

## - What is your Current State and why is it painful/frustrating?

brainstorm:

It is stressful because I don't feel like I don't have a control over my life, life just drifting away. Whenever I say I'm going to do something I never do it. I already broke my new year resolution, and I feel like its gonna be wasted year again.

Don't have the body I want. All the guys I grew looking up to are big and shredded, they seemed to get all of the attention, and I always felt self-conscious about my skinny physique..I'm out here being so skinny that I still look like a kid, even though I'm almost 20. I'm 5'11" and barely tip the scales at 120 pounds. There aren't many curves on my body.,

and you can see the outlines of my bones beneath my skin. No matter how much I eat, my metabolism keeps me consistently skinny. Clothing in the smallest sizes hangs loosely on me.

It's a constant struggle to add some bulk, but my body seems determined to stay naturally lean.

Don't have the money I want. Even If I wanted to improve my diet/eat more, I don't have money for it. My parents are divorced so my mom doesn't cook as much. And school/university is taking so much time I barely even make a time for gym.

With all this combined no one can feel confident, like all those motivational videos say.

Don't have the girlfriend I want. No girl is attracted to insecure skinny guy with no money or confidence. Something always hurts inside when I see a happy couple. Feeling like I'm locked out of relationships until I improve and I don't even know how.

Poor concentration, learning something feels so long and boring, and even though I try to concentrate It never feels as productive as It should and I still feel like I'm wasting time. Feel like I'm learning and adapting things really slow.

Don't know If I will ever be able to have what I want Looks, Girls and money wise.

Feel like there is no way out

text:

Life sometimes feels like a chaotic dream where I'm not in control, just going along with the flow and it stresses me out.

I'm not happy with my body, struggling with money, and feeling lonely without the girlfriend I want. My mind is all over the place, making it hard to focus on anything. It seems like there's no way out of this mess, and I wonder if I'll ever get what I want in terms of looks and relationships.

Time is flying by, and I'm worried I won't achieve my dreams.

- What is your future Dream State and what make it desirable/exciting?

Looking at my bank balance, (64700 dollars that I made in a month) with the smile on my face, while going to pick up my girlfriend (in my bmw competition) in my that I had a crush on for a long time.

Just retired my parents.

Notifications coming from my clients saying that they are really happy with my service and are looking forward to work for a long time.

Just posted my body/progress pictures to my coach and weighted my self (standing at 87kg 196cm with under 15% bodyfat)

Girlfriend welcoming me so warmly with a smile.

Meeting up with my friends and brother that are hungry for money and success as much as me, to plan out our next things. We are flying to Paris, because we figured out new financial opportunity .