

Perspicacity Walk

Problem: How can I stop running away to do side quests instead of doing the main objectives.

1. Direct Questions for Self-Confrontation:
 - a. Are you going to fail again?
 - b. Are you gonna quit again?
 - c. When are you gonna stop running away?
 - d. When are you gonna make your stand? If not now, when? If not today, are you ever going to?
 - e. You've listened to this live before and wasted every opportunity you're being given. Are you going to?
2. Actions and Reflections:
 - a. Record new identity and power phrases, and to rumble.
 - b. Record questions into Rumble.
 - c. Play rumble in times of weakness.
 - d. Record spontaneous gratitude into Rumble.
3. Behavioral Adjustments:
 - a. Identify past moments of failure or weakness.
 - b. Become better at identifying moments of weakness, and shifting the behavior right away.
4. Future-Oriented Questions:
 - a. Ask myself, "Will I be happy with this action tomorrow?"
5. Reward System Implementation:
 - a. Implement a small reward system for the first day of accepting the opportunity instead of running.
 - b. Implement a small rewards system for the first week of taking the opportunity and not running.
 - c. Implement a larger system for the first two-week period of taking the opportunity every single day instead of running away.
 - d. Implement a larger reward system for the first month of taking the opportunity every single day.
6. Monthly Review and Comparison:
 - a. At the end of the month, redo a new, spontaneous gratification sequence, compare it to the old gratification sequence.
 - b. Ask myself and feel the difference: Is there a difference in how I feel, how much more power do I have, how much further ahead am I, what have I accomplished on that day?

7. Sustaining and Building Off Success:
 - a. OODA LOOP, the first day of completion, Loop, the first week of completion, OODA LOOP the first second week of completion, and OODA LOOP, the first month of completion of every single day, accepting the opportunity instead of running away from it.
 - b. Build off of day one, build off the first week, build off the first two weeks, and build off the first month.
8. Focused Work Environment:
 - a. Once I get the computer set up, leave the phone in another room. If I need to do something on my phone, write it down and then do whatever I need to do on my phone after the work session, after the main quest has been completed.
9. Mindset and Attitude Adjustment:
 - a. Find and simple don't continue being a bitch; be a fucking man and actually change your fucking life.
 - b. Use the momentum from this program to build off. Use graduating this first program as the first stepping stone and foundational marker on your sent. No more taking step backs, no more failures, no more quitting or surrounding.
10. Empowering through Weakness
 - a. Play the RUmble Recording whenever feeling weak, tired or stressed to find the strength and motivation to power through. Use these recordings to serve as a personal reminder of the shame you feel from your past feelings but also the commitment and reasons behind your journey, acting as a beacon during times when you are starting to act like a bitch.
11. Continuous Improvement and Commitment:
 - a. Plain and simple, do more, stop doing less. You're supposed to be tired; you're supposed to be stressed. Accept that that is normal and continue moving forward.
 - b. If you quit today and this very second of weakness, you'll choose to always quit.
12. Final Reiteration of Choice and Challenge:
 - a. So let me ask you again, are you gonna quit?
 - b. Are you gonna run away like a pussy?
 - c. Are you gonna do a side quest, or are you gonna stand up and fight like a man and accomplish the main quest, accomplish something you're actually gonna be proud of, something that's actually gonna produce results?