

This is how you become world-class.

You simply focus and work at your best at each thing you do.

You won't be world-class doing two things at once.

You won't be world-class pussy footing your work the way through.

It's like building an athletic physique. You won't get an athletic build doing pussy footing your way through training, picking a dumbbell, doing 3 fast reps, and stopping when it's slightly uncomfortable.

You only get a world-class level improvement and results by going through all the way into 10, 12, and even beyond until reaching failure.

When going through the hellish difficult part and truly pushing through difficulty and working at your best is when you get real results.

It's the same for success.

You will only get the best and world-class results by doing your best at that work session.

Like the gym. Like training. Like building an athletic body. It's the same.

Now. The more you focus on performing the critical actions that are related to getting the desired outcome and doing them at your best and doing them more consistently, the more results you will have and the bigger and better the outcome will be.

Now like training, it can't be all you do. Eating enough protein can't be all you do, sleeping to recover can't be all you do. building muscles can't be all you do.

Not if you want to be exceptional in all realms.

And being exceptional in all realms is being exceptional in all the components that make a man competent in all areas.

It's not enough to simply have a killer body, you need all components of excellence.

Starting from:

Athletic, strong, healthy body that is trained and combat-ready. Having the power to run, swim, fight, being a machine war-like.

Rich, knowledgeable, influential, successful.

Connected, large, and strong network.

Socially sharp, and amazing with people.

Good at sales and marketing. Video filming. Content creation. Influencing others. Communicate your ideas.

Time and stress management, work ethic. System building. Plan execution.

Being self-critical, analyzing your work and systems to find inefficiencies, and fixing the problem to improve the system and actions for better and faster output and better and bigger outcomes.

Being good at suffering. Going through difficulty with a smile. Finding the way out and walking it. Acting on the best next move.

Having knowledge and information that could be used and leveraged to make true wealth.

Being exceptional in all realms, doesn't simply result from performing single tasks or even a set of tasks at your best and doing nothing else.

It requires doing your best at each thing you do each time you do it and doing it every single day.

Not sometimes. Every day.

Because everything is connected and all your actions influence your other actions. How you do something is how you do everything.

Now, doing those things at your best each day is critical.

And the other critical this is to find out what are those critical action you need to work at a your best each day are.

So.

There are the critical actions that result in getting the desired outcome. The most important and valuable actions that, if you simply do at your best each day, you are going to win.

Want to build an athletic body? Only train. Eat healthy high-protein food, and track your macros. And you will have it. Only that.

Now if you also want to have money at the same time, you do those tasks less and mix them with actions that will make you money.

The level of time and effort you put into a specific goal, the more results you get at it each day due to the number of hours you place doing action to get an outcome. Simple logic.

Now, if you want to be exceptional in all realms, you need to work on the actions that will make you exceptional in all realms every single day, all combined.

So. Let's make a list of the desired outcomes with the list of the critical actions to get it.

Starting from. (Some of the outcomes is copied from the previous message)

_Athletic, strong, healthy body that is trained and combat-ready. Having the power to run, swim, fight, enabling a machine war-like.

1. Gym training.
2. Boxing training.
3. Cardio running training.
4. Cardio swimming training.
5. Eat enough protein & track food intake.

_Successful financially and free, earning a doctor yearly salary in a day. Making enough money to experience private jets, supercars, expensive watches, and luxury hotels, while being influential and respected.

1. Build a business to increase earning potential.

A. Learn and practice marketing and sales.

- a. Work in marketing to learn and practice while making money.
- b. Get a sales job to practice, increase skillset, and make money.

2. Build a social media presence.

A. Make a market research on your target market audience.

B. Find your unique selling proposition.

C. Analyze the top players in the market.

D. Identify the actions you need to take from market analysis. (Film videos, write tweets, post them online).

Having a network of people that are high masculine driven performers that are a positive influence and you trust and can work with.

1. Working on improving yourself as a man to be of value to these people.

A. Having valuable sales and marketing skillset.

B. Having a big social media following.

C. Having a physical presence as a man that gathers respect.

2. Speaking to people, being likable, improving social skills.

Outcomes from performing previous work at your best. Where I will build.

1. Time management.

2. Stress tolerance.

3. Strong work ethic.

4. Effective system building.

5. Problem-solving.

Information to keep in mind to be constantly improving.

1. Being self-critical, analyzing day's work.

2. Analyze your system and think of ways to improve it, increasing speed and efficiency.

3. OODA loop testing hypothesis solutions that have the potential to fix the problem with the objective to improve the outcomes from performed actions for better and bigger outcomes.

And most importantly getting that warrior mindset where you will be.

1. Good at suffering.

2. Good at going through difficulty with a smile.

3. Good at finding a way out.

4. Good at taking action on your best next move.

Plus, having access to knowledge and information that could be used and leveraged to make true wealth, and earn millions of dollars, and build true legacy and empire, conquering the earth, and becoming exceptional on the way. With a smile. While driving a Ferrari and eating a snack.

Wooooooo.

Any feedback to improve what I have written or to add to it will be appreciated, G's. Let's kill it. 💎