

Commitment: 30m of Daily Meditation

Personal transformations start with commitment. A single decision point to invest more energy in a priority area over a length of time.

In order to do this well, it helps to minimize internal conflicts and get very precise about what we're committing to. Follow these prompts to help.

1 - What are you *precisely* committing to?

- E.g. I want to meditate for 30mins a day, first thing in the morning 7 days a week for the month of January 2021 (31 days)

2 - What will happen if I do this?

Write out a detailed vision of the ideal outcome. What are you hoping to achieve with this commitment?

- I will be on **the path** to enlightenment
- I will likely build one of the most powerful, highly-leveraged habits on my list
- I will have a better relationship with my thoughts
- I will spend **more time at the cause** and not at the effect of life.
- I'll have more **insight into/energy from my desires**
- I will have a **better relationship with my body**, sensing into its wisdom and intuition.
- I will tap into **capital A Abundance**, which will serve as a better basis for all my social interactions
- I will unlock the fountain of youth, **living more in a minute than most people do in a day**
- I will close an important open loop that's basically a decade old: I've always wanted to know what life is like if I meditate for 30m every day, twice a day for a month or more

3 - What will happen if I don't do this?

Write a detailed vision of a realistic nightmare scenario. What shitty things will happen if you never make this commitment?

- My attention with atrophy along the same trend line as my parents' generation.
- I will never know what life could actually will be like
- I will feel a background guilt/hypocrisy about knowing these things and not doing anything about them.
- I will make my younger 2013 self feel ashamed.

- **My psychedelic trips will be wasted. The insight was always the same: meditate more.**
- I will stay at this level of the game.
- My mind will likely atrophy at a faster rate.
- My quality of life will definitely decline
- I will be a slave to my knowable unknown unknowns

4 - What am I willing to sacrifice to get there?

What might be shitty about this commitment? Be honest and make a deal with your psyche. Anticipate what it will actually take to execute. Begin by listing a ton of possible sacrifices and then decide if you still want to do this.

- The comfort and warmth my bed in the morning
- The ability to wake up minutes before my first meeting or commitment of the day.
- **Staying up late on weeknights**
- Coffee first thing in the morning
- Perhaps having a headache until that cup of coffee
- Sometimes getting a full 8h of sleep, in case I don't plan properly
- Procrastination on things that eventually require every minute of my morning.
- Possibly: the all-or-nothing attitude of a perfect streak (e.g. what happens if I innocently miss a day? 90% success is still good.)
- Acting on my sense of urgency in the morning ("I don't have time to sit for 30m this morning. I'm already late")
- **I might feel like I'm not doing it right.** I need to sacrifice the need for this kind of certainty.
- Probably will feel some heightened discomfort on some days when my body isn't feeling great. I sacrifice my comfort.
- Maybe: Journaling and my GTD checklist on some days when I plan poorly.
- Honestly, probably drinking on week nights. As a rule this will have to be sacrificed Sunday to Thursday.
- **Looking at my phone first thing in the morning.** Taking in any inputs really.
- Showers first thing in the morning.
- **Keeping my iPhone near my bed**

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