

A Faith-Based Framework For Becoming Stronger, Fitter, More Disciplined, and More Capable

Jim Motz

Building & Becoming

DEDICATION

To every man and woman who knows there is another level still inside them.

To those willing to reject passivity.

To those willing to embrace responsibility.

To those willing to go deeper.

THE DEEPWATER MANIFESTO

WE BELIEVE

 We believe stewardship matters.

 We believe strength serves purpose.

 We believe discipline is freedom.

 We believe comfort is the enemy.

 We believe Scripture comes before screens.

 We believe the blessings are in the DeepWater.

We reject passivity.

We accept responsibility.

We lead with courage.

We pursue excellence.

We become.

A LETTER FROM JIM

Most people don't need more information.

They need alignment.

Alignment between their faith, their standards, their body, their habits, and the person they know they were created to become.

For years, I lived out of alignment. I knew what I should do, but I wasn't doing it consistently. I chased success, achievement, and external wins while ignoring deeper issues that were slowly eroding my health, my peace, and my purpose.

I've been overweight. I've battled addiction. I've lived through seasons where I looked successful on the outside while feeling disconnected on the inside. I know what it's like to wake up and realize that the life you're living doesn't match the life you were created for.

That realization changed everything.

Over time, I learned that transformation isn't built on motivation. Motivation is temporary. It comes and goes. Real change is built on discipline, stewardship, and daily obedience.

I began rebuilding my life around faith, health, and personal responsibility. I started treating my body as a gift instead of an afterthought. I started embracing discipline instead of avoiding discomfort. I started building systems that supported the person I wanted to become.

That journey eventually became DeepWater.

DeepWater is not a fitness program. It's not a challenge. It's not another self-improvement trend.

It's a framework for becoming stronger physically, mentally, spiritually, and emotionally. It's a call to leave the shallow end behind and pursue deeper discipline, deeper faith, deeper purpose, and deeper standards.

The principles in this manual are the same principles I live every day and teach to the people I coach. They are simple, practical, and rooted in biblical truth. If you apply them consistently, they will change the trajectory of your life.

You don't need to be perfect to start.

You don't need to have everything figured out.

You just need to be willing to go deeper.

Welcome to DeepWater.

— Jim Motz

CHAPTER 1: THE ALIGNMENT PROBLEM

Most People Don't Need More Information

We live in the most information-rich era in human history.

At any moment, you can find:

1. Thousands of workout programs.
2. Thousands of nutrition plans.
3. Thousands of podcasts.
4. Thousands of books.
5. Thousands of opinions.

And yet millions of people are still stuck.

Why?

Because information isn't the problem.

Alignment is.

DEEPWATER PRINCIPLE

Knowledge without alignment becomes entertainment.

We consume content. We save posts. We buy books. We listen to podcasts. But if our daily actions don't align with our beliefs and goals, nothing changes.

Many people say they value health while neglecting sleep, nutrition, and training. Many people say they value faith while giving God the leftovers of their time. Many people say they want discipline while negotiating with every difficult decision.

That creates internal conflict.

You know what you should do, but your habits tell a different story.

Over time, that disconnect creates frustration, guilt, and stagnation.

The Cost of Misalignment

Misalignment rarely shows up overnight.

It shows up slowly.

1. Skipped workouts become months without training.
2. Poor nutrition becomes chronic low energy.
3. Neglected recovery becomes burnout.
4. Compromised standards become a compromised identity.

Most people don't wake up one day and decide to become unhealthy, undisciplined, or disconnected. They drift there.

One small compromise at a time.

The Five Areas That Must Align

DeepWater focuses on aligning five core areas of life:

Faith	Your relationship with God and the truth that guides your decisions.
Standards	The rules you choose to live by, even when nobody is watching.
Habits	The daily actions that reinforce your identity.
Body	The physical stewardship of the health, strength, and energy God entrusted to you.
Purpose	The mission and calling that gives direction to your life.

When these areas are aligned, progress accelerates. Decisions become clearer. Discipline becomes easier. Confidence grows because your actions and beliefs finally match.

A Better Question

Instead of asking, "What's the best workout?", ask:

"Where am I out of alignment?"

Instead of asking, "What supplement should I buy?", ask:

"What standard do I need to raise?"

Instead of asking, "How do I get motivated?", ask:

"What identity am I building?"

Those questions lead to transformation.

That is where DeepWater begins.

REFLECTION

Take a moment to answer these questions honestly:

1. Where am I most out of alignment right now?
2. What habit is pulling me away from the person I want to become?
3. What standard have I been compromising?
4. If I changed one area in the next 30 days, which change would create the biggest impact?

Write your answers down.

Clarity creates action.

And action creates change.

That's the first step into the DeepWater.

CHAPTER 2

DRIFTING

Nobody Drifts Toward Excellence

Nobody accidentally becomes strong.

