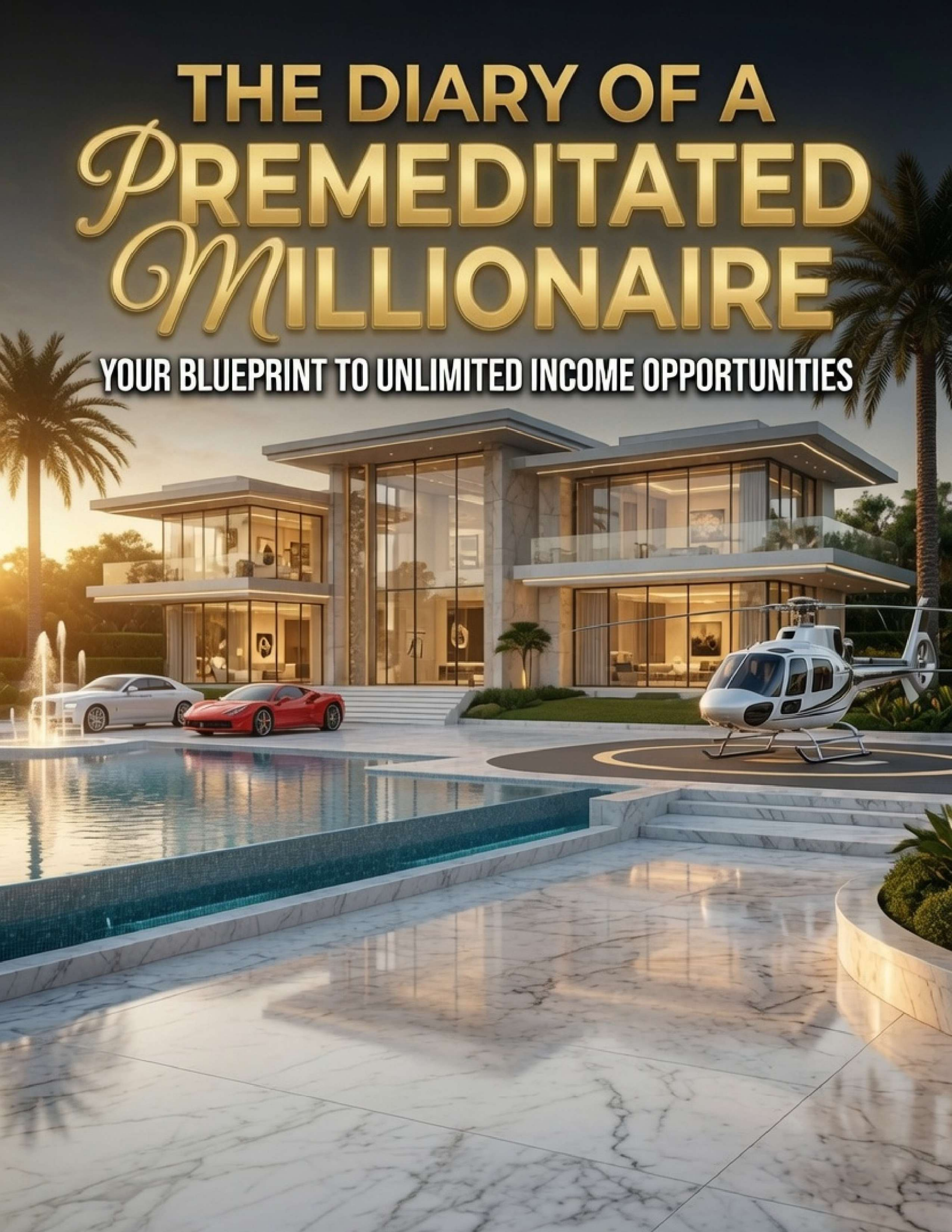
THE DIARY OF A PREMEDITATED MILLIONAIRE

YOUR BLUEPRINT TO UNLIMITED INCOME OPPORTUNITIES



A MEMOIR OF INTENTION

THE DIARY OF A PREMEDITATED MILLIONAIRE



by Bob Wade

Wealth begins in the mind long before it appears in the bank.

Foreword

Success is rarely accidental. It is built through intention, discipline, and the quiet decisions made long before the world takes notice. The Diary of a Premeditated Millionaire is a powerful reminder that wealth is not just about money — it is about mindset, preparation, and the courage to create a life on purpose. Every entry reflects the process of becoming, showing that true abundance begins in the mind and is carried out through consistent action.

