



FOUNDERS EDITION

DEFINE.
IDENTIFY.
EXECUTE.

90 DAYS TO INVEST IN YOU.

A structured wellness experience
for your mind, body, health,
finances and goals.

THE D.I.E. WELLNESS MAGAZINE

DESIGN YOURSELF.

ISSUE 01 / 2027



DESIGN YOURSELF.

Be the architect of your character, your choices and your life.

A NOTE FROM THE FOUNDER

There are moments when you are ready for your life to change for the better.

D.I.E. is a framework built to help cultivate turning a negative into an opportunity. It is a process of personal alchemy that stands for Define. Identify. Execute.

This framework is about becoming the best version of yourself—not by waiting for the perfect moment, but by becoming clear about what you want, honest about what it requires, and intentional about what you do next.

For 90 days, you create a rhythm around the areas that shape your life: your mind, body, health, finances and goals. You are not being asked to become somebody else. You are learning how to build from where you are and use what is already within you.

The platform supports the journey, but you remain at the center of it. You choose your goals. You decide what you share. You learn to recognize your progress, reinforce positive habits and trust yourself to keep moving.

This is an invitation to define your direction, identify the path and execute with purpose.

Build with intention.
DESIGN YOURSELF.



CHANGE BECOMES CLEARER WHEN YOU GIVE IT A PROCESS.

D.I.E. gives your intention a structure. Each phase asks a different question, so you can move from an idea to a decision—and from a decision to consistent action.

01 DEFINE

What do I want to build, strengthen, release or change?

02 IDENTIFY

What supports the goal? What stands in the way? What matters now?

03 EXECUTE

What actions will I take—and how will I remain accountable to myself?

Not a quick fix. A practical rhythm for becoming.

DESIGN YOURSELF.

FIVE CORE AREAS. ONE LIFE MOVING FORWARD.

Your plan brings the parts of life that affect one another into one clear view. Start with the core. Add other categories only when they serve your season.

MIND

clarity, resilience,
learning

BODY

movement, strength,
recovery

HEALTH

care, nourishment,
wellbeing

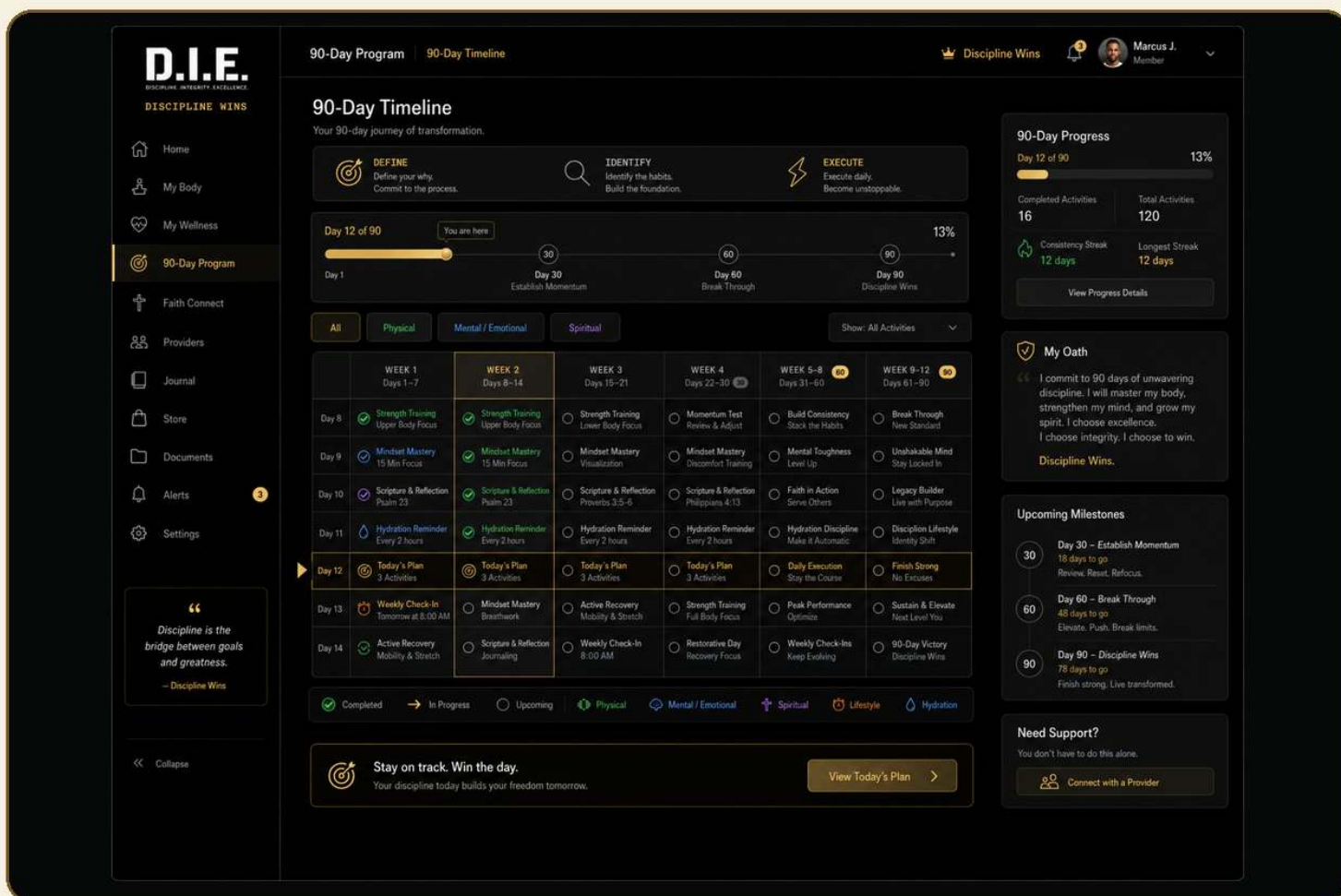
FINANCES

stability, preparation,
self-investment

GOALS

the outcomes you
choose to pursue

Optional areas can include family, career, faith, creativity, relationships or community.



