

**vol.1**



# cage free

**starter kit**

***5 Conventions to Break  
Today to Upgrade Your Life***

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# one. watching the news

**BREAKING**  
**NEWS**

I am not out here to say you should never catch a news story, but it's almost like the news is designed to anger, scare, and divide us. And, if I look around, I would say it's doing a pretty good job.

Unfortunately, when a news topic seeps into your brain, it tends to live there, rent free, making you dwell on it, worry about it, and affect your mood.

My suggestion to find some inner calm and peace? **Take a break from the news.**

Rarely have I watched a story and felt like I came away with actionable information that will affect my life.

**Instead, focus your energy on making your health better.** Making your relationships deeper. Making your own home stronger.

And, if you've taken a break long enough, you can treat the local news like my wife and I do when we watch it once a week: the best comedy on TV.





# two. eating breakfast

Is breakfast really the most important meal of the day?

I have read news articles, from major news outlets, maybe a reason I was inspired for breaking convention one, that claimed it was better to eat a donut for breakfast than nothing at all. I think this advice is terrible, and it just so happens that so much of the “you must eat breakfast” advice comes from companies that make breakfast food.

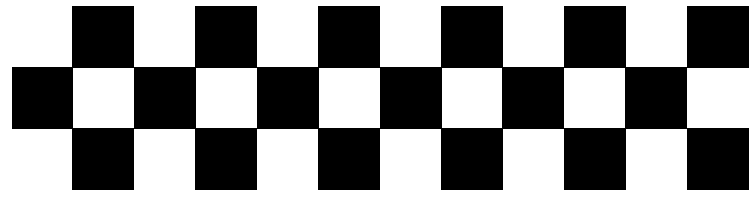
**I'll say that I have been skipping breakfast with semi-regularity for over a decade.**

This time restricted eating, or **intermittent fasting** as many call it has helped me maintain my weight, tap into what true hunger is, and helped me improve my focus in the morning (please tell me the last time you were productive after a pile of pancakes).

Maybe it means pushing breakfast back an hour a day for a week until you just start the day with lunch. Maybe you find this is helpful. There's a chance you don't. But by consciously skipping breakfast, you will at least be taking your life off auto-pilot and making a change that could at best improve your health, and at worst make you a little hangry.



# three. keeping up with teams



I'll bet you assume I mean sports team. And, your assumption would be partially right.

I have wasted untold amounts of my life on breaking sports news, trade rumors, and pre/post game coverage. ESPN now seems to have a business model of simply reporting on opinions on things that may happen in a game, postseason, or off season.

But it could also mean your fantasy sports team that you put so much time and effort into.

Think about the end of your life, do you really want to look back and say you spent much of your attention on the waiver wire and not waving goodbye to your kids and wife? **Didn't think so.**

And for those nerds turning your nose up at sports teams, ignoring teams can go beyond the court or field.

I am talking about:

Team Star Wars

Political Team

Your musical team (Swifties, I am looking in your direction)

**Or any other tribal endeavor that has you consuming and not producing.**

Now, I enjoy watching the Cubs play a game, I like the cadence and rhythm of football season and having a game on in the Fall, and I like music, but I challenge you to break the convention of consuming all the other "stuff" that goes along with it.

You will still get the enjoyment of the team and free up time and mental energy for living your life, not someone else's.



# four. why so serious?

“You can’t play at work. That’s why they call it work, son.” These were the “wise” words from my dad after I entered the workforce full time and was doing some light complaining about the malarky I had to deal with. While true, his advice didn’t really help me “unhate my job.”

**There is this convention that whatever work you do, it’s work, it’s serious business and is no time for play.**

I work in healthcare, one of the most serious businesses of them all.

Yet, I have found that playing at work has not only maintained my sanity, it has helped me be more creative, build relationships, and actually enjoy my job.

It could mean making a joke at a staff meeting, sharing a funny Meme or Gif in a group chat, or bullshitting with one of your patients to help connect with them to make changes in their health-this is one I often turn to.

If your job is more monotonous, it could simply mean turning whatever widget you make, count, or input into a game. How fast can you do it? Can you get the high score?

**While I can’t “unsuck” your job, you can choose to inject a little fun and life into it.**



# five. assuming people are logical

I think people are, in general, good. However, and I count myself among this, we are all flawed in some way. We all behave in some illogical way.

Maybe it's a past trauma, an issue with our upbringing, or someone has gotten our ear and given us some bad advice.

But I can't count the number of people I have come across while working, both patients and medical staff, as well as the general population, who do things that simply make you shake your head and wonder, **"What in the ever-loving hell is wrong with them?"**

Much like your crummy job, I can't change other people for you.

But, if you break the convention that all whom you deal with are logical, you can put steps in place to make your life easier:

- Make instructions as idiot proof as possible-this could mean dumbing down the language, or writing it out
- Follow up: Most people are like you, and super busy and stressed. They are allowed to forget things
- Forgive: Show empathy to those who are struggling. Did someone mess up a "Sure fire" request? Maybe you should make it more sure-fire next time. Unless they show intentionality in messing with you, forgive and move on.



# six. mouth breathing

Ok, I admit this one is a little more out there, but stay with me. In the phenomenal book ***Breathe*** by James Nestor, he lays out the argument that humans are really bad at... breathing. Like, the thing we do without thinking all day and night!

I won't bore you with the science, but one of the suggestions in the book to reduce mouth breathing and improve overall breathing health is to **tape your mouth shut at night.**

My wife and I have been doing this for several months now and I will say the deepness and quality of our sleep has improved dramatically-except for when our kids wake us up of course.

Buy some medical tape, and try it out. I have found not only deeper sleep, but my sinuses stay clear during the day.

**A little odd, but that's why I made it a bonus convention to break.**





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