Limitless x Legacy

NO LIMITS. AS A DAD.

30

DAYS TO A STRONGER LEGACY

Build *body, mind and money* – one step at a time

BODY · MIND · MONEY · LEGACY

FROM THE FOUNDER

Hi, I'm Johan Carlsson.

A few years ago I stopped training. Work took over, and now I'm a new dad with even less time than before. At the same time I realised I don't want to live on a single paycheck for the rest of my life – I want to build something for my daughter.

So I started over. Thirty minutes a day and two hours on Sundays – body, mind and money in one plan.

That's why I started Limitless X Legacy. I know I'm not alone on this journey. There are many dads out there who feel the same – who want more for themselves and their families, but don't know which way to go or where to start. This guide is for them.

I'm making the journey myself, in the middle of everyday life – not as a distant expert. Follow me, see what I do and how it goes, and do the same. You don't have to make this journey alone.

The guide follows the same structure I live by: one task per weekday of no more than 30 minutes, and a longer review on Sunday. Do the task, tick it off and move on.

Welcome.

Johan Carlsson

FOUNDER, LIMITLESS X LEGACY

HOW THE GUIDE WORKS

Three pillars. *One legacy.*

WEEK 1

Mind

Build the foundation: who you want to be, where you're heading and routines that hold when the nights are short.

WEEK 2

Body

Back to training with efficient workouts and energy that lasts until bedtime.

WEEK 3

Money

Away from a single paycheck: full control, saving and income alongside the job.

WEEK 4

Legacy

Where it all comes together: being present today and building something that lasts for generations.

EACH DAY INCLUDES

THE PRINCIPLE	The idea behind today's step.
ACTION	What you do today – no more than 30 minutes, a little longer on Sundays.
EXAMPLE	What it can look like for a dad in everyday life.

YOUR JOURNEY

30 days *at a glance*

WEEK 1 · MIND

- 01 Decide who you want to be ☐
- 02 Set clear goals ☐
- 03 Own your morning ☐
- 04 Stay focused ☐
- 05 Learn to say no ☐
- 06 Be resilient ☐
- 07 Sunday: your first weekly review ☐

WEEK 2 · BODY

- 08 Start where you are ☐
- 09 Strength train three times a week ☐
- 10 Prioritise sleep ☐
- 11 Eat for energy ☐
- 12 Move every day ☐
- 13 Be a role model ☐
- 14 Sunday: follow up the week ☐

WEEK 3 · MONEY

- 15 Get control of your finances ☐
- 16 Build a buffer ☐
- 17 Pay yourself first ☐
- 18 Learn the basics of investing ☐
- 19 Increase your income ☐
- 20 Create an extra income stream ☐
- 21 Sunday: make your money plan ☐

WEEK 4 · LEGACY

- 22 Save for your children's future ☐
- 23 Be present ☐
- 24 Create a family tradition ☐
- 25 Strengthen relationships at home ☐
- 26 Surround yourself with the right people ☐
- 27 Find a mentor ☐
- 28 Sunday: write your legacy ☐
- 29 Teach your kids about money ☐
- 30 Celebrate and plan your next step ☐

WEEK 1

Mind

Build the foundation: who you want to be, where you're heading and routines that hold when the nights are short.

DAYS 01–07

01

DAY 01 · MIND

Decide who you want to be

> ***Everything starts with a clear picture of who you want to be – for yourself and for your family.***

ACTION

Write down what you want your life to look like in five years: your health, your finances and your relationship with your family. A few short sentences are enough.

EXAMPLE

Erik wrote down his five-year picture one Sunday evening. It became his compass when everyday life pulled in different directions.

☐ DONE

02

DAY 02 · MIND

Set clear goals

> ***A clear goal gives direction and makes it easier to prioritise.***

ACTION

Break your five-year picture down into goals for the next 6 and 12 months. Set one goal for body, mind and money – and one for your family.

EXAMPLE

Leo set a goal for each area. For the first time he knew exactly what to spend his time on each week.

