

My Current Problem:

When I am doing my campus study sessions or trying to do outreach, I find myself not distracted, but still losing time. It feels like I am moving slower than I should be when performing work. Boosting efficiency when I am working is my goal with this exercise

**Free Flow Word Session** – What words come to mind when thinking about what I could be doing right and wrong when working

Distracted

No phone

New environment

Walk

Pushups

Too many breaks to reset?

Notes

Roommates

Caffeine

Nap if tired

Wandering mind

Don't want to work?

New and intimidating (Agoge is helping my ability to overcome mental blocks)

Hang personal reminders

Don't switch tasks

**Reverse thinking - How can I be as inefficient as possible?**

Using phone – Bad because I would be scrolling matrix apps and talking to matrix people about matrix things when I could be trying to improve my outreach, practice my skills, make money with hustles from Client Acquisition Campus

Seeing bad friends - You are the sum of the 5 people you spend the most time around. More time around bad people = me catching bad habits and regressing

Watching tv or movies - A waste of HOURS at a time

Not going to the library - Being in a different environment helps me stay focused because I am there for a reason, to work. Not to waste time

Drinking and drugs - Addictions, get very distracted, withdrawals and hangovers

Sleeping too much - Wasting time

Sleeping too little - Zombie mode

**Dreamer**

Eliminating all distractions

Spend less time with distracting friends

Spend more time in a different environment

Getting a good amount of sleep

Drink more caffeine or do a quick set of pushups if tired

Go through the how to fix your brain videos to see what might help

Focus on one thing at a time

**DO NOT FAIL A GOGE**

**Realist**

Most of these ideas are good ideas to practice. Lots of these are obtained from self control and discipline. Putting these ideas into action would be very simple. I am in control of my hands, I can choose what I do or don't do. I just need to do it

**Critic**

Yes, most of these ideas are easy to implement. Putting phone away, High resolve and self control are what is needed in order to make this plan work.

BUT

Expect pushback from friends if I see them less.

There are not any other holes that I can see to poke with these ideas.

It comes down to me being able to do what I have to do and not falling for matrix traps