

Hard Work

What is Hard Work?

“Hard work is consistent and focused effort put towards achieving a challenging goal.”

Let's break it down.

Breakdown of Hard Work:

- A. Consistent
 - a. Acting or behaving in the same way over time, without significant variation or deviation.
- B. Focused Effort
 - a. Concentrated attention or effort on a particular task, objective, or area.
- C. A Challenging Goal
 - a. A difficult or ambitious objective that requires significant effort, skill, and determination to achieve.

Okay, so, if hard work is consistent effort put towards achieving a challenging goal, then...

What 3 daily habits can I build that will make me a person worthy of being called “A Hard Worker”?

- A. *Completing the copywriting daily checklist every single day no matter what*
 - a. Patrol the chats in school
 - b. Plan tomorrow before bed
 - c. Watch the mpuc at 18:00 ALWAYS no matter what
 - d. Make it a habit to skip lunch and do a GWS as a replacement of it
 - e. Train ALWAYS after school and never skip it
- B. *1 Daily GWS NON-NEGOTIABLE Floor-Level*
 - a. *3 Daily GWS Stretch-Level*
 - i. One at 4:10 → 5:10, one at 5:20 till 6:20, and one at 16:00 till 17:00.
- C. Going to bed at the same time every single night and getting up at 4:00 am NO MATTER WHAT

So, let's make a list of non-negotiable tasks and keep it EVERY.SINGLE.DAY.

DAILY NON-NEGOTIABLE TASKS

★ Completing Copywriting Checklist

★ 1 GWS

★ Going to bed at 22:00

MINOR NOTES

After this breakdown of all components of hard work and hard work itself, let's take into account all things I should have in order to work hard.

- Consistency
- Focus
- Challenging goal

Now, let's see what each of those things are built off.

- Consistency
 - ◆ Discipline = Habits = Consistency
- Focus
 - ◆ No thinking, just action with INTENTION on one task at a time.
- Challenging Goal
 - ◆ A goal that feels "kinda" scary, but within reach IF I stretch myself AND is something I care about.

Okay, so now that we know all of this information, let's see how can I apply it.

APPLICATION

1. Consistency
 - a. Forcing myself to complete my daily non-negotiable tasks will make them HABITS. HABITS will turn into CONSISTENCY. And then, I'll get momentum and results.
2. Focus
 - a. Removing distractions such as:
 - i. Phone (put in other room)
 - ii. Music (put anti-phone headset on)
 - iii. People Speaking (tell my parents AND grandma to try not entering my room if possible, and NOT DISTURB me UNLESS it's a hospital emergency)
 - iv. Other Tabs (close all tabs except the one I work in)
 - v. Dehydration (drink 2 full glasses of water)

- vi. Body Stiffness (crank out a set of 35 push-ups, CLEAN)
- b. Intention
 - i. Specific Outcome to Achieve within GWS
 - ii. No-Brainer Planned Tasks leading to the Accomplishment of that Outcome
- c. Blocked Time Frame
 - i. Kitchen Timer (set it for 1 hour exactly and start)
- 3. Challenging Goal
 - a. SMART Framework
 - i. Specific
 - 1. What do I want to achieve EXACTLY?
 - ii. Measurable
 - 1. If I ask myself "Have I completed this?", can I answer with a "YES" or "NO"?
 - iii. Achievable
 - 1. Do I believe I can achieve this goal?
 - iv. Relevant
 - 1. Why do I have to complete this goal within my deadline? Why is it important to me?
 - v. Time-Bound
 - 1. What is my aggressive deadline for accomplishing this goal? Cut it in half.

Just as a side note by the way, GWS's should not be done unless I have a goal I'm moving towards.

Because otherwise, I'm busy, but getting nowhere.

Alright, now that we've talked all of this information, let's just go out, let's get it, let's conquer (APPLY THE INFORMATION).

FINAL APPLICATION

- I. I'm completing my DAILY NON-NEGOTIABLE TASKS TODAY.
- II.