

Bad outcome/symptom

Doesn't have enough time to work.

Walk the factory line

- Wakes up at 9 am.
- Read a new identity doc.
- I Instantly eat and watch Puc at the same time.
- 2 G work sessions.
- Learning something for school for about half an hour
- Going to school at 2 pm.
- Boxing training right after school at 7 pm.
- Gets home and showers at 10 pm.
- And goes to bed right after, no phone, no reading.
- If I forgot to do burpees, so I need to do them after the training.

Root Cause

Waking up at 9 am instead of 6 am takes me a lot of time.

But why...

Because the phone is in the reach of my hands and I press the button to stop the alarm without even knowing.

But why...

Because I don't get enough sleep and I can't do the burpees right after the training, I end up doing some copywriting work that's not important.

But why I don't do them in the morning...

Because I think I have more time before school, but that's not true, so I do them at night.

So my problem is not doing them in the morning which leads to wasting time on unimportant tasks and leading to being awake till 1 am.

Solution

I need to set a time for burpees and do them right before school, so I can actually sleep and rest right after the training.