

Problem and it's root: Lack of sleep

Symptoms:

Tiredness

Sleepness

Lack of focus

Distracting more

Walking down the factory line

Why haven't gotten enough sleep?

Because i have gone to bed at 11 PM, 12 PM, later

Why?

Because i have been finishing up my work

Why?

Because i haven't finished all of it for the day

Why?

Because i have wasted some time

Why?

After a G work session i chill for a bit with music

Why?

Because i think i have earned it

Why?

I haven't yet adjusted to my schedule completely

Why?

Because i have lived a life of comfort

Why?

Because i haven't searched for hard things

Why?

Because i fear them

Why?

Because i haven't done something so hard that i have utter believe in myself

How do I fix this?

By seeking hard things constantly, so i am grateful that i can and i am doing the work for the client, the talk with my family, the simple things like enjoying the nice weather and be grateful for it, the only way to fix this issue is by constantly searching for new mountains to conquer, have conquered few at the moment, but i think the next 2 i see on my horizon, on my world for conquest, will truly give me this unshakable confidence, and while climbing this new 2 mountains, i think i will continue doing the burpees after the agoge program and eventually switch things around or build on top of it with things like 1km as fast possible, or spar(which i haven't done in a long time)