Nobody accidentally develops discipline.

Nobody accidentally builds a great marriage.

Nobody accidentally becomes spiritually mature.

Nobody accidentally fulfills their purpose.

Yet every day, people accidentally drift away from all of those things.

That's the danger of drifting.

Drifting doesn't happen all at once.

It happens one compromise at a time.

One missed workout.

One skipped prayer.

One excuse.

One broken promise to yourself.

One decision to start tomorrow.

Then one day you wake up and realize you've become someone you never intended to be.

Not because you chose failure.

But because you tolerated drift.

The River Always Flows Downstream

Imagine dropping a boat into a river.

If you don't intentionally steer it, where does it go?

Downstream.

Always.

The same thing is true in life.

Left unattended, your health drifts downward.

Your discipline drifts downward.

Your standards drift downward.

Your faith drifts downward.

Growth requires intentionality.

Decline requires nothing at all.

That's why comfort is so dangerous.

Comfort disguises itself as safety.

But comfort often becomes the enemy of becoming.

The Lie of "Later"

Most people don't quit.

They postpone.

They tell themselves:

- I'll start Monday.
- I'll get serious after vacation.

- I'll focus on my health when work slows down.
- I'll get back into church when things settle down.

The problem?

Life never settles down.

There is always another reason to wait.

Another obligation.

Another excuse.

Another distraction.

Years pass.

Potential remains unrealized.

The life God intended remains unbuilt.

DeepWater Principle

What you repeatedly tolerate eventually becomes your reality.

Read that again.

What you repeatedly tolerate eventually becomes your reality.

If you tolerate:

- poor nutrition
- weak discipline
- compromised standards
- spiritual passivity

You shouldn't be surprised when they become your identity.

Reflection Questions

What area of your life has been drifting?

What have you been tolerating?

What have you been postponing?

What is one action you can take today to stop the drift?

CHAPTER 3

WHY IT'S CALLED DEEPWATER

Luke 5 Changed Everything

The name DeepWater isn't marketing.

It isn't branding.

It isn't a clever slogan.

It's a philosophy.

A conviction.

A calling.

It comes directly from Luke chapter 5.

Jesus approaches fishermen who had been working all night.

These men were experienced.

They knew the water.

They knew fishing.

And after an entire night of effort...

They had nothing to show for it.

Sound familiar?

A lot of people feel exactly the same way.

Working.

Grinding.

Trying.

Pushing.

Yet somehow still frustrated.

Still stuck.

Still wondering why the results aren't matching the effort.

Then Jesus says something remarkable.

"Put out into deep water, and let down the nets for a catch."

Luke 5:4

Go Deeper

Notice what Jesus didn't say.

He didn't say:

- Try harder.
- Work longer.
- Buy better equipment.

He simply told them to go deeper.

And that's still His message today.

Because most people spend their entire lives in the shallow end.

Shallow faith.

Shallow commitment.

Shallow discipline.

Shallow standards.

Shallow relationships.

Shallow effort.

Then they wonder why transformation never arrives.

The Shallow End Is Crowded

The shallow end is where excuses live.

It's where:

- everybody talks
- few people act
- commitments are temporary
- standards are negotiable

The shallow end is comfortable.

That's why it's crowded.

Deep water is different.

Deep water requires trust.

Deep water requires surrender.

Deep water requires courage.

Deep water requires action.

And because of that...

Most people never go there.

What Happens In Deep Water?

Deep water is where confidence is built.

Deep water is where discipline is forged.

Deep water is where faith grows.

Deep water is where strength is developed.

Deep water is where identity changes.

Deep water is where lives transform.

The people willing to go there become different.

They walk differently.

They think differently.

They lead differently.

They carry themselves differently.

Not because they're better than anyone else.

But because they were willing to go where most people refuse to go.

The DeepWater Commitment

This manual is not asking you to be perfect.

It's asking you to go deeper.

Deeper in:

 Faith

 Stewardship

 Discipline

 Leadership

 Purpose

Because your next level is not found in the shallow end.

It's found in the DeepWater.

Reflection Questions

Where are you currently living in the shallow end?

What area of life requires a deeper commitment?

What would change if you fully committed for the next 90 days?

What is one area where God may be calling you deeper right now?

CHAPTER 4

THE THREE FOUNDATIONAL SCRIPTURES OF DEEPWATER

The Spiritual Foundation Beneath Everything

Before we talk about workouts, nutrition, hydration, supplementation, recovery, accountability, or coaching...

We need to talk about foundations.

Because every structure is limited by the strength of what it's built upon.

Most people attempt to change their lives by changing behaviors.

DeepWater begins by changing beliefs.

Why?

Because beliefs drive actions.

Actions create habits.

Habits shape identity.

Identity determines destiny.

If the foundation is weak, the structure eventually collapses.

That's why DeepWater isn't built upon fitness.

It's built upon biblical truth.

