

Thought Leaders
BUSINESS LAB

EPISODE 237

Hacking Your Human to Unlock Your Unique Human Code

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Hacking your human

People often complain about not having enough time to do everything. Many entrepreneurs can certainly relate to this. We work long hours and have a lot of other things going on like children.

At the end of the day, though, an entrepreneur's business is not a separate entity. It's part of our life.

After becoming a single mom, human performance consultant Alexandra Laws had to figure out how to hack her own human. She needed to find quick protocols that would help her accomplish a lot of tasks every day. These hacks are the foundation of her consultancy business today.

Think outside the box as a CHEK practitioner

Alexandra has been a CHEK practitioner for a long time. She met Paul Chek when she was 22 while training as a triathlete in San Diego. This was when Paul was just starting to develop his work, blending science and ancestral wisdom.

Paul's methodology is "don't guess, assess." He doesn't give you the answers. Since each person is unique, he wants you to constantly think and analyse.

CHEK practitioners are also taught to think outside the box and not follow mainstream protocols.

Transition into hacking

As well as CHEK training, Alexandra also trained in other protocols including neuromuscular therapy and yoga.

Alexandra began work as a performance coach for athletes in the US. She never had to advertise because her clients were always happy with her services. She kept them injury-free so they were able to retire on their own terms and reach new skill levels much quicker.

Many athletes get to a stage where they are about to make a breakthrough and then get injured and they have to start all over again. So, being injury-free can make or break an athlete. This is especially true if they are in high-skills sports like skateboarding where athletes constantly break records and do things no one else has ever done before.

When Alexandra had a son, she decided to move back to Australia to be with family and have a less intense lifestyle.

After 23 years working with human performance, she put all of her multi-level expertise into a consultancy program. Using CHEK foundations and her expanded knowledge, she developed a unique set of assessment tools.



Hack your human instead of your human hacking you

Just like in the computer world, most people are getting hacked, they just don't know it. They get hacked, but because they are caught up in the whirlwind of the mindset of the post-industrial era that we live in, they just keep trying to move forward.

Alexandra uses an overtrained athlete as a metaphor. These athletes keep going and going because they think they need to keep training harder and harder. Instead of becoming better, they get an injury.

POOP

POOP:

- Projections
- Objections
- Opinions
- Perceptions

When a human is hacked, you show these symptoms:

- Don't recover well
- Cognition goes down
- Tired all the time
- Don't have a clear mind
- Not the best parent, partner, or friend to be around

You're POOPing out on everyone else, not knowing what's going on with your human.

There are different levels. Some know they're getting hacked because they feel like crap but they don't know what to do.

Get uncomfortable and find your inner champion

Many entrepreneurs are trying to crack the code to the next level of their business. They know things aren't going well, they don't feel great, but they don't know how to get out of the cycle.

To break through anything, you have to get uncomfortable. Through discomfort, you make big breakthroughs and find your inner champion. The protocols to make you uncomfortable are there not to piss you off, but to shift the dial biologically, chemically, emotionally and mentally.



Take a cold shower and break through your comfort zone

✎ Alexandra uses a cold shower as the perfect example of getting uncomfortable. People get upset about having a cold shower. Metaphorically, this can symbolise the negative mindset that's stopping them from moving forward with their business.

✎ Force yourself to go through cold thermogenesis to get these benefits:

- increased blood flow
- helps with hormones
- helps with the blood-brain barrier
- activate various nerves

✎ Once you break through the uncomfortable and realize the benefits, it becomes easier to keep pushing after that. You also have a different conscious experience so you become open to different aspects of your business.

Uncomfortable = resilience

✎ The concept of doing something uncomfortable is multifaceted.

✎ The scientific aspect shows the benefits your body gets from doing something you are not used to.

✎ There is the social aspect. The more uncomfortable you get, the higher your resilience is. But we've become so comfortable as a society. This has affected our resilience and durability, which is detrimental for business and personal growth.

Hyper synchronicity and making quick decisions

✎ The pandemic is teaching us how to shift, which is vital for hyper synchronicity.

✎ As entrepreneurs, we need to be able to constantly shift, change our thinking, see where we're at and make decisions quickly to get things out much quicker as well. Protocols help you keep up with such fast-paced work.

