

1. Lessons learned

How crucial is your thinking how much does it differ me from others and how much has it changed after I changed a couple of things

then the importance of time management and having time table and todo list that would be

how important visualization is. in the morning and in the evening. morning visualization is about how I want my day to go and evening visualization is how I want to wake up and feel in the morning and how to act

2. Mistakes I Made

as I'm still in school and I picked up a part time job I put in so many hours that I have top 2 hours a day left maybe not even that combined throughout a day not just in one sitting. and I have almost 200 hours for this month at work so I have almost no time to write or even take care of myself as I'm at school from 7 am till 2 pm and at work from 3 pm till midnight or 1 am then around 30 minutes after I get home do my evening routine and when I usually go to bed it's 2 am and I wake up around 5-5:30 so I can get ready for school and go to school as I have it 30 minutes away from home

So I usually fall asleep at school to get at least some energy and throughout the day I drink like 6 double espressos so yeah my body functions purely on coffee.

How do I fix it?

I'll decrease my time at work instead of starting at 3 pm I'll start at 5 and try to optimize my morning and evening routine so I can get as much sleep as possible.

also what I've seen about myself is that I'm lying to myself because when I'm in school I usually don't do anything or I sleep so instead I should put at least some work in but the lie is that what if somebody judges me for what am I doing

But when I think about it, it's just a coping mechanism for not doing the work. Even when I see that Half of my class is playing video games I would be putting the work in. I'd be much more ahead of them.

3. goal for this week

I got into crypto for a side to get some money until I get my client but I'm still at the beginning stages so the goal is to decide if it's worth it to go and spend time on it or focus as much as possible on what matters the most which is copywriting

another goal is to get consistent with pushups

fix my time management issues

and spend at least doing 1 hour a day learning and developing my copywriting

4. challenge

My challenge for this week is to push myself to the extremes and find a way everyday go out of my comfort zone and get closer to my goals