This book speaks to anyone who knows they were meant for more than survival. It encourages readers to think bigger, move with strategy, and stop waiting for permission to change their lives. Through honest reflection and purpose-driven insight, *The Diary of a Premeditated Millionaire* invites its audience to embrace ambition, trust their vision, and understand that prosperity starts with a decision long before it becomes a reality.

"Premeditated" means something was planned or thought about before it was done, instead of happening suddenly or by accident. People often use the word for crimes, like "premeditated murder," meaning the person decided and planned it ahead of time.

Chapter One: The Secret

As the years went by, the desire grew stronger every day, to the point where I became obsessed. But how could a 65-year-old high school graduate and painting contractor pull off what only 5% of the population ever does? How could I keep a secret from everyone around me? No one could know.

I had to keep a secret diary that no one would ever find until I pulled off the greatest secret of my life.

Day 1: Research

Where's the money? Who got wealthy, and what did they do?

I decided to do the research on billionaires and take a few things that they have done to become billionaires. I have to look at the time I want to invest and the knowledge I possess now, and start learning a few key points from each billionaire — and what advantages I have now because of AI technology and the economy, what I have available to research, and what income streams I can create that allow me to build multiple streams of income.

Chapter Two: Habits & Routines of 10 Self-Made Billionaires

Ten self-made billionaires: Bill Gates, Oprah Winfrey, Warren Buffett, Elon Musk, Jeff Bezos, Sara Blakely, Howard Schultz, Richard Branson, Leonardo Del Vecchio (Luxottica), and Francis Choi (Hong Kong's "King of Toys"). I looked at net worth, primary wealth source, daily routines, and the traits that set each apart.

Net Worth Range

From Sara Blakely at $1.2B (Spanx, self-funded with $5,000 in savings) up to Elon Musk at $778B (SpaceX/Tesla). Bezos sits at $224B, Gates at $102B, Buffett at $149B. Wealth sources span tech, media, retail, manufacturing, and investing — no single industry dominates.

Wake Times

Before 6 AM (4 of 10)	Schultz (4:30), Del Vecchio (5:00), Blakely (5:30), Branson (5–6)
6–7 AM (1)	Buffett (6:45)
7 AM or later (4)	Bezos, Gates, Oprah, Musk
Private	Choi's routine is not public

Early rising is common but not universal. What matters more is what they do with the first hours.

Reading

The single most consistent habit across the group:

- Bill Gates — 50 books per year plus daily newspapers
- Warren Buffett — 5–6 hours every day
- Howard Schultz — multiple papers each morning
- Oprah Winfrey — inspirational cards, poetry, novels daily
- Elon Musk — read 2 books per day as a teenager

Exercise

Seven of the ten exercise consistently — most before work. Branson plays tennis twice daily and kite-surfs. Bezos does rowing and weights. Oprah trains 1–2 hours, six days a week. Gates walks the treadmill an

hour daily while watching educational videos. Buffett is the famous exception — he avoids exercise entirely.

Key Patterns Worth Noting

Protected morning thinking time

Bezos guards a screen-free “puttering” hour. Blakely takes a “fake commute” through Atlanta just to think. Oprah meditates for 20 minutes in silence.

Long-term, contrarian thinking

Bezos's “Day 1” mindset, Buffett's “be greedy when others are fearful,” Musk's first-principles reasoning, Branson's “screw it, let's do it.”

Failure as fuel

Sara Blakely's family asked her “what did you fail at this week?” at the dinner table. Spanx now holds “Oops” meetings to celebrate mistakes. Bezos calls failure essential to innovation.

Frugality and simplicity

Buffett still lives in the Omaha house he bought in 1958. Gates washes his own dishes nightly.

Mission beyond money

Gates has donated over $60B to global health and climate. Schultz built Starbucks around employee benefits and ethical sourcing.

Humble origins

Del Vecchio was raised in an orphanage. Schultz grew up in the Brooklyn projects. Oprah came from poverty and abuse. Branson is dyslexic. Self-made is literal here.

Top 5 Takeaways

1. Read every day — even 30–60 minutes compounds dramatically over decades.
2. Move your body daily, ideally before work.
3. Protect the first 30–90 minutes for solo thinking, no screens.
4. Reframe failure as data, not shame.
5. Anchor your work to a mission bigger than money.

Chapter Three: Day One

Create my daily tasks and a day-to-day record to put in my diary.

A. Create a healthy eating plan for every day.

B. Create an exercise routine.

C. Find 3 books to read in the first month.

D. Become proficient at learning AI, new technology, and marketing.

E. Research, find, and study every business opportunity trend — buying habits, who's buying what. Study everything about nonprofits: what do they do to raise money? What nutrition products are people buying?