There are three scriptures that serve as the spiritual DNA of everything we do.

Every coaching conversation.

Every training plan.

Every decision.

Every standard.

Every challenge.

Every breakthrough.

These three verses are woven into the fabric of DeepWater.

They establish our beliefs about stewardship, discipline, and power.

Without them, DeepWater wouldn't exist.

SCRIPTURE #1

STEWARDSHIP

1 Corinthians 6:19-20

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

This may be the most misunderstood scripture in the health and fitness world.

When many people hear conversations about training, nutrition, and fitness, they immediately assume vanity.

They assume ego.

They assume self-obsession.

DeepWater rejects all of that.

Because this verse changes the conversation entirely.

Your body is not an ornament.

Your body is not your identity.

Your body is not your worth.

Your body is a gift.

A tool.

A vehicle.

A resource entrusted to you by God.

Stewardship Changes Everything

Think about it this way.

If someone handed you a brand-new Ferrari and said:

"Take care of this. One day you'll give an account for how you treated it."

Would you intentionally abuse it?

Would you neglect maintenance?

Would you fill it with poor fuel?

Would you drive it into the ground?

Of course not.

Yet many people do exactly that with the body God entrusted to them.

They neglect sleep.

Ignore nutrition.

Avoid movement.

Abuse their health.

Then wonder why they feel tired, weak, inflamed, and incapable.

Stewardship demands something different.

Stewardship says:

"God gave me this body for a reason."

And because of that...

I will honor Him with it.

Why We Train

We don't train to impress people.

We don't train for social media.

We don't train because our worth comes from our appearance.

We train because stewardship matters.

We train because our families deserve a strong version of us.

We train because our calling requires energy.

We train because weakness limits our capacity to serve.

We train because honoring God includes honoring the vessel He gave us.

This isn't vanity.

This is responsibility.

DeepWater Principle

Strength isn't vanity.

Weakness isn't holiness.

For too long, many believers have accepted weakness as normal.

Physical weakness.

Mental weakness.

Emotional weakness.

Spiritual weakness.

But nowhere in Scripture are we called to be weak.

We are called to be faithful.

Capable.

Prepared.

Disciplined.

Strong enough to carry out our assignment.

Reflection Questions

How am I currently treating the body God entrusted to me?

What area of stewardship needs immediate improvement?

What would honoring God with my body actually look like?

SCRIPTURE #2

DISCIPLINE

Hebrews 12:11

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

If 1 Corinthians establishes stewardship...

Hebrews establishes discipline.

This verse may be the most honest verse in the entire Bible.

Because God doesn't pretend discipline is fun.

He doesn't say it's easy.

He doesn't say you'll enjoy every minute of it.

He says it's painful.

And that's true.

Early mornings are painful.

Workouts are painful.

Saying no to temptation is painful.

Growth is painful.

Change is painful.

Transformation is painful.

But you know what's worse?

Regret.

Two Types of Pain

Everyone experiences pain.

The question isn't whether you'll suffer.

The question is which pain you'll choose.

Pain of discipline.

Or pain of regret.

Pain of preparation.

Or pain of being unprepared.

Pain of growth.

Or pain of stagnation.

Pain of temporary discomfort.

Or pain of lifelong disappointment.

The truth is...

You cannot avoid pain.

You can only choose which version you want.

Discipline Equals Freedom

Most people believe discipline restricts freedom.

The opposite is true.

Discipline creates freedom.

Financial discipline creates financial freedom.

Physical discipline creates physical freedom.

Spiritual discipline creates spiritual freedom.

Relationship discipline creates relational freedom.

Discipline is not punishment.

Discipline is the pathway.

Every area of life improves when discipline increases.

DeepWater Principle

Discipline is the bridge between who you are and who you're becoming.

The life you want exists on the other side of discipline.

Not motivation.

Not inspiration.

Not wishful thinking.

Discipline.

Reflection Questions

What area of discipline am I currently avoiding?

Where is temporary comfort costing me long-term freedom?

What discipline would create the greatest positive change in my life?

SCRIPTURE #3

POWER

2 Timothy 1:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

This verse is the battle cry of DeepWater.

Because fear keeps people stuck.

Fear keeps people small.

Fear keeps people comfortable.

Fear keeps people from becoming.

Fear whispers:

"You're too old."

"It's too late."

"You've already failed."

"People like you don't change."

"Just settle."

But fear is a liar!!

Rejecting Passivity

One of the greatest threats facing people today isn't hatred.

It isn't opposition.

It isn't criticism.

It's passivity.

Passivity destroys marriages.

Passivity destroys health.

Passivity destroys leadership.

Passivity destroys purpose.

Passivity convinces people to watch life happen instead of participating in it.

DeepWater exists to reject passivity.

We're not waiting for life to happen.

We're building it.

Your Best Days Are Not Behind You

One of the saddest lies people believe is:

"My best years are behind me."