✎ 2020 has been crazy. Some businesses have been hit hard. But other businesses have had a really good year and higher growth. Those that succeeded were those that were quick to think and pivot.

✎ When you hack your human, you are hyper healthy and on point, so you can make the decisions in business and be resilient.



Build your neural reserve

▽ The playing field is more intense than the training field. So, athletes need to have a neural reserve when they go out into the playing field. To do this, the training field needs to simulate the playing field.

▽ For example, Alexandra worked with Danny Way for a long time.

When Danny decided to jump over the Great Wall of China, Alexandra was there with him. Since they could not simulate the Great Wall, they set up a big ramp in the desert for the simulations.

Alexandra had to train Danny so that he could handle the impact each time things didn't go to plan during the simulations.

When he got to China, he had to do a practice run on a scaffold that was 6 storeys high. Unfortunately, he landed flat and tore a ligament off his ankle. It was devastating since the next day was the big event.

The doctor had to give him lidocaine because his ankle was the size of a grapefruit. But, because he had great neural reserves, he went on and made the jump successfully.

▽ This proves the importance of neural reserves. Even in the throes of something going on you can still perform if you have neural reserves.

Looking at challenges with gratitude

▽ The pandemic hurt many businesses, including Alexandra's since she relied on one-on-one sessions. But a challenge can still lead to something positive. Alexandra developed online programs and her reach has returned in the USA.

▽ Look at a challenge with gratitude, determine what you need to learn from it. It's through difficult times that good things come out. See opportunities that you did not realise were there.

Take a cold shower and break through your comfort zone

▽ The best way to hack your human is to have a daily performance routine with non-negotiable components. Let the routine become a lifestyle that includes the things that make you happy.

▽ The time you spend hacking your human can lead to:

— tenfold productivity, clarity and energy.

— shift the way you work.



- ▽ Alexandra's routine includes working concisely in small spurts when she is most productive.
- ▽ Research has proven that our brains do 10,000 synapses a day more than what our parents did. That has doubled now in the last 5 years. This is why people are stressed. If they get stressed and they don't know how to handle it, they get a neuro imbalance on their DNA and microbiome, which leads to mental health problems.
- ▽ Each person is unique. Some can handle high-volume training. Others are like overtrained athletes who need to take a day off. Rest and recovery are important parts of a person's routine.

Mechanisms of routines

- ▽ Control your mind
 - This includes mindfulness or awareness, meditation, breathwork and yoga. These exercises help you control your mind instead of your mind controlling you.
 - You become aware of how you are POOPing on people and how people are POOPing on you.
 - None of us feels great when someone spews out their emotion on us. So you also learn how to protect yourself from the negative energy and clear that out.
 - Within these exercises, you also clear out the subconscious mind so you have a more conscious experience.
- ▽ Movement and energy
 - On days when you don't have time or don't want to move, how do you get the energy to move your body? Use different protocols.
 - Alexandra uses a lot of the CHEK basic principles for the primal movement pattern, core strength stability for the joints and stretching.
 - The main goal is to find ways to preserve the physical aspect of the human.
- ▽ Restorative mechanism
 - If you aren't recovering, you cannot perform. How are you recovering? What do you do to recover?
 - This is where the cold shower concept comes in.
 - Sleep is the most powerful restorative mechanism. Break it down into its components. For example, REM sleep is best for cognition recovery. But how long does it take you to go into REM? How many times do you wake up? How many times do you move in the middle of the night? Unless you have the data, it's very hard to hack sleep. You will just be guessing about how much sleep you get.



Nutrition

— DNA testing lets you determine things like problems with gluten, dairy or salt; how you metabolise alcohol and coffee, how you detoxify.

— The microbiome is about the gut-brain connection. You need to test this regularly. Shifting microbiomes could lead to increased sleep and steady mood.

— The microbiome test determines what bacteria are under-abundant, over-abundant, and which are bad ones.

Everyone is unique

 Everyone will have strengths and weaknesses in different protocols and mechanisms. Danny Way had very strong control over his mind so Alexandra worked on his nutrition and recovery.

 Keep a diary to find patterns. What you think may be normal becomes clearer when it's either taken away or you read it and analyse it.

 As a final note, Alexandra says:

Challenge yourself to be a different operating human almost every month so that you have to retell your friends who you are. You've got to keep evolving and changing because you need to upgrade yourself.

Resources

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