

1. Identify a problem you are facing (bad outcome/symptom)

- Bad outcome: **I go back to bed in the morning/after my 9-5 and avoid work because "I'm Tired".**

2. Walk the factory line

- **Wake up, Alarm, and Place of Alarm = Good.**
- **PUC + Content Planner= On my chair**
- **When the work becomes hard, go back to bed bc get tired ++**
- **Sleep there for ~20 minutes**
- **"Wake Up"--> Shower/ Walk--> Energized--> not tired/sleepy anymore.**
- **Start DOING the Hard Work.**

Missing steps:

Work out to wake up, or shower/walk when tired.
Getting dressed.
Sleeping more at night, at least 7h30.
Blue light for sleepy eyes.

The problem starts to show up:

When I'm in the Hero's Journey, in the Unknown.
I need to be Energized before entering that World.
Also, I need more sleep.

Why in the Unknown?

Because it requires more Brain Calories.

Why?

Because I'm not used to it/ am not Energized and don't have enough Clarity when entering the HARD.

Why?

Because I don't sleep enough and eat processed foods.

Why?

Because I don't prioritize my checklist above everything else and end up finishing my checklist way later than I should and I choose the comfort of eating shit rather than preparing long healthy breakfasts.

Why?

Because of Old Habits and poor embodiment of the Man I want to become.

Why?

Because the man I am RIGHT NOW is not enough to be successful.

3. Create or update your strategy and tasks to solve the problem and get your outcomes

- Quick Workout + Shower after Finishing Social Media Updates.
- Implement Whole Foods to my breakfast [*Unknown, need to research what they are*]
- Read the New-Identity paper when coming home from my 9-5 + getting out of the Shower.
- If I ever allow Distraction as a reward for my work, it is AFTER my checklist is done.
- → Always have my checklist connected to my Big Goals in mind, to gain enough Clarity and Shame and keep working.