DeepWater rejects that completely.

I don't care if you're 40, 50, 60 or freakin 80 years old!

If God still has breath in your lungs, He still has purpose for your life.

Your story is not finished.

Your best chapter may not be behind you.

It may be the one you're about to write.

Power. Love. Sound Mind.

Notice what Paul says God gives us.

Power.

Not weakness.

Love.

Not bitterness.

A sound mind.

Not chaos.

Not confusion.

Not defeat.

This is the mindset we build inside DeepWater.

Strong.

Disciplined.

Grounded.

Capable.

Focused.

Faith-filled.

DeepWater Principle

God did not create you to merely exist.

He created you to BECOME.

And becoming requires courage.

CHAPTER 4 SUMMARY

The entire DeepWater framework rests on three truths:

📖 1 Corinthians 6:19

Stewardship

Your body matters because it belongs to God.

📖 Hebrews 12:11

Discipline

Discipline is painful, but regret costs more.

📖 2 Timothy 1:7

Power

Fear is not your identity. Power is.

These three scriptures form the foundation beneath everything we do.

Stewardship.

Discipline.

Power.

Master those three principles and you'll be prepared to build the life God intended for you.

Because DeepWater isn't ultimately about fitness.

It's about becoming. 🌊✝️💪

CHAPTER 5

THE DEEPWATER IDENTITY SHIFT

Why Most People Never Change

Most people approach transformation backward.

They focus on behavior.

They try to change what they do before they change who they are.

They say things like:

- I need to work out more.
- I need to eat better.
- I need to read my Bible.
- I need to stop drinking.
- I need to become more disciplined.

The problem?

Those are behaviors.

And behaviors built on a weak identity rarely last.

That's why people spend decades stuck in the same cycle.

Motivated.

Excited.

Committed.

Then discouraged.

Frustrated.

Back to square one.

Over and over again.

The behavior changes temporarily.

But the identity never changes.

And eventually identity always wins.

The Thermostat vs. The Thermometer

A thermometer reflects the environment.

A thermostat changes it.

Most people live like thermometers.

Their actions depend on:

- how they feel
- what's convenient
- their circumstances
- their emotions
- their motivation

When life is good, they're disciplined.

When life gets hard, everything falls apart.

DeepWater teaches people to become thermostats.

We don't react to circumstances.

We establish standards.

We don't ask:

"What do I feel like doing today?"

We ask:

"What does the man or woman I'm becoming do today?"

That's a completely different question.

The Identity Question

The most important question you can ask yourself isn't:

"What do I want?"

It's:

"Who am I becoming?"

Because every decision is casting a vote.

Every meal.

Every workout.

Every prayer.

Every act of discipline.

Every compromise.

Every excuse.

Every choice is casting a vote toward an identity.

You are becoming someone.

Whether intentionally or accidentally.

The question is:

Who?

DeepWater Principle

Every action casts a vote for the person you're becoming.

When you train...

You're voting for strength.

When you read Scripture...

You're voting for discipleship.

When you keep your word...

You're voting for integrity.

When you choose discipline...

You're voting for excellence.

The opposite is also true.

Every excuse casts a vote.

Every compromise casts a vote.

Every act of passivity casts a vote.

You are always becoming.

The only question is whether you're becoming intentionally.

Stop Trying To Lose Weight

This might sound strange coming from a coach.

But stop trying to lose weight.

Instead...

Become the kind of person who trains consistently.

Become the kind of person who prioritizes protein.

Become the kind of person who drinks water.

Become the kind of person who honors commitments.

Weight loss becomes the byproduct.

The identity creates the outcome.

Stop Trying To Be More Disciplined

Instead...

Become a disciplined person.

There is a difference.

One focuses on an occasional action.

The other focuses on a permanent identity.

A disciplined person doesn't negotiate with every decision.

Discipline becomes part of who they are.

That's why standards matter so much.

Standards reinforce identity.

The DeepWater Identity

Inside DeepWater we aren't trying to create temporary success.

We're trying to create a new identity.

An identity built around:

✝ Faith

👉 Stewardship

🔥 Discipline

🔪 Leadership

Purpose

The goal isn't simply:

- lose weight
- build muscle
- improve energy

Those are wonderful outcomes.

But the deeper goal is becoming the type of person capable of sustaining those outcomes for life.

The Person You Need To Become

Most people focus entirely on the destination.

They obsess over:

- the goal weight
- the income target
- the promotion
- the transformation photo

DeepWater asks a different question.

Who must you become to achieve that outcome?

Because every worthwhile destination requires a corresponding identity.

You cannot build a championship life with amateur habits.

You cannot build extraordinary results with ordinary standards.

You cannot become someone different while remaining the same.

My Own Identity Shift

There was a time when I identified as:

- an addict
- a smoker
- someone out of shape
- someone struggling

As long as I held those identities, my behaviors reflected them.