A plan you can see. Progress you can understand. Next steps you can use.



INVEST IN YOURSELF.

Personal investment is more than money. It is the time, care, learning, movement and spiritual practice you intentionally dedicate to your own wellbeing.

THE 10% PERSONAL INVESTMENT PRACTICE

A visible way to ask: Am I consistently giving meaningful time and resources back to my health, development, restoration and future?

1

TIME

movement + rest

2

CARE

health + recovery

3

LEARNING

skills + insight

4

MONEY

intentional resources

5

SPIRIT

alignment + reflection



The goal is insight—not judgment. You decide what progress means and what stays private.

MEET YOURSELF ALONG THE WAY.

The program includes moments that help you hear your own voice, recognize your growth and remember why you began.

“The purpose is not to replace your strength. It is to help you recognize it, trust it and use it.”

DEFINE • IDENTIFY • EXECUTE
A STRONGER YOU. A BRIGHTER TOMORROW.

Search goals, resources, events, or members...

High Visibility

Danielle Brooks
Parent / Guardian

Daily Journal > Daily Journal

Daily Journal

Notice the day. Keep the evidence. Learn your patterns.

Day 18 of 90 | September 13 | Private by default

"Small, consistent choices create extraordinary lives."

Today's Completion

78% 7 of 9 entries complete

You showed up today. Consistency creates transformation.

Today Sep 13, 2025 Private by default Your journal stays private unless you choose otherwise.

1 CHECK IN How are you today?

Mood 8 / 10 Grounded Why this? Change recommendation

Energy 7 / 10 Steady Why this? Change recommendation

Sleep 7h 24m Rested Why this? Change recommendation

Water 80 oz On Track Why this? Change recommendation

2 BODY & PROGRESS Track what matters.

Current Weight 184.6 lbs 0.8 lbs this week Why this? Change recommendation

Movement 34 minutes On Track (Goal: 30 min) Why this? Change recommendation

Progress Photo Upload Photo Why this? Change recommendation

Private unless you choose to share.

Allow Comparison Let me compare this photo to future entries (to see my progress over time). Why this? Learn more

3 REFLECT Capture today's story.

What supported me today? What went well today? Who or what gave me energy?

What challenged me today? What was hard? What drained me?

What I learned today? What insight can I take forward?

Tomorrow's intention How do I want to show up tomorrow?

Non-Negotiables 5 of 6 complete Why this? View list

Personal Investment 7.8% of 10% On Track Why this? Change recommendation

Investing in the best version of me.

Message From Day 0 "You can do this. Keep showing up." 2:14 Why this? Watch again

Pattern Saved "Preparing water before work helped." Noted on Sep 13, 2025 Why this? View patterns

Back to Vision Board Save Private Entry Share Selected Summary Record Voice Note Add Photo Complete Check-In

REFLECT

Daily journaling makes change visible.

TRACK

Record weight, wellbeing, habits and progress photos on your terms.

REINFORCE

Notice patterns and strengthen the habits that support you.

You are building evidence that you can rely on yourself.



MEET THE PLATFORM.

One place to build your plan, track what matters, receive useful insights, find resources and keep your next step in view.



YOUR PLAN

Set the direction.

YOUR PROGRESS

See the full picture.

SMART INSIGHTS

Understand what may help.

NEXT BEST ACTION

Keep moving without the noise.

Structured enough to guide you. Flexible enough to remain yours.

SUPPORT ON YOUR TERMS.

Some seasons call for self-direction. Others benefit from a trusted person who can see the fuller picture—with your permission.

**YOUR PRIVACY.
YOUR CONTROL.**

Share only what you choose. Change access at any time.



Life coaches, mentors, faith and spiritual practitioners, and mental-health professionals can support the same whole person—only within the access that member grants.



FOUNDING MEMBERS CLUB

BUILD YOURSELF. BUILD YOUR BRAND.

Created for entrepreneurs, practitioners, professionals, trainers, doctors, coaches, spiritual leaders, musicians and creators whose work can strengthen lives.



YOUR WORK. PUBLISHED.

Founding Members can be introduced through the D.I.E. magazine and platform—building visibility, credibility and connection within a growing community of support and resources.

INTERVIEW

Tell the story behind your work.

PHOTO SHOOT

Create professional brand imagery.

FEATURE ARTICLE

Be represented within your major category.

LISTING

Help members discover your services, products or music.

Create more than visibility. Build a community around the value you bring.



BUILD YOURSELF. BUILD YOUR BRAND. EMPOWER THE FUTURE.

Your work has the ability to strengthen lives. Develop yourself, establish your professional presence, connect with a community of support, and create new opportunities to serve and earn.

The Founding Members Club brings together the people building the first layer of the D.I.E. experience—professionals, practitioners, entrepreneurs, artists and creators ready to contribute their knowledge, resources and work.

**Bring your experience.
Build your presence.
Help create what comes next.**

JOIN THE FOUNDING MEMBERS CLUB TODAY

[DIE2GROW.COM](https://die2grow.com)

OFFICIAL PLATFORM LAUNCH / JANUARY 1, 2027

DESIGN YOURSELF.