

# REMIND

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## INTRODUCTION

- 4 videos
  - 3 exercises
  - 30 minutes reading time
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## FRICTION

- **Chapter 1 → Friction**

1 exercise + 3 essential principles + 3 videos + 35 minutes reading time

- **Chapter 2 → Attitude**

4 exercises + dealing with stress + 4 videos + 25 minutes reading time

- **Chapter 3 → (Un)comfortable**

4 exercises + 3 videos + 20 minutes reading time

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## DETOX

- **Chapter 1 → Calming the Nerves**

5 exercises + 1 video + 20 minutes reading time

- **Chapter 2 → Popcorn**

2 exercises + 2 videos + 20 minutes reading time

- **Chapter 3 → Detox Check**

More than 15 themes and exercises + cold turkey detox + 2 videos + 35 minutes reading time

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## FOREST METHOD

- **Forest Method**

A 5-step model from intention to action and fulfillment + 1 video + 20 minutes reading time

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## **MASTERING HABITS**

- **Chapter 1 → Routine Recipe**

1 exercise + 1 video + guidelines for when, what, and how

- **Chapter 2 → Habits in Motion**

23 exercises + 2 videos + 35 minutes reading time

- **Chapter 3 → The Cascade**

A template for habit stacking + 1 practical example + 1 video + 15 minutes reading time

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## **DOPAMINA OPTIMA**

- **Chapter 1 → Dopamine in Balance**

4 exercises + 2 videos + 30 minutes reading time

- **Chapter 2 → Dopamine Optimization**

12 exercises/guidelines + 3 videos + 35 minutes reading time

- **Chapter 3 → The Mountain Principle**

A principle focused on action and willpower + 2 exercises + 2 videos + 20 minutes reading time

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## **MIND DESIGN**

- **Chapter 1 → Monkey Mind**

4 exercises + 4 videos + 40 minutes reading time

- **Chapter 2 → Ingredients**

4 exercises + 4 videos + 30 minutes reading time

- **Chapter 3 → Growth Mindset**

3 exercises + 3 videos + 30 minutes reading time

- **Chapter 4 → iDesign**

5 exercises + 2 videos + 35 minutes reading time

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## **FLOW**

- **Chapter 1 → Flow**

Introduction + 1 video + 25 minutes reading time

- **Chapter 2 → Release**

8 exercises + 2 videos + 30 minutes reading time

- **Chapter 3 → Relax**

4 exercises + 4 videos + 30 minutes reading time

- **Chapter 4 → Meditation**

3 exercises + 3 videos + 30 minutes reading time

- **Chapter 5 → Gratitude**

5 exercises + 2 videos + 35 minutes reading time

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## **CONCLUSION**

- 2 videos
  - 5 minutes reading time
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*The structure above is not a standard fitness plan, but a self-lab in which you experiment with the exercises. Except for videos, third-party links, podcasts, research articles, etc., are not included in this overview.*