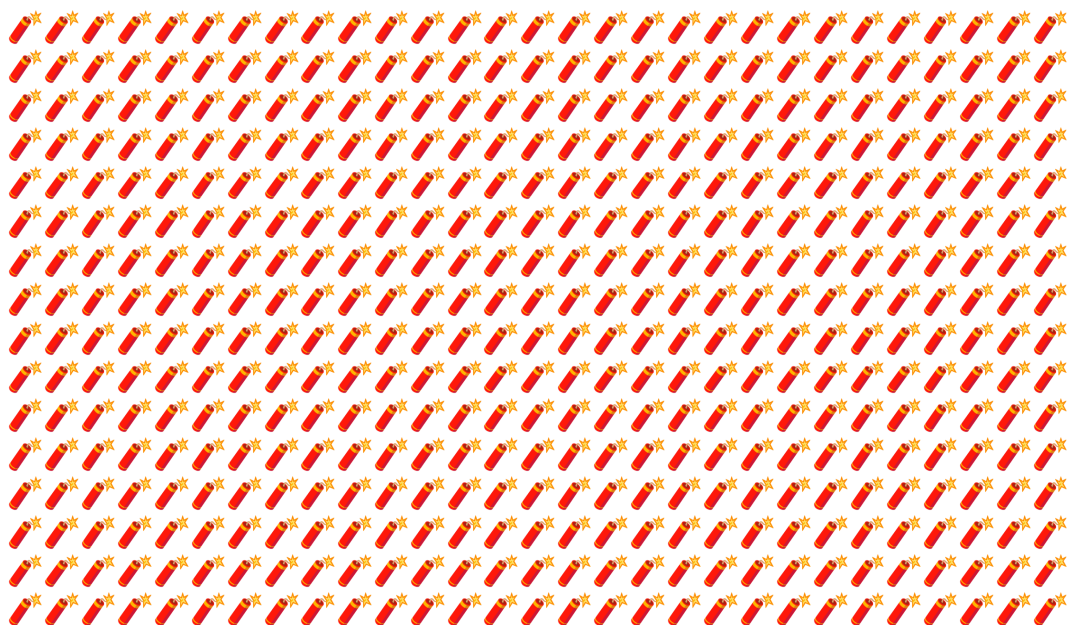


Wake up at 08:30
brush teeth for 8 minutes
Put clothes on
talk a bit with my girlfriend for 30 minutes
sit on the working table and start working
Watch what is to do for today, make a short plan inside my head on what is most important
Do the most important task with conquering piano music in a GWS
After the work is done, make the slave work for 8 hours
Eat while working the 9/5
Talk with my girlfriend for good 30 minutes in total, she is annoying and pissed about many things - very often the job is the problem
After finishing I sit on the same table and watch the power up call
Calm down and do a breathing exercise to make a CUT in the day
After the CUT I sit down and start the work
In the end of the day, I eat often times some food and feel guilty because it is too late and I could get a beer belly from it...
After the 2-3 hours of work is done, I get up, brush my teeth and take my clothes off
I set a timer for tomorrow, hopefully I didn't work after 00:00 so I have to sleep longer to keep the 7,5 hours of sleep in place
sleep around midnight - 00:00

Does your current pattern of life match up with the income level with the income level you want?

The FBI would think that I am an amateur, I am a loser in his eyes

Remove your old pattern of life - DYNAMITE it



What your patter of life SHOULD BE

What time do you need to wake up

I have to wake up earlier and go to bed before 10pm

What do you need to do?

I need to focus more on during the GWS

When do you need to work?

I have to work more hours per day, before 9/5 and after 9/5 job

What does your daily life has to look like?

My daily life has to be more work and also more relax time in it, I can focus so good after working so many hours

What type of discipline do you need to have?

I really have to work disciplined a lot!

I have to DO THE WORK, like I did it 5 weeks ago -

Post the PATTERN OF LIFE into the

off topic channel