The exercise:

1. Identify a problem you are facing (bad outcome/symptom)
2. Walk the factory line
3. Ask why until you find the root causes. Use outside resources if needed.
4. Create or update your strategy and tasks to solve the problem and get your outcomes

1. On the weekend I spent 4 hours playing a video game, apex legends, with two of my close friends.

Resulting in losing that time forever.

This weekend I played from 6pm to 10pm and as a result I lost all that time. Plus, time on Monday, since I was feeling tired all day and couldn't get as much work done as I wanted.

I lost time and progress I could've made because I succumbed to the desire to "reward" myself with something that has no benefit whatsoever.

I justified it by saying to myself "why not play a bit, it will make my friends happy since they've been asking me to play for a month now".

2. Why did I want to make my friends happy? Or did I just want to have a team of brothers to conquer with?

First because I care about them and secondly I want a team to conquer with. I don't want to be a "lone wolf".

Why don't I want to be a lone wolf?

I have been a "lone wolf" almost my whole life, I was an insecure lone loser almost all my teen years and they are the ones that helped me get out of that.

I guess that's why I care about them.

Why did I like playing the game?

I didn’t want to play alone but with a team.

Why?

Because we are social creatures and having a team to conquer with is much more enjoyable.

Why don’t I conquer business with friends?

I want to but I haven’t even tried finding those type of friends.

Why haven’t I?

I have a connection I don’t want to sever with my current friends.

Why?

They have helped me in hard times.

Why don’t I try to find new, more productive friends?

I don’t think it’s worth going out of my way to find friends of higher status when I myself haven’t achieved anything great. I need to make progress and those higher status friends will come naturally.

Solutions:

First of all I need to delete the game.

How can I try to convince my friends to change their focus on what matters?

Try to convince them by talking through all the benefits of being disciplined and working hard and the downside of playing video games all day.
If that doesn’t work I will need to show them with my actions and by actually making good money with copywriting.
If they don’t want to change themselves I will leave them behind, I will distance myself slowly.

Root cause: afraid of losing my friends and going back to the sad life I was living with no friends and no purpose.

Solution: I will take accountability for doing not productive things like video games. I realize that I'm denting my best future self. I'm disrespecting the duty I have to myself, God, my creator, my current family, and future wife and kids. I'll work as hard as humanly possible to not go back to that miserable place and fulfill my duty as a man.