

Problem - Not managing time well enough to do everything I want during the day

Brainstorming method: free flow association

Time

Too much nonsense

Priorities

Fast

80/20

Money

Rich

Wake up early

Discover new methods

Extend

Sun

Sleep

Coffee

Limit procrastination

Cut off BS

There's always time

Speed

Iron mind

Food

Disney process:

Dreamer - Cut off all distractions and do everything you need to do as soon as you wake up

Realist - Cutting off all distractions is difficult and you can't always control all of them, try limiting them instead as much as possible. Doing everything as soon as you wake up is extremely difficult too, it's more realistic to give yourself adequate strategic breaks to work at max effectiveness.

Critic process - create a strategic day plan that is both sustainable, yet challenging. Ensure to eat good food and get good sleep to have plenty of energy to remain productive.