☐ DONE

03

DAY 03 · MIND

Own your morning

> *A calm start to the day brings focus – even with small kids at home.*

ACTION

Create a 15-minute morning routine, for example a glass of water, some movement and reading your goals. Start tomorrow.

EXAMPLE

Andreas gets up 20 minutes before the rest of the family. That time gives him calm and a clear plan for the day.

☐ DONE

04

DAY 04 · MIND

Stay focused

> *If you try to do everything at once, you rarely do anything really well.*

ACTION

Pick this week's three most important tasks. Also write down what you will pause or say no to, to free up time.

EXAMPLE

Fredrik had lots of half-finished projects. When he picked three and paused the rest, he finally started seeing results.

☐ DONE

05

DAY 05 · MIND

Learn to say no

> *Every yes takes time from something else – often from your family.*

ACTION

Before you say yes to something new, ask yourself: does this take me closer to my goals? If the answer is no, say no kindly.

EXAMPLE

Daniel turned down an extra assignment that would have taken every evening. Instead he got time for both training and bedtime with the kids.

☐ DONE

06

DAY 06 · MIND

Be resilient

> ***Setbacks are part of the journey. What matters is how you handle them.***

ACTION

Write down a setback you have had and what it taught you. Decide how you will act the next time something goes against you.

EXAMPLE

Marcus lost his biggest client. Instead of giving up, he reviewed his strategy and found a more stable way forward.

☐ DONE

07

DAY 07 · MIND

Sunday: your first weekly review

> *What you follow up on gets better.*

ACTION

Use part of your Sunday time. What went well this week? What do you want to do differently? Celebrate what you've achieved.

EXAMPLE

Johannes does his review every Sunday. It has become the most important fifteen minutes of his week.

☐ DONE

WEEK 2

Body

Back to training with efficient workouts and energy that lasts until bedtime.

DAYS 08–14

08

DAY 08 · BODY

Start where you are

> ***You don't need to be in shape to start. You just need to know where you stand.***

ACTION

Note your starting point: how many push-ups you can do, how long you can walk at a brisk pace and how you sleep. Write it in a training log – it will follow you all the way.

EXAMPLE

Oskar wrote down his numbers on day one. After a month he could clearly see how much stronger he had become.

☐ DONE

09

DAY 09 · BODY

Strength train three times a week

> *Short, efficient workouts beat long ones that never happen.*

ACTION

Book three 30-minute workouts in your calendar. Focus on basic exercises like squats, push-ups and rows, and log every session.

EXAMPLE

Mattias trains on Monday, Wednesday and Friday before work. The workouts are in his calendar just like any other meeting.

☐ DONE

10

DAY 10 · BODY

Prioritise sleep

> ***Sleep first. It gives more energy, a better mood and sharper decisions.***

ACTION

Set a fixed time when screens go off, and go to bed at the same time every evening as often as you can.

EXAMPLE

With a baby at home, nights can't always be controlled. Martin started making the most of his evenings instead and going to bed earlier.

☐ DONE

11

DAY 11 · BODY

Eat for energy

> ***What you eat affects how much energy you have – at work and at home.***

ACTION

Plan the week's dinners on Sunday and cook bigger batches, so you have good food at home even on stressful days.

EXAMPLE

Viktor and his partner cook two big dishes on Sunday. It saves time during the week and makes it easier to eat well.

☐ DONE

12

DAY 12 · BODY

Move every day

> ***Small amounts of movement every day make a big difference over time.***

ACTION

Walk at least 30 minutes a day. Bring the pram, take phone calls on a walk or cycle to work.

EXAMPLE

Simon takes a long walk with the pram every afternoon. He gets both movement and time with his son.

☐ DONE

13

DAY 13 · BODY

Be a role model

> *Your kids don't do what you say – they do what you do.*

ACTION

Do a physical activity together with your family this week, like a walk in the woods, playing in the park or a workout at home.

EXAMPLE

Alexander sometimes trains at home while the kids are awake. Now his daughter wants to do “daddy exercises” too.

