

- What is painful about your personal Current State? What's currently painful about my current state is my consistency. I've allowed myself to grow weak. I have actionable evidence 4-6 months prior of training 2x every day, waking up early to check my real world hours.

Completing what I need to do in order to be in my optimized state of being. Now I feel the pain knowing I've consistently been in a better state of being, mind and work overall.

- What is desirable about your personal Dream State? What's desirable about my dream state is the feeling gained from earning every positive outcome because I'm consistently doing all that can be done in my sleeping and waking hours.