

1- Identify a problem I'm facing(bad outcome/symptom)

Bad outcome/symptom - procrastination/not taking action

2- Walk the factory line -

- a- wake up early
- b- read identity
- c- set a goal for the day
- d- drive to work(8-4) - I have the opportunity to work during my job
- e- watch the PUC
- f- analyze good copy/review notes
- g- analyze the prospect's business
- h- create free value
- i- send outreach
- j- repeat g, h and i.
- k- train
- l- analyze wins and losses
- m- read identity

When it is time to sit down and do the work, I procrastinate. WHY?

Because I lie to myself that I'll have time to work later or tomorrow. WHY do I allow this?

Because I overthink. I have a lot of work to do, I need to be focused so I will find a better time later. The "later" then becomes tomorrow.WHY?

Because I want to have a clear path of my plan(which I know is not going to happen, I just need to know my next step). WHY?

I hate to say that I'm afraid to throw myself into the unknown but it is the only answer that comes to my mind.

I have never pondered why I avoid the work I know I have to do and now that I'm writing this I feel really stupid and shameful. WHY?

I have also thought that I don't have a lot of time to work since I'm working 08:00-16:00 but it is a LIE.

The only reason is that I have been lazy and afraid to walk into the unknown.
Whenever I complete a task, I reward myself by being lazy(loser habit).

And now that I went through the course with the "How to learn" method,
challenged myself in the Agoge program,
created a new identity,

crafted a good plan of what I should do,
and knowing the hack how to identify and solve problems, I have created a good momentum
and there are no excuses or lies left to tell myself.

Either continue the good momentum or accept that I'm not brave, that I'm not willing to pay the
price needed to be successful.

To make sure this will never happen, I will create a Google doc where I remind myself **why I started this?**

Because this is the only option I have. I get to be free. I have the duty to God who gave me life.

I have the duty to myself and my family to be the best version of myself and give them the best life experience during our time on earth.

What other option do I have? Be lazy, afraid, a coward and disappoint my family and God? THAT WILL NEVER HAPPEN.

I get to be the best version of myself, a serial winner. Because I have to make myself and my family proud of me. I have to be strong, rich, confident, successful. I don't want to live a normal and cowardly life.

I have to discover what has more to life after the money. Be the man of the house and that means I have to protect and provide for my family. I have to be prepared for life's challenges. I have to retire my parents. Be a good example for my brother. I have to be prepared when my first child is born and be able to enjoy raising him/her and not be worried and scared about how am I going to provide for my family.

I don't want to work for someone else all my life and follow his dreams. I will follow my dreams. I have to prove to myself that I can do everything I put my mind to do it.

I have to be a proud man, a decent husband and father, a decent son, and an example to follow for my brother and my future children.

What will happen in 1 year, 5 years, 10 years from now if I don't take action?

I will be living paycheck to paycheck. I will be working for someone else and during this time I have experienced unfair decisions, not being able to say what I think. My wife will be making more money than me, and if she will still be with me, I will not be respected by her, or by my peers, my kids will not listen to me. My opinion would mean nothing. I would not be free. I would be a slave.

THE OPPOSITE/TAKING ACTION- I will be working for myself, having a successful business, and being free. I will have the house I want, the car I want, and live on my terms. Be respected by my family, I will be the hero of my children.

How my life will look like? A boring and cowardly life. Feeling shame, and frustrated with myself why I wasted my time and wasted my potential. I would not be in control of my life. Maybe I will be working as a teacher My life would be very boring because I know that is 100% my responsibility and the only reason I don't achieve my goals will be because I didn't take action. And imagine living all my life as a coward only because I was lazy.

THE OPPOSITE/TAKING ACTION- I will be proud, confident, strong rich, and in control of my life. I took action, I have achieved my goals and I'm living the life I worked hard for. I will be brave and prepared for life's challenges because I have proved myself along the way. I will be a problem solver. I will pay the price needed to live the life I want to live.

What will my parents think of me? They will not be proud of me, they will see me struggling and unhappy. I would have proved them right, that I couldn't be successful

THE OPPOSITE/TAKING ACTION- My parents will be proud of me, I will prove to them wrong, that I wanted to be successful and I did it.

Will my brother be proud of me? No

What my girlfriend will think of me? That she made a mistake by choosing to stay with me. That I'm not capable of protecting and providing for my family. That she could have found someone better, especially since she is earning a lot of money and is successful now. She would not respect me or maybe she would leave me.

THE OPPOSITE/TAKING ACTION- She will be proud of me. She will realize that she did the right thing by believing in me and choosing me to live her life. I'm a capable, prepared man who will always protect and provide for my family. I will offer security to my family. I will move heaven and earth to give them the best possible life.

What about the people who told me that I would never make it? They will laugh at me remembering the times when I said I was going to be rich, proving them right.

THE OPPOSITE/TAKING ACTION- Proving everyone wrong is the best feeling. I do what I said I was going to do.

I will amplify my pain and have a clear image of my future if I don't act and also a clear image of my future if I work relentlessly and analyze my work constantly.

I will remind myself of the bad things that could happen and how I will react if I'm not prepared. Once the thought of avoiding work appears in my mind I will be aware and remind myself that that means me accepting to be a coward(which I will not allow to happen).

The root cause of procrastination → lying to myself that I have time to work later → there will not be consequences for my actions → being afraid of the unknown → overthinking → not taking responsibility → rewarding myself by being lazy

Solution → stick to the plan I crafted → create a list of the reasons why I started this and amplify my pain by having a clear image of my future if I don't take action → being aware of my loser thoughts and once the bitch voice appears in my head, mental Aikido immediately into the winner's voice and start doing the work → I have a duty to God to do good in the world since he gave me life(I can do this by being the best version of me) → I have a duty to my family to protect and provide for them → I have a duty to myself to live the best possible experience during my time on earth.

On the days I will not complete my daily checklist I will do 200 burpees.

North Star effect

This most competitive possible version of myself,

What would he do with his time today?

What advantages would he create for himself?

What things are you afraid of doing right now, have been putting off, that he would do even though he's just as scared as you?

What garbage would he cut from your life this week to be as productive as possible?

What habits would he have?

How would he track and measure his progress, output and success?

How would he use the Real World more effectively?

How would he use and improve his existing network?

What beliefs would he focus on this week?

1. If it was easy everyone would do it.
2. Life is war, FIGHT.
3. I never lose, I either win or learn.
4. ACTION! There is no more time to waste.
5. Immerse myself to the next challenge.
6. Pay the price needed for what I want.

What would he not tolerate about your current life? What key objectives is he obsessed with achieving? Why?

