

# MY NEW IDENTITY

Me in 6 Months From Now



## Power Phrases

- I am Paul Childs and I have become the best version of myself with my dream body of a 6-pack.
- I am Paul Childs and I am now a profitable trader outside of my 9-5 job.
- I am Paul Childs and I did not miss the Crypto bull run and am sitting in large profits.

## Core Values

- Brave
- Disciplined
- Physical, Mental, Spiritual, & Emotional Strength
- Indefatigable
- Perspicacious

## Daily Non-Negotiables

- Daily checklist
- Train
- Work on Trading / actually Trading at least 2 hours per day

## Goals Achieved

- Profitable in Options Trading and Crypto Trading
- Have a 6-pack of ABS!

## Rewards Earned

- Some nice nights out
- Explore mountains and beaches
- Travel to see Zac

## Appearance And How Others Perceive Him

- Fade haircut
- Six pack
- Less than 8% fat content
- Confident, brave, strong, G Status



# Day In The Life

I wake up and it is 6:00AM. I feel very well rested and have not felt baggy eyes in months. I flex in the mirror and take a look at myself, seeing the six pack pulsate out of my skin. I hop in the cold shower and the water does not phase me and it just feels as if I am showering in room temperature water. I can feel each droplet of water touch my muscles and make their way around the definition of muscle I have produced. Once I get out of the cold shower, I feel powerful and more than ready to take on my days worth of work. I check the crypto and stock markets for the daily levels and perform morning analysis then see my results in front of my own eyes as I am creating profitable strategies. I feel very satisfied on the inside knowing I am seeing my results generate more income due to my many hours, days, weeks, months, and years I spent to get this far. Once I complete the deep work session I have to go to work from 8am to 430pm. Instead of dreading going to work, I now know that each day I go to work that it is one less day I will be stuck in this never ending cycle called the Matrix. While I work, I have my price notifications set and am ready to pursue an opportunity to take a great trade due to my outstanding preparation earlier in the morning. I am doing pushups while I am at work to keep my dopamine levels up to feel powerful throughout the day, and taking a walk on my lunch break to stay as active as possible during the day. Once I finish work for the day I head to the gym to let out all my potential energy. Everyone knows me and I love my confidence, swagger, and the person I become as I am the G when I am there. I meet my girlfriend at the gym and spend some time with her and with the guys while we are all working out and pushing one another to become better each day. I love seeing my girlfriend during this time of the day and she pushes me to be better each day. I feel even further motivation to break each PR and to always lift until the microtissue is completely ripped apart in my muscles. I then drive home and enjoy the peace I feel, cook dinner and love the smell of the aroma of the food I cook and am eating the best I ever have in my life currently. I love the feeling of nutritious food satisfying me and being able to associate food as good and it being my fuel. I gave up refined sugar and processed foods on 5/26/2024 and it was a life changer for me. I complete more deep work now that I have less energy from working out and grind as much of the work as possible until I feel my eyelids peeling closed and go to bed at 10:00pm to ensure I am getting 8 hours of sleep each night. I love the feeling of my muscles aching and knowing that I have used my maximum potential for the day, feeling happy both externally and internally.