

9/2/24 DL NOTES

PUC:

- Ask yourself what things are you cowering from, what things are you scared of confronting

Luc lessons:

- The faster you can apply lessons and really just work hard... like actual hard work for like 6-8 months you will get there as long as your chipping away on actual stuff that needs to get done
- If you want to do something and you know you will just start to be completely unproductive start to do light doses, like test runs to start getting the hanging of being productive in this environment

Health lessons:

- Don't mix low sugar fruits with high sugar fruits, eating sugary fruits like apples are good with an empty stomach to prepare yourself for protein
- Avoid toxic foods so you can train harder and focus better

Tate lesson:

- Push through as hard as you can until time runs out, then streamline and start becoming efficient, then repeat. (Tons of brute force hard work —> deadline pops up —> efficiency —> win)