

## **My ideal self goals in the next 3-6 months**

At least 2,5/ month

Being able to provide value businesses needs

## **CAUSE AND EFFECT CHAINS TO GET THERE**

**Go through the level 4 of the bootcamp and learn how to partner up with businesses**

**Go through the Bootcamp level 3 with the new method of learning and apply the mission/ empathy course**

**Thats where I am now!**

## **Other General Cause and effects currently**

Assumpt

Why do I not have the money that I want → Because I don't have a valuable skills businessman needs

What's stopping me from getting it → I need to go through the bootcamp missions and how to find businesses to partner with

Why don't I know specifically what I am supposed to do after the gym and basic things (work) → Because i forget to plan out the specific work I need to do at the specific times before bed

What can I do now to get my desirable dreamstate → go through the agoge program and apply the lesson very diligently/ Use time very effectively, get things done as fast and as efficient as possible from exercise to exercise in the gym without wasting anytime outside of my 2 min rest between sets and get the basic things done like brushing teeth making bed etc ASAP

Pray my prayers at school and work at school whenever possible because am going to drop out anyways

## SPEED AND URGENCY

ANd then make detailed plan before bed

WHy does my current version of plan not work? → because its not detailed enough

Putting “work” after the gym is too vague

What type of work and at what specific time!!!