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Been happening for these past few days.

Bad outcome: Wasting our time and taking ages to eat dinner and get from PUC->Gym->Burpees->Work station. Takes us 2-3 hours. Dinner has been taking us 2 hours. Not transitioning into the full conquest mode that we need to be.

Why?

Individual elements:

- Pulling out phone.
- Watching cheap dopamine.
- Having apps on your phone which lead to cheap dopamine.
- Eating for too long.

Because we get hooked on watching that show when parents are watching it and because we bring our phone with us.

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Bad outcome: Wasting our time and taking ages to eat dinner and get from PUC->Gym->Burpees->Work station. Takes us 2-3 hours.

Factory line:

- Stay in bed for minutes. Wake up and grab our phone immediately.
- Stretch for too long/ without a timer.
- Procrastinate for 10-30 mins after our workout to do the burpees instead of rushing towards it.
- After burpees we stay outside to gather our breath.
- Weak agoge card.

And because of this, it leads to us finishing late, having to eat late, then schedule meals even later, which causes us to pile up our eggs+rice alongside the main dinner, while there is a show of cheap dopamine going on, which causes us to complete our day not finishing all our tasks, finish late, get mad, have to prep our calendar and daily domination in the morning.

Why?

- Because the bed is comfortable, our phone is right there to stop at any time.
- We get bored when we are eating and start to look up at the show because it peaks our interest.
- Your brain convinces itself that you have other things to check and do, it is cowardice
- Makes sense.
- Does not create the strong enough effect, we have not taken into consideration to actually go and fix it.

Why?

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Because we have not thought about making our phone not so easily accessible.
We have developed a habit of needing our phone when we sit down to eat food.
It's warm, it's peaceful outside, you just got done in the gym, you are about to do the hardest physical part of your day.
We have prioritised over tasks to do but in reality, we could fit in time to do it.

Why?

We didn't think we needed it.
We use to scroll and watch videos, then we started watching videos whilst we ate, now we focus on getting the reps in when we eat but it results in procrastination.
In our eyes, they seem more important.

Why?

We have X on our phone.
To keep up with the agoge program and other tasks to not fall behind.

How will you fix this?

Have our phone further away from us, time 10m of stretching, 10m agoge card, 10m of daily domination and PUC.

Schedule time to make our agoge card all-powerful.

Complete the physical tasks earlier, eat earlier, avoid dinner procrastination, smash your day,

set reward/wind off time at the end of the day, simple.