

I've decided to go for a long-awaited short brisk walk on a nice sunny day. It's not too hot to wear only a T-shirt, but not too cold to be all bundled up in winter gear.

After walking for about 20 minutes, I have concluded that the main problem that is currently holding me back is simply me making the time to sit down and perform massive results in my work.

While others are putting in massive amounts of hours daily into getting work done in terms of copywriting whether it's outreach, market research, actually writing the copy, etc, I am only able to put in a fraction of the time.

My only conclusion is to sit down and write out my day and truly focus on not getting distracted by outside forces or cheap dopamine.

When the time comes for me to do the work, even on a day where I don't "feel like" doing it, I will "bite the bullet" and get the job done.

Also during my reflection, I came to notice that two things are stealing my time away from me. It's my phone/time scrolling on social media, and family constantly interrupting my G work sessions.

So my action steps for solving those options is to change my environment. Whether I'm at a coffee shop, or in my car it doesn't matter. Also, plan to remove my phone from my vicinity.