☐ DONE

14

DAY 14 · BODY

Sunday: follow up the week

> ***Progress motivates more than anything else.***

ACTION

Open your training log and compare with your starting point from day 8. How many workouts did you do? How have you slept? Adjust the plan for next week.

EXAMPLE

After just one week, Oskar noticed he had more energy in the afternoons. That motivated him to keep going.

☐ DONE



A BREAK IN THE JOURNEY

Want a ready-made plan for your body?

In Limitless X Legacy you get the training plan I follow myself: four-week blocks with strength training three times a week and routines that fit a life with a job and a family.

THE PACKAGE INCLUDES

- Training plan in 4-week blocks
- Strength 3 times a week, plus routines
- Audio files 6 days a week

READ MORE AND JOIN AT LIMITLESSX.SE/EN

WEEK 3

Money

Away from a single paycheck: full control, saving and income alongside the job.

DAYS 15–21

15

DAY 15 · MONEY

Get control of your finances

> *You can't steer what you don't keep track of.*

ACTION

Go through the last three months of spending. Sort it into necessary, important and unnecessary.

EXAMPLE

Henrik discovered he was paying for five subscriptions he didn't use. The money went to savings instead.

☐ DONE

16

DAY 16 · MONEY

Build a buffer

> ***A buffer gives security and keeps unexpected costs from becoming a crisis.***

ACTION

Open a separate savings account for your buffer. Set up an automatic transfer the day after payday.

EXAMPLE

Emil saves a fixed amount for his buffer every month. When the car broke down, there was no panic.

☐ DONE

17

DAY 17 · MONEY

Pay yourself first

> *Save first and live on the rest – not the other way around.*

ACTION

Decide how much of your income should go to saving and investing each month. Make the transfer automatic.

EXAMPLE

Anton started with five percent of his salary. After a year he had raised it to ten, without noticing any difference in everyday life.

☐ DONE

18

DAY 18 · MONEY

Learn the basics of investing

> ***Understand before you invest. Knowledge reduces the risk of costly mistakes.***

ACTION

Learn the difference between saving, investing and speculating, and what risk and time horizon mean for you.

EXAMPLE

Sebastian spent a week learning the basics. He felt much more confident once he started investing.

☐ DONE

19

DAY 19 · MONEY

Increase your income

> ***There's a limit to how much you can save – but not to how much you can earn.***

ACTION

Write down three ways to increase your income, such as negotiating your salary, a new skill or a side assignment. Find out what your skills are worth on the market, pick one path and take the first step.

EXAMPLE

Robert prepared thoroughly for his salary review with concrete results. He got a raise that covered his kids' savings.

☐ DONE

20

DAY 20 · MONEY

Create an extra income stream

> ***Away from a single paycheck. Several income streams give security and freedom.***

ACTION

Think about how your knowledge or interests could become extra income, such as consulting, a course or an assignment.

EXAMPLE

Carl has long experience in sales. He started running workshops for small business owners one Saturday a month.

☐ DONE

21

DAY 21 · MONEY

Sunday: make your money plan

> *A plan on paper is the start of money that works for you.*

ACTION

Use your Sunday time to gather everything from the week: your budget, your buffer, your monthly saving and your next step to increase your income. Write it down on one page.

EXAMPLE

Hampus sat down one Sunday with coffee and his notes from the week. When he got up, he had a financial plan for the whole year.

☐ DONE



A BREAK IN THE JOURNEY

Want to learn more about investing?

As a member you get access to the investment group, where you learn about saving and investing together with other dads. The group is education, not investment advice.

THE PACKAGE INCLUDES

- Investment group (education)
- Live webinar every week on mindset and goals
- Learn at your own pace

READ MORE AND JOIN AT LIMITLESSX.SE/EN

WEEK 4

Legacy

Where it all comes together: being present today and building something that lasts for generations.

DAYS 22–30

22

DAY 22 · LEGACY

Save for your children's future

> ***What you save today has time to grow until your children need it.***

ACTION

Decide on a monthly amount for children's savings, however small, and set it up as an automatic transfer.

