

How far have I gone?

- Since joining The Real World, I have developed a better mindset and upgraded my body, losing fat and gaining muscle.
- The second thing that I want to mention, when I started the rapid improvement challenge I improved much, I know that because I completed the daily checklist consistently for about a week.

PROBLEM: I struggle with self-doubt and lack of motivation/drive, which keeps me from raising my standards, improving consistently, and making the most of my time.

- **SYMPTOM:** I often hesitate to raise my standards or pursue new growth opportunities, settling into a pattern of actions that doesn't push me forward.
 - **Why #1:** I fear rejection when raising my standards, especially around cold calling and outreach.
 - **Why #2:** I tend to retreat into my comfort zone when faced with this fear, treating it as a real threat instead of acknowledging it as a false limitation.
 - **Why #3:** I allow my "inner critic" to gain control, distracting me from my purpose and lulling me into comfort instead of action.
 - **Why #4:** I sometimes doubt my own ability to achieve at a higher standard, which makes me feel that attempting more will lead to failure.
 - **Why #5:** I am often surrounded by people with fixed mindsets who believe success is based on luck, and their attitudes influence my own.

AGITATE:

- **CONSEQUENCES:** If I continue letting self-doubt overpower my will and purpose, I will likely miss out on significant business opportunities and fail to grow. I'll remain in a job I dislike, and my inability to succeed as an independent entrepreneur will prevent me from providing financial freedom for my family, keeping us tied to a system I'm trying to escape.

SOLUTION:

- **SOLUTION:** "If I instead do develop my confidence and reject the little voice that distracts me from my inner will, then I will call/ send outreach messages to more business owners to book more calls and land projects. This leads to get me in the intermediate and grow my business and it will allow me to leave my matrix job and my family will not be slaves to the system."

Solution: To overcome self-doubt and stay driven, I will:

- Start each day by reaffirming my purpose and reviewing my goals, reminding myself why they're important.

- Set a daily goal for outreach, starting with a manageable target (e.g., 5 messages/calls) and gradually increasing as my confidence builds.
- Establish a routine of daily journaling to track my progress, recognize small wins, and reinforce positive habits.
- Engage with other students in The Real World chats and help them and talk with like-minded people to not allow fix mindset people that believe in luck bleed in my mind

Analysis of Another's Report: McNabb

How does McNabb live his life and set goals:

- Set a long-term goal and come up with a short-term goal and the reason why he has to get it. McNabb has each goal connected to the why with arrows pointing at each one.
- He sets bigger targets that he wants to hit and constantly pushes toward it and knows that he can do better and isn't satisfied with the current work that he is doing
- Revises his plan towards his target every week from the real-world feedback and experiences to get better at hitting his target

How can I improve my life based on McNabb's report:

- **Long-term and Short-term Goals:** For each goal, write down a clear "why" and what achieving that goal will enable for you. Place these "why" statements visibly in your workspace to reinforce your commitment.
- **Set and Review Bigger Standards:** Set a weekly challenge, such as increasing your outreach or productivity level slightly higher than the previous week. This will give you tangible, incremental growth.
- **Weekly Conquest Planner:** Use a journal or digital tool to review your week every Sunday. Reflect on what went well, what could improve, and note feedback from any real-world interactions or outreach you completed.

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