

## Root cause analyses

### The problem that I am facing:

- Using 100% of my time

### Walk the factory Line ( Factors for maximum focus and energy)

- G-work sessions
- sleep
- hydrated
- silent atmosphere
- remove distractions
- working in another room
- focusing on duty and my outcome in this world
- Train

### root cause

- Waking up tired and with low energy → bad sleep, less hydrated, phone time waking up
- don't visualize myself and imagine my perfect life
- don't get work done when work gets hard, I avoid it
- do not know what I have to do when I wake up

Solution:

get enough sleep and drink enough water

bring the phone to the end of the room to avoid phone time and “actively “weaken up

plan the day before

start the morning with water and pushups → start the day winning