Everything changed when I stopped asking:

"How do I quit?"

And started asking:

"Who is God calling me to become?"

That question changed my life.

Because transformation didn't start with behavior.

It started with identity.

The behaviors followed.

The Mirror Test

Tomorrow morning, when you look in the mirror, don't ask:

"How do I feel?"

Ask:

"Am I becoming the person God created me to be?"

That single question has the power to change everything.

Because becoming is never finished.

It happens one decision at a time.

One standard at a time.

One act of discipline at a time.

One day at a time.

DeepWater Challenge

Complete this sentence:

I am becoming a person who _____.

Write it down.

Read it every morning.

Read it every evening.

Allow your actions to begin supporting that identity.

Reflection Questions

1. What identity have I been carrying that no longer serves me?
2. What identity is God calling me into?
3. What habits support that identity?
4. What habits contradict it?
5. If I fully embraced my highest identity, what would change immediately?

CHAPTER 5 SUMMARY

Most people focus on behavior.

DeepWater focuses on identity.

Because behavior follows identity.

Every decision is casting a vote.

Every action is shaping the person you're becoming.

The goal isn't simply to lose weight.

The goal isn't simply to build muscle.

The goal isn't simply to become more disciplined.

The goal is to become the man or woman God created you to be.

Because once identity changes...

Everything changes.



CHAPTER 6

THE 5 PILLARS OF OPTIMIZED HEALTH & FITNESS

Why Most Programs Fail

Most fitness programs focus on one thing.

A workout plan.

A meal plan.

A supplement stack.

A challenge.

A hack.

A shortcut.

The problem?

Transformation is never built on one thing.

Your health is a system.

And systems are only as strong as their weakest link.

You can train perfectly and still fail if your nutrition is poor.

You can eat perfectly and still struggle if recovery is neglected.

You can supplement perfectly and still feel terrible if you're dehydrated.

Everything works together.

That's why DeepWater is built around what I call:



THE 5 PILLARS OF OPTIMIZED HEALTH & FITNESS

These five pillars create a framework that is:

- ✓ Simple
- ✓ Sustainable
- ✓ Effective
- ✓ Repeatable

Because complexity creates confusion.

And confused people don't execute.

Our goal isn't perfection.

Our goal is consistent progress.

Let's break down each pillar.

PILLAR 1



TRAINING

Your Body Was Designed To Move

One of the greatest lies in modern culture is that physical capability doesn't matter.

DeepWater rejects that idea completely.

Strength matters.

Capability matters.

Energy matters.

Resilience matters.

Not because we're trying to impress people.

But because our lives require us to show up.

Your family deserves a capable version of you.

Your calling deserves a capable version of you.

The Kingdom deserves a capable version of you.

The Purpose Of Training

Training isn't punishment.

Training isn't compensation for bad eating.

Training isn't vanity.

Training is preparation.

When you train, you're preparing for life.

You're building:

 Strength

 Energy

 Confidence

 Resilience

 Capability

Training teaches you how to do hard things.

And that skill transfers into every area of life.

Common Training Mistakes

Most people:

- Program hop
- Chase trends
- Overcomplicate everything
- Train inconsistently
- Focus on intensity instead of consistency

DeepWater does the opposite.

We focus on:

- Progressive overload
- Simplicity
- Sustainability
- Proper recovery
- Long-term consistency

DeepWater Principle

Consistency beats intensity.

A basic program executed consistently will outperform a “perfect” program followed occasionally.

Reflection

Are you training consistently?

Or are you constantly searching for the next “perfect” program?

PILLAR 2

NUTRITION

Most People Are Overfed And Undernourished

Think about that for a moment.

Calories are everywhere.

Nutrition is not.

People consume enormous amounts of food while simultaneously feeling:

- tired
- inflamed
- sluggish
- hungry
- frustrated

The issue isn't always quantity.

The issue is quality.

Nutrition Is Not A Punishment

Many people have an unhealthy relationship with food.

Food becomes:

- comfort
- reward
- escape
- entertainment

DeepWater teaches a different perspective.

Food is fuel.

Food is information.

Food is either helping you move toward your goals or away from them.

What We Focus On

Inside DeepWater we prioritize:

 Protein

 Whole foods

 Portion awareness

 Macro awareness

Consistency

Notice what isn't on that list.

Perfection.

Nobody eats perfectly.

We focus on progress.

Food Efficiency

One of my favorite concepts.

Food efficiency means:

How much nutritional value are you getting from every calorie?

A highly efficient food helps you:

- recover
- build muscle
- control hunger
- improve health

An inefficient food usually creates the opposite effect.

When you learn food efficiency, nutrition becomes dramatically easier.

DeepWater Principle

Nutrition should support your life—not control it.

Reflection

Does your current nutrition support the life you're trying to build?

Or is it sabotaging it?