F. Tens of thousands of people are getting laid off every day. Who are they? What is their education level? What are they going to do to survive? Where do they live?

G. Find a business opportunity or affiliate program to join so I can share a business opportunity with these tens of thousands of people — ASAP.

Chapter Four: Where It Began

I think it's important to share some very deep scars and pains to help some of the people reading this understand that I have been there.

From the ages of 5 to 8, blood-curdling screams, dishes breaking, and windows breaking were common with my mother and alcoholic father, a Korean War veteran with a Purple Heart and many other medals. My mother was a very protective mother who experienced a total life of misery until her three kids were old enough to leave the house.

My father would beat my mother and kick her outside in the winter. She would have black eyes on a regular basis. I remember hiding upstairs under my bed with my ears plugged. One night, I heard her crying, and when I went downstairs, I saw her head over the toilet with blood coming out of both nostrils. After experiencing that on a regular basis, my brother started beating me two or three times a week. I kept that inside and never told my mother. This is just a small part of growing up. It was a Stephen King horror show.

My favorite saying now comes from *The Lion King*, when Rafiki and Simba are walking through the field and Simba is telling Rafiki about all the problems he has to face and all the things from the past. Rafiki whacks Simba in the head with a cane, and Simba says, “What did you do that for? That really hurt!” and Rafiki says, “It doesn't matter. It's in the past.”

It took a long time to overcome the scars and try to eliminate the inner demons that still haunt me. I knew I had to silence the negative thoughts inside my head. So, learning from billionaires, I decided I had to become well read. I committed to reading two to three books a month for three years. I bought and read about 30 books a year for three years — books on marketing, AI, personal development, quantum physics, and metaphysics.

I am not suggesting that you have to read 100 books in the next three years. I did that so I could shortcut the process and take you down the fast lane.

There's a saying that the journey of a thousand miles begins with the first step. For the next few weeks, my daily routine will center on exercise and diet. The bottom line is to eat healthy, exercise, and stay consistent. I will also suggest books to read that I believe are important.

Chapter Five: The Foundation — Body & Mind

A. Healthy Eating Plan

Here's a simple 5-day healthy eating plan with general vitamin guidance and water intake based on public health sources. This is a general wellness plan, not medical advice, and your needs can vary by age, sex, activity level, weather, and health conditions.

Water Target

A practical daily goal is about 73 to 104 ounces of water per day for many adults, with the higher end often used for men and the lower end for women. If you are very active, in hot weather, or sweating a lot, you may need more.

5-Day Eating Plan

Day	Meals
1	Oatmeal with berries and chia seeds; grilled chicken salad with olive oil; salmon, brown rice, and broccoli; apple and nuts for snacks.
2	Eggs with spinach and whole-grain toast; turkey and avocado wrap; baked sweet potato with beans and a side salad; yogurt and fruit.
3	Greek yogurt with fruit and nuts; quinoa bowl with chicken or tofu, vegetables, and olive oil; lean beef or lentils with roasted vegetables; carrots and hummus.
4	Smoothie with fruit, spinach, and protein; tuna or chickpea salad; grilled fish with cauliflower rice and asparagus; cottage cheese or a banana.
5	Whole-grain cereal with milk and fruit; chicken or bean bowl with vegetables; turkey chili with side greens; nuts, berries, or plain yogurt.

Vitamins to Consider

A basic daily multivitamin may help cover common gaps, but it should not replace food. Key nutrients people often watch are vitamin D, folate, iron, iodine, zinc, and vitamin A. If you already take medications, have a health condition, or want a targeted supplement plan, it's best to match vitamins to your actual needs.

Easy Habits

Try to fill half your plate with fruits and vegetables, choose whole grains over refined grains, and use healthy fats like olive oil, nuts, seeds, avocado, and fish. A simple rule is to drink water throughout the day and aim for pale yellow urine as a rough hydration check.

Shopping List

- Oats
- Whole-grain bread
- Brown rice or quinoa
- Whole-grain wraps
- Eggs
- Greek yogurt or plain yogurt
- Chicken breast
- Salmon or another fish
- Tuna
- Turkey
- Beans or lentils
- Chickpeas
- Spinach
- Mixed greens
- Broccoli
- Carrots
- Asparagus
- Sweet potatoes
- Avocados
- Apples
- Bananas
- Berries
- Nuts (almonds or walnuts)
- Chia seeds or flaxseeds
- Hummus
- Olive oil
- Milk or a dairy alternative with no added sugar

Easy Snack Ideas

- Fruit with nuts
- Yogurt with berries
- Hummus with carrots
- Apple slices with peanut butter
- Hard-boiled eggs
- Whole-grain crackers with hummus

Chapter Seven: The Fruit Peddler and the Gentleman

In a quiet village, there lived a poor fruit peddler named P. He and his wife, S, worked hard every day to sell the freshest, sweetest fruit in the market. Their apples were crisp, their oranges were juicy, and their berries tasted like sunshine. Yet no matter how long they stood behind their cart, people walked past without buying a thing.

