and some of it isn't even true. Believing you can improve is a good start, but it only works when you pair it with a plan and the right people around you.

YOUR ACTION

Write down three things you often say to yourself, such as "I'm not smart", "People like me don't get rich" or "I'll start next week." For each one, ask:

- *Who taught me this?*
- *Is it a fact, or just a habit of thinking?*

Rewrite each one as an honest, stronger thought with a next step. "I'm not smart" becomes "I didn't prepare enough, so I'll change how I study."

REFLECT: Which old belief has been holding you back the most?

BEARING 2 SET: I've caught one lie I've been telling myself.

MY NAVIGATOR LOG

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DAY 3 · PILLAR: MIND

What Shaped You

Your roots are not your ceiling.

THE IDEA

Think of yourself as a tree. Your early life is the roots, and the people and places around you are the soil. Some lessons you picked up about money, anger, feelings and being a man helped you. Others didn't. This isn't about blame. It's about choosing what to keep.

YOUR ACTION

Answer these in your log.

- What did I learn at home about money?
- How did people around me deal with anger or stress?
- Which 'rules' about being a man do I follow without ever checking them?
- Which lessons do I keep? Which do I leave behind?

Share only what you feel comfortable with. If remembering is painful, talk to someone you trust (see the help box on page 2).

REFLECT: Write one sentence that starts with "From today, I choose to..."

BEARING 3 SET: I know which lessons I'm keeping.

MY NAVIGATOR LOG

THE NAVIGATOR PROGRAM

DAY 4 · PILLAR: BODY

Small Habits, Strong Body

Movement is for your health first and your looks second.

THE IDEA

Your body carries your mind. Big change comes from tiny actions repeated daily. Forget the '21 days' myth: one study found a simple habit took about 66 days on average to stick, so start small and be patient with yourself.

YOUR ACTION

Pick ONE tiny body habit that takes under five minutes:

- 10 squats or wall push-ups
- A glass of water as soon as you wake up
- A 10-minute walk after supper
- Swap one fizzy drink for water

Stack it onto something you already do: "After I brush my teeth, I will..." Do it today, and tick it on your checklist for the rest of the kit.

REFLECT: What one habit is costing you the most energy right now?

BEARING 4 SET: My first habit is stacked and running.

MY NAVIGATOR LOG

THE NAVIGATOR PROGRAM

DAY 5 · PILLAR: MIND

Your Circle, Your Future

Your environment is stronger than your willpower.

THE IDEA

The people you spend time with, the content you consume and the places you hang out all push you in a direction. You don't have to drop your old friends, but you can widen your circle on purpose.

YOUR ACTION

Make three short lists.

- My five closest people, each marked: lifts, neutral or drains
- Content that drains me versus content that builds me
- One place where I waste time, and one where I grow

Then make one move today: unfollow one account that drains you, or message one person you'd like to learn from.

REFLECT: If you kept the same circle for five years, where would you end up?

BEARING 5 SET: I've chosen my circle on purpose.

MY NAVIGATOR LOG

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DAY 6 · PILLAR: MONEY

Money Starts in the Mind

Wealth is a habit before it's a number.

THE IDEA

It's not only about how much you earn. It's about what you do with each rand, and whether you're building skills people will pay for. Save something first, even R20, before you spend.

YOUR ACTION

Track every rand you spend today, even R5 for a sweet. Tonight, sort it into needs and wants. Then answer:

- *What is one skill I have, or could learn, that someone would pay me for?*

Think about design, haircuts, tutoring, video editing, fixing phones or selling. And remember: anyone promising guaranteed returns is almost certainly running a scam.

REFLECT: If you saved just R20 a day, you'd have over R7,000 in a year. What would you do with it?

BEARING 6 SET: I know where my money goes.

MY NAVIGATOR LOG

THE NAVIGATOR PROGRAM

DAY 7 · PILLAR: DIRECTION

Set Your Direction

A navigator doesn't wait for the wind.

THE IDEA

He picks a destination and adjusts as he goes. Today you bring the whole week together into one clear plan.

YOUR ACTION

Look back at Days 1 to 6, then write:

- One goal for the next 90 days (specific, with a date)
- Why it matters to me
- An if-then plan: 'IF it's [time/place], THEN I will [small action]'
- One person I'll tell, so they can hold me accountable

REFLECT: Compare how you feel today with how you felt on Day 1. What shifted?

BEARING 7 SET: My direction is set. All seven bearings complete.

MY NAVIGATOR LOG

THE NAVIGATOR PROGRAM

ALL SEVEN BEARINGS SET

You've Started. Now Keep Going.

In seven days you checked where you stand, caught the voice in your head, understood what shaped you, started a body habit, chose your circle, faced your money and set a direction. That's more than most people do in a year.

But one week is a start, not a finish. Habits take months, and nobody grows alone.

WHAT'S WAITING INSIDE THE NAVIGATOR CIRCLE

- A brotherhood of young men on the same road, with daily check-ins and Wins Wednesday
- The full Navigator Journey, a 12-week programme across Mind, Money, Body and Direction
- Every Navigator guide and tool: Mind, Money (Digital Finance Fundamentals) and Body (Health and Wellness Fundamentals)
- Weekly challenges, a new resource every month, and live sessions with guest experts
- An accountability partner, so you're never doing this alone

Join the Navigator Circle

Founding price: **R79 a month**, locked in for as long as you stay.

Missed the founding window? Your subscription automatically moves to the standard price of **R99 a month** (or R990 a year).

Welcome to the Circle, Navigator. — Mpilo Ntethe, Founder

THE NAVIGATOR PROGRAM