

Project: improve my marketing skills (reverse thinking method)

“How can I make sure to NOT improve my marketing skills?”

- Not do the daily checklist
- Not analyse all the copies/ads I'm seeing in town and on the internet
- Waste time on stupid stuff (mindless scrolling on SM and Youtube, Netflix)
- Quit TRW
- Not focus on lessons while watching them. “Netflix” through the courses.
- Never practise, never write anything
- Write carelessly, ignore errors
- Not ask for feedback (example: aikido channel)
- Sleep more (>8h/day) or sleep not enough (<5h/day)
- Not train
- Get drunk every night
- Don't drink and eat or drink and eat loads of crap (have low energy)
- Die
- Always be pessimistic
- 

Categorise/Structurise:

- Die
- Get drunk every night
- Wrong nutrition
- Wrong recovery/sleep
- Not train

-> physical aspects, take care of my body

- Always be pessimistic
- Write carelessly, ignore errors

-> mindset

- Not do the daily checklist
- Not analyse all the copies/ads I'm seeing in town and on the internet
- Never practise, never write anything
- Not ask for feedback (example: aikido channel)
- Not focus on lessons while watching them. “Netflix” through the courses.

-> actual improving skills

- Waste time on stupid stuff (mindless scrolling on SM and Youtube, Netflix)

-> stop backward inertia

Plan:

- Be persistent and optimistic, stop wasting time
- Train, eat, drink & rest enough every day
- Do the daily checklist EVERY day
- Analyse everything I come across (in the bus, walking in town, getting groceries)
- Practise/write copy every day, analyse a business every day, find a way to apply the lessons I learn
- Get review from aikido at least twice a week (time zone makes it difficult)
-