PILLAR 3

HYDRATION

The Most Underrated Pillar

Hydration may be the most overlooked aspect of health and fitness.

Yet it influences:

-  Energy
-  Recovery
-  Cognitive performance

- 💧 Strength
- 💧 Hormones
- 💧 Mood
- 💧 Appetite control

Most people walk around dehydrated and don't even realize it.

Why Hydration Matters

When hydration suffers:

- recovery suffers
- performance suffers
- energy suffers
- mental clarity suffers

Everything becomes harder.

The solution isn't complicated.

But it does require discipline.

DeepWater Hydration Standard

Our goal is simple:

Drink enough water daily to support optimal performance and recovery..Our target is a GALLON per day! You can do it!

Not occasionally.

Daily.

Consistency matters.

DeepWater Principle

Hydration drives performance.

Reflection

Would your energy improve if you consistently hit your hydration goals?

Be honest.

You already know the answer.

PILLAR 4

SUPPLEMENTATION

Supplements Are Not Magic

Supplements will never replace:

- discipline
- consistency
- training
- nutrition
- recovery

If the fundamentals are broken, supplements won't save you.

But...

When the fundamentals are in place?

Supplements can absolutely help.

DeepWater Approach

We simplify supplementation.

No hype.

No magic pills.

No chasing every new trend.

Just strategic tools that support:

 Performance

 Recovery

 Energy

 Mental clarity

 Overall health

The Mistake Most People Make

Most people buy supplements emotionally.

They see an ad.

Watch a video.

Read a testimonial.

Pull out their credit card.

DeepWater approaches supplementation logically.

We ask:

What problem are we trying to solve?

Then we build from there.

DeepWater Principle

Supplements support discipline. They don't replace it.

Reflection

Are your supplements supporting your goals?

Or simply draining your bank account?

PILLAR 5

RECOVERY

The Pillar Most High Performers Ignore

This is where I see ambitious people struggle the most.

They know how to push.

They know how to grind.

They know how to work.

What they don't know is how to recover.

Recovery Is Productive

Read that again.

Recovery is productive.

You don't get stronger during training.

You get stronger after training.

You don't build muscle during workouts.

You build muscle during recovery.

You don't become resilient by constantly pushing.

You become resilient by balancing stress and recovery.

Recovery Includes

 Sleep

 Stress management

 Low Intensity Movement

🙏 Spiritual renewal

👥 Quality relationships

Recovery is bigger than sleep.

Recovery is restoration.

Why Recovery Matters

Without recovery:

- motivation drops
- performance drops
- hormones decline
- energy suffers
- discipline becomes harder

Everything becomes more difficult.

DeepWater Principle

You cannot outperform poor recovery forever.

Eventually the bill comes due.

Recover intentionally.

Reflection

If your body could talk, would it say:

"Thank you."

Or:

"I need a break."

THE POWER OF ALL FIVE

Here's where transformation happens.

Not in one pillar.

In all five.

Simultaneously.

Most people focus on one area.

DeepWater develops all five.

Together.

That's how people:

- 🔥 Lose body fat
- 💪 Build muscle
- ⚡ Increase energy
- 🧠 Improve focus
- ✝️ Strengthen stewardship
- 🏆 Build confidence
- 🌊 Transform their lives

CHAPTER 6 SUMMARY

The Five Pillars are not separate.

They are connected.

Training.

Nutrition.

Hydration.

Supplementation.

Recovery.

Ignore one long enough and it eventually impacts all the others.

Develop all five consistently and transformation becomes inevitable.

Because success isn't built through complexity.

It's built through mastery of fundamentals.

And that's exactly what DeepWater is designed to help you do.



CHAPTER 7

THE DEEPWATER ALIGNMENT AUDIT

The Truth Will Set You Free

Most people don't need another workout.

Most people don't need another supplement.

Most people don't need another motivational video.

They need clarity.

Because clarity creates action.

And action creates change.

One of the biggest reasons people stay stuck is because they misdiagnose the problem.

They think:

"My problem is weight loss."

But the real issue is discipline.

Or they think:

"My problem is motivation."

But the real issue is purpose.

Or they think:

"My problem is nutrition."

But the real issue is recovery.

When you identify the actual bottleneck, everything changes.

That's the purpose of this audit.

To help you discover where you're truly out of alignment.

Not where you wish you were.

Not where you pretend to be.

Where you actually are.

This requires honesty.

Not perfection.

Honesty.

Because the person who lies on this audit is only lying to themselves.

HOW TO COMPLETE THIS AUDIT

Score each category from:

1 = Major Problem

5 = Average

10 = Elite Level

Be brutally honest.

Nobody else is grading this.

FAITH

Score: _____ /10

Questions:

- Do I spend time with God daily?
- Do I seek biblical wisdom before worldly opinions?
- Am I actively growing spiritually?
- Does my faith influence my daily decisions?

