

Solving Problem Assignment

Identify the bad outcome/symptom:

Lack of focus.

Elements:

- Read through the "New Identity" file
- Check my to-do list
- 200 burpee
- Stay hydrated
- Squats for 30 seconds after 20 minutes in the G session of work.
- 10 minutes walk after an hour of G session of work
- Enough sleep (7 hours)

The factory line:

I wake up at 4 am, pray, recite Quran then after 2 hours I sleep again for 3-4 hours

why? I convince myself that if I sleep for extra hours I'll be able to focus during my tasks today.

why? because I slept for 5 hours yesterday.

Why? I took extra time to do my tasks.

why? didn't I have much time to finish them before 9 pm? I did have time, but I was procrastinating between tasks, I get distracted easily or I convince myself that other things are more important than actually sitting down and doing the work

Why did I get convinced by that? I'm running away from doing the work, I'm scared of using my brain and scared of failing.

The root cause is: I'm scared of failing.

Solution: Pay attention to my internal dialogue during the day. I went through the Masterclass of how winners talk to themselves, wrote notes and I am applying what I learned.

Identify the bad outcome/symptom:

I started to have backache from sitting for long time

Elements:

- 200 burpee
- Stay hydrated
- Squats for 30 seconds after 20 minutes in the G session of work.
- 10 minutes walk after an hour of G session of work
- Enough sleep (7 hours)

The factory line:

when I sit to watch the lessons or do the tasks, I don't take a break during the session and after an hour to do squats or go for a walk for 10 minutes

why? I keep saying to myself that I will do it after I finish this part or that, till I feel pain in my back

why? either I sit for hours and finish the work or I procrastinate, I need to discipline myself.

The root cause is: I lack discipline.

Solution? I will stick to this plan, after 20 minutes I'm gonna sit a timer for 30 seconds, do the squats then, get back to work, after an hour I will take 10 minutes to walk.