

Root cause analysis:

- a. Why am I not working as hard as I can, knowing that my potential is colossal, compared to how much of it I'm living up to right now?
 - i. Because I don't feel the urgency
- b. Why?
 - i. Because it's not real. By this I mean that I don't see anyone close to me at danger or a threat happening in my life right now that will put my back against the wall and make me work harder. However, I can create an artificial threat/danger.
 - 1. Why?
 - a. Because I didn't create an artificial scenario where someone from my family, like my dad, is in actual danger.
 - 2. Why?
 - a. Because I'm afraid of the pain I will feel from the artificial scenario
 - 3. Why?
 - a. Because I don't want to see my dad in pain because I failed to do X thing/accomplish Y thing, etc.
 - 4. Then, why don't I set a specific, measurable target (a goal), set a specific deadline, plan out my daily actions that will lead to me accomplishing my goal, and CRUSH it?
 - a. Because I'm afraid of doing the work and think it will be too much effort
 - 5. Why?
 - a. Because I think "I'm afraid and it's going to be too much effort", but in reality the work is not going to be that much if I compare it to a high-producer's daily output and make a tasklist for better clarity.
 - 6. Then why don't I compare the work to a high-producer's output and make a simple tasklist for better clarity?
 - a. Because I'm afraid of facing the harsh truth (the fact that right NOW I'm producing as much as a fly) compare to other killers in the agoge chat and not only.
 - 7. Why?
 - a. Because I haven't looked myself in the mirror HARSHLY and haven't yet triggered massive honesty, which will then allow me to face those trust easily, as if they were a walk in the park.
 - 8. Why?
 - a. Because I think I'm above looking at myself in the mirror and that I will look like a weirdo talking to himself. Because I make the following excuse every time I have to look at myself in the mirror "Eh, I have more important tasks to handle than looking at myself in the mirror."
 - 9. Why?
 - a. Because I've built the habit to avoid looking at myself in the mirror
 - 10. Why?

- a. Because now I don't want to face harsh truths.
- ii. **(I THINK THIS IS PRETTY MUCH ENOUGH SINCE IT TURNS INTO A LOOP)**
- c. How can I solve this?
 - i. By simply saying "Fuck it" and looking myself at the mirror harshly.
- d. What am I going to implement?
 - i. I'm including "Look myself in the mirror harshly to trigger massive honesty, then review my day today" in the list of non-negotiables.