



UN

COMMON

UNCOMMON RECOGNITION AND EXPERIENCES PDF

As a member of the Uncommon Movement we have a goal to help every male member 16 years or older leave the herd and become one of the top 1% in the world in 5 key areas of life: Health, Finances, Personal Development, Accountability, and Giving Back. In order to do this we need to define what it is to become Uncommon in these areas. Once you reach the top 1% in these areas you will be recognized and Uncommon or even Uncommon amongst the Uncommon and be eligible to join us in incredible experiences all over the world several times a year.

To become Uncommon we know that it is a work in progress and we have two groups that we recognize as Uncommon.

GROUP ONE

Health/ Fitness

You need an exact plan that you are following daily to get to 20% or less body fat, be able to run a mile in 8 minutes or less, complete 50 push ups without stopping, and complete 10 pull ups without stopping.

Finances

You need to be earning at least \$8333 USD per month or the Equivalent in your local currency. This must be leveraged residual income, not an hourly wage or salary.

Personal Development

I need to be developing a new skill and working on it at least 18 minutes a day. They have a rules called the 100 hour rule. That's states if you work on something for at least 100 hours you will be in the top 10% in the world in that particular skill. This can be physically, mentally, or spiritually.

Accountability

You need to be an active member of an accountability group where you report your goals and progress in these 5 areas daily.

Get Rich Give Back

You need to have a plan to Give back and improve your local community monthly.



GROUP TWO

Health/ Fitness

You need to be 20% or less body fat, be able to run a mile in 8 minutes or less, complete 50 push ups without stopping, and complete 10 pull ups.

Finances

You need to have an exact plan that you are working on daily to earn at least \$8,333 USD per month or the equivalent in your local currency. This has to be a leveraged residual income and can not be from hourly pay or salary.

Personal Development

I need to be developing a new skill and working on it at least 18 minutes a day. They have a rules called the 100 hour rule. That's states if you work on something for at least 100 hours you will be in the top 10% in the world in that particular skill. This can be physically, mentally, or spiritually.

Accountability

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Get Rich Give Back

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UNCOMMON AMONGST THE UNCOMMON

Health and Fitness

15% of less body fat, be able to run a mile in 8 minutes or less, complete 100 push ups without stopping , and complete 20 pull ups.

Finance

You need to be earning at least \$83,333 USD per month or the Equivalent in your local currency. This must be leveraged residual income, not an hourly wage or salary.

Personal Development

I need to be developing a new skill and working on it at least 18 minutes a day. They have a rules called the 100 hour rule. That's states if you work on something for at least 100 hours you will be in the top 10% in the world in that particular skill. This can be physically, mentally, or spiritually.

Accountability

You need to be an active member of an accountability group where you report your goals and progress in these 5 areas daily.

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