Reflection:

If someone observed my life for a month, would they know Christ is the foundation of it?

STEWARDSHIP

Score: _____ /10

Questions:

- Am I honoring God with my body?
- Do I treat my health as a responsibility?
- Do my daily habits reflect stewardship?

Reflection:

Am I caring for the gift God entrusted to me?

TRAINING

Score: _____ /10

Questions:

- Do I train consistently?
- Am I building strength and capability?
- Do I follow a plan?

Reflection:

Would my current training habits create the future body I want?

NUTRITION

Score: _____ /10

Questions:

- Do I consistently eat foods that support my goals?

- Am I aware of my calorie and protein intake?
- Do I use food as fuel rather than entertainment?

Reflection:

Is my nutrition moving me forward or holding me back?

HYDRATION

Score: ____ /10

Questions:

- Am I consistently hydrated?
- Do I prioritize water intake daily?
- Do I understand the impact hydration has on performance?

Reflection:

How would my energy change if hydration became a priority?

RECOVERY

Score: ____ /10

Questions:

- Do I get adequate sleep?
- Do I manage stress effectively?
- Do I intentionally recover?

Reflection:

Am I recovering like someone who wants long-term success?

DISCIPLINE

Score: ____ /10

Questions:

- Do I keep promises to myself?
- Do I follow through even when I don't feel like it?
- Do I live by standards or emotions?

Reflection:

Can I trust myself to do what I said I would do?

LEADERSHIP

Score: _____ /10

Questions:

- Am I leading by example?
- Would my family want to follow my example?
- Do my actions inspire confidence?

Reflection:

Who is watching my life right now?

RELATIONSHIPS

Score: _____ /10

Questions:

- Am I present with the people I love?
- Do I invest intentionally in relationships?
- Do the people closest to me feel valued?

Reflection:

What relationship deserves more attention?

PURPOSE

Score: _____ /10

Questions:

- Do I know why I get up every morning?
- Am I actively pursuing my calling?
- Am I building something meaningful?

Reflection:

Am I drifting or building?

CONFIDENCE

Score: _____ /10

Questions:

- Do I trust myself?
- Am I proud of my daily actions?
- Do my habits create confidence?

Reflection:

Is my confidence earned or borrowed?

ENERGY

Score: _____ /10

Questions:

- Do I consistently feel energized?
- Am I physically capable?
- Can I handle life's demands?

Reflection:

Am I running on purpose or survival mode?

YOUR TOTAL SCORE

Faith _____

Stewardship _____

Training _____

Nutrition _____

Hydration _____

Recovery _____

Discipline _____

Leadership _____

Relationships _____

Purpose _____

Confidence _____

Energy _____

TOTAL: _____ /120

WHAT YOUR SCORE MEANS

100-120

DEEPWATER READY

You're building something special.

Stay vigilant.

Keep raising standards.

Keep going deeper.

80-99

STRONG FOUNDATION

You've made progress.

Now it's time to identify the few areas holding you back.

The next level is closer than you think.

60-79

OUT OF ALIGNMENT

You're likely experiencing frustration.

Not because you're incapable.

Because several key areas need attention.

Good news:

Awareness creates opportunity.

BELOW 60

DRIFTING

This isn't judgment.

It's a wake-up call.

You've likely been surviving instead of building.

The good news?

You can change the trajectory of your life starting today.

THE REAL QUESTION

Your total score matters.

But not as much as this question:

Which category is creating the biggest bottleneck in your life?

Because one weak area often affects everything else.

Poor recovery affects training.

Poor training affects confidence.

Poor confidence affects leadership.

Poor leadership affects relationships.

Poor faith affects everything.

Find the bottleneck.

Attack it relentlessly.

DEEPWATER PRINCIPLE

You do not need to fix everything.

You need to fix the next thing.

Most people become overwhelmed because they try to transform their entire life overnight.

Don't do that.

Find the biggest bottleneck.

Raise that score.

Then move to the next.

Small improvements compound.

YOUR DEEPWATER COMMITMENT

Write your lowest scoring category below:

Now answer this:

What is ONE action I will take in the next 24 hours to improve it?

CHAPTER 7 SUMMARY

The purpose of this audit isn't judgment.

It's awareness.

Because awareness creates clarity.

And clarity creates action.

The person who knows exactly where they are can create a plan.

The person who refuses to acknowledge reality remains stuck.

This audit is your starting point.

Not your destination.

The score isn't the goal.

Alignment is.

And alignment is exactly where DeepWater begins.



CHAPTER 8

WHAT HAPPENS WHEN YOU GO DEEPER

The Person Reading This Today Won't Exist Forever

The person reading these words right now won't exist forever.

One year from now you'll be different.

Five years from now you'll be different.

Ten years from now you'll be different.

The only question is:

Will you be stronger?

Or weaker?

More disciplined?

Or less disciplined?

