

ROOT CAUSE ANALYSIS

PROBLEM: I failed the 30-Days to Experienced Warband Challenge

SYMPTOM / MISTAKE: (Don't understand this one)

- **WHY did I fail the 30-Days to Experienced Warband Challenge:**
 - Because I watched porn, masturbated, consumed social media, destroying my focus, and ultimately wasting my time.
- **WHY did I watch porn, masturbate and consume social media?**
 - Because I was WAY too comfortable with my current reality
- **WHY was I way too comfortable with my current reality?**
 - Because I was stuffing my mouth with sweets, avoiding to confess the sins I've committed to my brothers and sisters, eating a shit ton of food (disguised by the term "Bulking") but that was really just me trying to escape the harsh truths of my current reality
- **WHY was I stuffing my mouth with sweets, food, etc... and avoiding to confess the sins I've committed to my brothers and sisters?**
 - Because I was afraid of how they'd perceive me afterward. Afraid I'll lose my status as an Agoge Graduate.
- **WHY was I afraid of how they'd perceive me and afraid of losing my agoge graduate status?**
 - Because I was afraid of their harsh comments and afraid of falling in their eyes.

AGITATE:

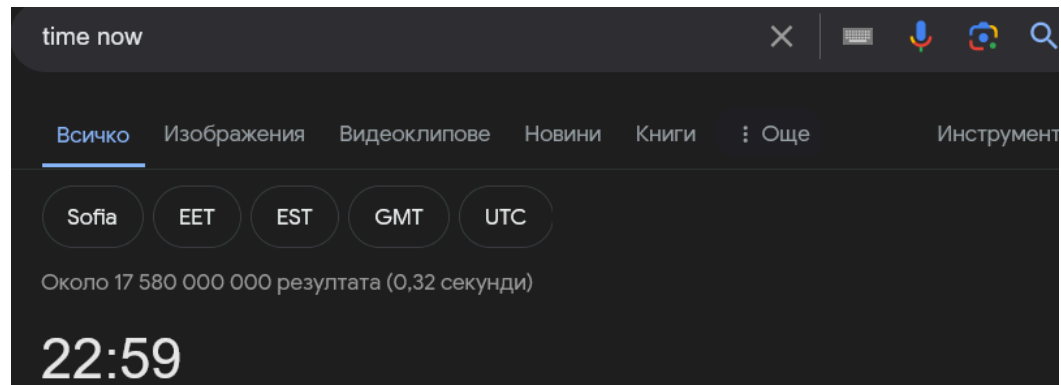
- **CONSEQUENCES:** "If I keep fearing of others' opinion about me, then I'll stop reporting my cowardly actions. Which leads to me having absolutely no accountability thus returning to my old loser habits (all of them) and ultimately wasting my potential and dying unfulfilled."

SOLUTION:

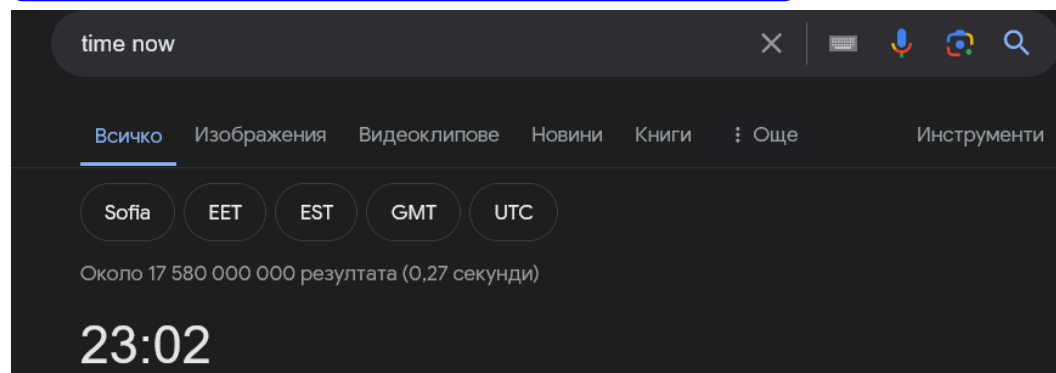
- **SOLUTION:** "If I instead acknowledge the fear, but report my cowardly actions sincerely regardless, then I'll be held accountable for doing X, Y, and Z cowardly actions. Which leads to me feeling like I'm the low-status one (which will cause me to work as hell till I'm back in the high ranks of my tribe) and ultimately I'll receive pride from the men and women from my tribe and continue to chase this feeling of unending glory... AND... succeed in business and LIFE."

IMPLEMENTATION:

- Answer "What daily tasks can I do to implement and ***maintain*** the new solution?"
 - I can create a "bold and cowardly actions" template, and put each action into the appropriate category, then share this document either via its link or a picture, so that my brothers and sisters can see and criticize me so I can change.
- Implement your tasks daily
 - I'm going to start creating the document RIGHT NOW (22:59).



BOLD & BRAVE and COWARDLY ACTIONS - DONE.



- Report them in your reports
 - I'm going to report them every single day from now on.