

ROOT: WHY HAVE I PERFORMED GOOD TODAY COMPARED TO YESTERDAY

So since yesterday I was doing the burpees and I wanted to win so bad I was scared of failure I pushed right out of the gate and my body couldn't handle the second 10 on the count i got slower but I kept pushing and the pain amplified my body couldn't take it, it was only going down hill So I increased the speed but still no difference So I was angry and furious by my fear of failure So I punched myself in the face and called myself a p**sy I got angrier and kept trying harder but nothing until I got a little faster and I was sweating badly so I walked out of it quickly to remove my shirt I tired faster and faster with anger and my body still gets crushed badly it just can't handle so I decided to push more after I said it is impossible I can't do it I changed it to I can and I will, my mind and body both couldn't handle it I fall down at 70 as I assume I told myself the pain is necessary I need to feel it, I'm a hero, and some other bs,till I changed my playing position and played faster at 100 I kept going faster till I decided to slow down and just do it I shutted anger and started deep breathing, my body was still badly damaged I couldn't carry it but I kept with suppressive fire and anger till I finally defied to go slow and finish it already so I did it normally then at 180 I pushed faster to survive before 35m and I did it

Yesterday I realized at night the thing called raw action just not thinking while executing on the plan and getting the thing done quickly so in the morning I started my day till I came across the burpees I've started them slowly as planned in the first 100 I did slow down a bit due to pain and breath a little bit and take quick stops to not die I told myself I don't care about failing I just want to get it done no need to panic or thoughts I'll just do it, so after the first 100 I came down to second 100 doing it faster and faster my body couldn't handle but I pushed so any ways I've done the second rep at 12m after the first 17m and it was instead 25m, 29m which isn't bad and I also get distracted 2 times.

Why? Factors: right out of the gate,emotions; anger, fear, pushing harder.

Why? Pushing harder

Why? Emotions

Why? Fear

Why? Scared of failure

Why? I didn't want to lose

Solution: the difference is raw action just get it done quickly no thoughts,emotions,doubts just get the task done these thoughts is what distacted me and next time I should not push right out of the gate I should adapt first

Why 2? My body isn't used to the deadline yet as it breaks quickly

Why3: I got distracted 2 time by the street and my mother

Solution: increase adaptability and keep on pushing harder by the day pass start slowly and gradually increase