Closer to God?

Or further away?

Building?

Or drifting?

Because whether you realize it or not...

You're becoming someone.

Every single day.

The Cost Of Staying The Same

Most people spend their lives focused on the cost of change.

The cost of coaching.

The cost of discipline.

The cost of commitment.

The cost of sacrifice.

But very few people ever stop and calculate the cost of staying exactly where they are.

What's the cost of:

Another year of poor health?

Another year of low energy?

Another year of frustration every time you look in the mirror?

Another year of spiritual inconsistency?

Another year of knowing there's more inside of you but never pursuing it?

Another year of settling?

Because make no mistake...

Remaining the same has a price.

And for most people, it's far more expensive than change.

Imagine This

Imagine waking up one year from today.

You look in the mirror and for the first time in years...

You like what you see.

Not because you've become perfect.

But because you've become disciplined.

You've built momentum.

You've honored commitments.

You've kept promises.

You've become trustworthy to yourself.

Imagine having:

 More strength

 More energy

 Stronger faith

 Greater discipline

 Better relationships

 Greater leadership

 Greater purpose

Not because you got lucky.

Because you got intentional.

Why DeepWater Exists

DeepWater exists for people who are tired of starting over.

People who know there's another level still inside them.

People who refuse to believe their best years are behind them.

People who are ready to stop consuming and start becoming.

People who are ready to build.

Not someday.

Now.



YOUR NEXT STEP

If this manual challenged you...

If it encouraged you...

If it exposed areas of your life that need attention...

If you've realized you're capable of more...

Then I want to personally invite you into DeepWater.

WHAT HAPPENS NEXT?

Simple.

STEP 1

Schedule your complimentary DeepWater Strategy Call.



Schedule Here:

<https://calendly.com/jimmotz/schedule-your-call-with-jim>

This is the same link you'll find throughout my content, social media profiles, website, and Building & Becoming community.

STEP 2

We'll jump on a private Zoom call together.

This is not a sales pitch.

It's a conversation.

We'll discuss:



Your goals



Your current health and fitness

- ✓ Your biggest challenges
- ✓ Your faith journey
- ✓ Your family and professional commitments
- ✓ What success actually looks like for you

STEP 3

Together we'll determine if DeepWater is the right fit.

If it is...

I'll begin building a customized roadmap around:

- 💪 Training
- 🍖 Nutrition
- 💧 Hydration
- 💊 Supplementation
- 😴 Recovery
- ✝️ Faith
- 🔥 Discipline
- 🌀 Purpose

Everything tailored specifically to you.

STEP 4

If we move forward together, you'll receive:

- ✓ DeepWater onboarding
- ✓ Trainerize access
- ✓ MyFitnessPal integration
- ✓ Customized Training Programming and Nutritional Framework
- ✓ Weekly accountability
- ✓ Weekly DeepWater coaching calls
- ✓ Direct support
- ✓ Community
- ✓ Biblical discipleship

You're not buying a workout plan.

You're investing in a framework.

A brotherhood.

A movement.

WHO DEEPWATER IS FOR

DeepWater is for people who are:

- 🔥 Coachable
- 🔥 Committed
- 🔥 Ready for change..Sick of the Status Quo
- 🔥 Willing to execute
- 🔥 Ready to invest in their personal development and legacy

DeepWater is NOT for people looking for:

- ✗ Shortcuts
- ✗ Quick fixes
- ✗ Magic pills
- ✗ Motivation without action
- ✗ Excuses

A FINAL WORD

Most people will finish this book and move on.

A few will implement what they've learned.

An even smaller group will make a decision.

They'll decide that accountability matters.

They'll decide that discipleship matters.

They'll decide that community matters.

They'll decide that becoming matters.

And they'll realize something powerful:

The life they've been praying for will require a version of themselves they've not yet become.

That's where DeepWater comes in.

Not to do the work for you.

But to help you become the person capable of doing it.

THE FINAL CHALLENGE

Five years from now...

You'll either be grateful you started today...

Or you'll wish you had.

The choice belongs to you.

Not your circumstances.

Not your age.

Not your past.

You.

So decide.

Raise your standards.

Honor your commitments.

Strengthen your faith.

Build your body.

Lead your family.

Pursue your purpose.

And when Jesus calls you deeper...

Don't stay in the shallow end.

Launch out.



READY TO GO DEEPER?

Schedule Your Complimentary DeepWater Strategy Call

 <https://calendly.com/jimmotz/schedule-your-call-with-jim>

Building & Becoming Community

 <https://www.skool.com/building-and-becoming-3294/about>

Follow The Mission

 Building & Becoming on YouTube

 @realjimmotz on Instagram

THE SHALLOW END IS CROWDED.

THE BLESSINGS ARE IN THE DEEPWATER.

"Put out into deep water, and let down the nets for a catch."

— Luke 5:4

— Jim Motz