P and S could not understand it. “Our fruit is the best in the village,” P said. “Why does no one stop?”

One morning, a gentleman dressed in fine clothes approached the stand. He looked at the fruit, smiled, and bought several baskets. P was surprised and asked, “Sir, why did you buy my fruit when no one else would?”

The gentleman, whose name was J, replied, “You are trying to sell to people who do not care about being healthy. They do not want what you are offering. You need to go where the right people are. Visit the whole city. Give your flyer to the people who care about health, good living, and taking care of themselves.”

P listened carefully. The next three days, he walked through the city and handed flyers to everyone he saw wearing fine clothes and carrying themselves like people who valued their health and future.

A few days later, those same people began to show up at P's stand. First there were five. Then ten. Then twenty. Soon the crowd kept growing. The people who bought from P started telling their friends how fresh and healthy the fruit was, and before long, hundreds of people were coming each week to buy from him.

P and S finally had the busy stand they had dreamed of.

The moral of the story is: it is not enough to have a great product — you must put it in front of the right people who already want what you offer.

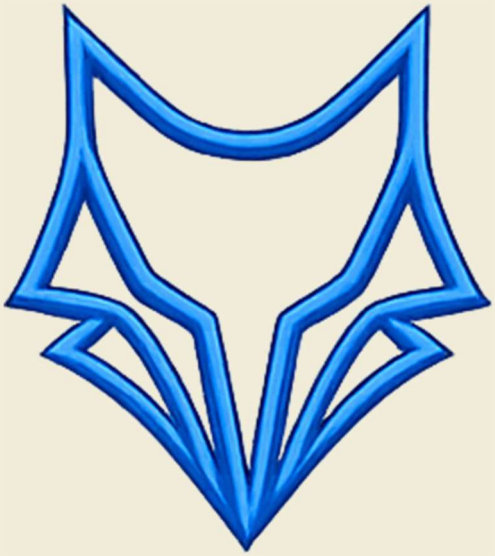
Business Opportunities

BRAND SAVAGE

Brand Savage offers one of the most rewarding commission opportunities in the industry—powered by high-demand, award-winning branding services delivered virtually. Payments hit your account in seconds. The marketplace spans hundreds of countries and industries.

Professional Branding & Design at Ridiculously Low Prices

Brand Savage is a professional branding and design agency positioned as an affordable alternative to traditional creative firms. It focuses on delivering high-quality, human-created design work for startups, small businesses, influencers, and established companies



My company Website

https://94975934.brandsavage.com

Sponsorship Link

https://brandsavage.com/join/94975934

Bob Wade 207-844-1354

leverage185@gmail.com

The Fastest Growing Company in the World

Is Just Getting Started…

LIVEGOOD

Over 2 MILLION Members in Under 3 Years And the ONLY Place the Next Millions Can Go… Is UNDER the People Who Are Already In!

LiveGoodTour https://livegoodtour.com/powerteam

Bob Wade

207-844-1354

Natural GLP-1/GLP-2 + Peptide Support

Backed by Clinical Research

If you've been looking for a natural way to support healthy weight and steady energy, this is worth a close look. ORYGN has invested over $50 million and more than a decade in independent research. They've compiled a curated index of peer-reviewed studies and clinical trials that support the core bioactives in every ORYGN product. The result: all-natural GLP-1, GLP-2, and peptide support—no needles, no side effects.



The market opportunity is massive: • GLP-1 / GLP-2: ~$28–34B in 2025–2026, forecast to reach $95B+ by 2035 • Peptides: up to ~$140–146B If you want to lose a few pounds, boost your energy, and tap into a powerful business opportunity with serious financial upside, now is the time to act.

Learn more here: https://leverage.orygn.co/

Questions? Please call Bob Wade at 207-844-1354

or email mainelymillionaires@gmail.com.

Best regards, Bob Wade



THE DIARY OF A PREMEDITATED MILLIONAIRE

"It is not enough to have a great product —
you must put it in front of the right people
who already want what you offer."

— Bob Wade