EXAMPLE

Jakob saves a fixed amount for his daughter every month. He sees it as part of his legacy.

☐ DONE

23

DAY 23 · LEGACY

Be present

> ***What your kids remember isn't what you gave them, but that you were there.***

ACTION

Introduce a phone-free time every day, for example from dinner to bedtime. Put your phone in another room.

EXAMPLE

Niklas leaves his phone in the hallway when he gets home. The evenings with his kids have become the best part of the day.

☐ DONE

24

DAY 24 · LEGACY

Create a family tradition

> ***Traditions create security and memories for life.***

ACTION

Decide on a simple tradition you can do every week, like pancake breakfast on Saturdays or a Sunday walk.

EXAMPLE

Every Friday Per builds a den in the living room with his kids. They talk about it all week.

☐ DONE

25

DAY 25 · LEGACY

Strengthen relationships at home

> *A strong relationship between the adults gives children security.*

ACTION

Book time with your partner this week, without kids and without phones. If you live apart: have a calm conversation with your child's other parent about how you work together.

EXAMPLE

Tobias and his partner have a set evening each month just for the two of them. It has made everyday life easier for the whole family.

☐ DONE

26

DAY 26 · LEGACY

Surround yourself with the right people

> ***The people around you shape how you think and what you believe is possible.***

ACTION

Think about the five people you spend the most time with. Seek out more people who think ahead and want the same things as you.

EXAMPLE

Robin started spending more time with other driven dads. It gave him both new ideas and new friends.

☐ DONE

27

DAY 27 · LEGACY

Find a mentor

> ***Someone who has walked the path before you can save you years of mistakes.***

ACTION

Identify someone you look up to, in work, finance or parenting. Reach out and ask for a short conversation.

EXAMPLE

Lucas wrote to a former manager and asked for advice. It was the start of a mentorship that has meant a lot.

☐ DONE

28

DAY 28 · LEGACY

Sunday: write your legacy

> ***Your legacy isn't just what you leave behind, but who you are every day.***

ACTION

Write a letter to your child about what you stand for and what you hope they carry with them. Keep it and read it now and then.

EXAMPLE

Filip wrote his letter one evening after his daughter had fallen asleep. He reads it when he needs reminding why he does it all.

☐ DONE

29

DAY 29 · LEGACY

Teach your kids about money

> ***Financial knowledge is one of the most important things you can pass on.***

ACTION

Talk about money with your kids at a level that suits their age: saving, waiting and that things cost money.

EXAMPLE

Isak lets his son put part of his pocket money in a piggy bank. It becomes a chance to talk about saving for something bigger.

☐ DONE

30

DAY 30 · LEGACY

Celebrate and plan your next step

> ***You've taken 30 steps. Now the journey really begins.***

ACTION

Go through all 30 days. What has changed? Which habits do you want to keep? Decide your next goal for each pillar.

EXAMPLE

After 30 days Erik had done 12 workouts, started a buffer and introduced phone-free evenings. He decided to keep going.

☐ DONE



NEXT STEP

Continue the journey with Limitless X Legacy

Body, mind and money in one plan, built for a life with a job and a family. Choose the start that suits you – Start, Premium or Platinum.

WHAT'S INCLUDED

- Training plan in 4-week blocks: strength 3 times a week
- Audio files 6 days a week
- Investment group (education)
- Live webinar every week on mindset and goals

READ MORE AND JOIN AT LIMITLESSX.SE/EN

FROM ZERO TO FREEDOM

A stronger legacy isn't built in a day. *It's built every day.*

Every step you take shows that you're investing in your future – and your family's. Strength isn't just about your body or your money. It's about who you are, every day, for the people who matter most.

Limitless x Legacy

LIMITLESSX.SE · LEGACY@LIMITLESSX.SE

This guide is based on personal experience and general inspiration. The people in the examples are fictional. The content is not financial, medical or legal advice. The investment group is education, not investment advice, and investing always involves risk – you can lose all or part of your capital. The training advice is general and does not replace medical advice.