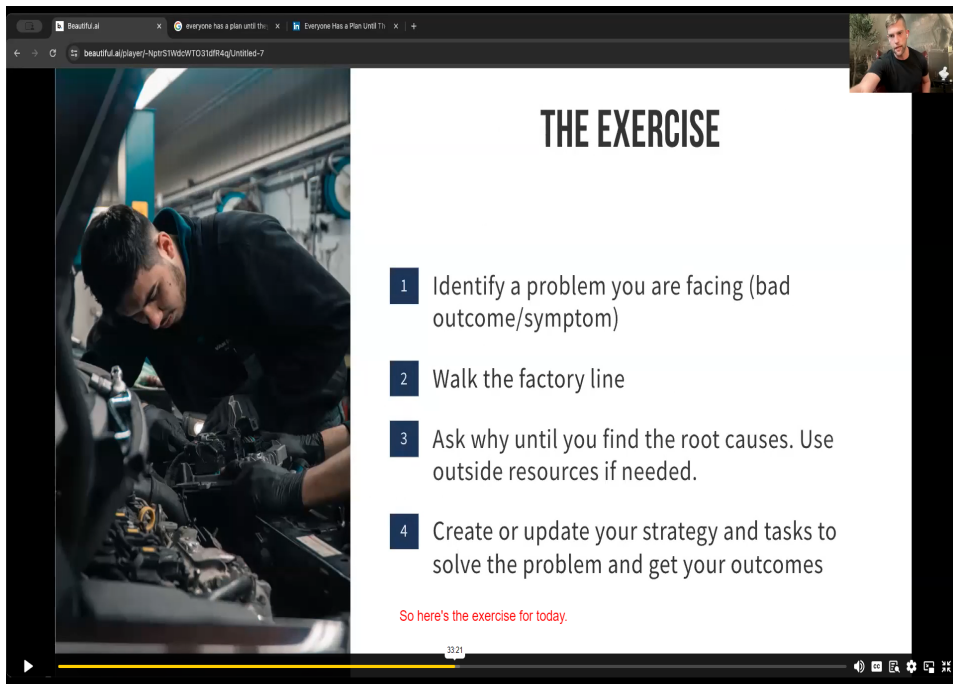




My problem: laziness

1 identify a problem you are facing(bad outcome\ symptom)

not doing enough work during the day

2 walk the factory line(broken parts)

- bitch sound is getting louder
- social media
- BS chatting with friends
- giving attention to non important things and people
- feeling tired

3 ask why until you find the root causes. Use outside resources if needed

why: because i didn't read my identity sheet everyday

why: i didn't do my non negotiables

why: i did not create a hard and uncomfortable life

why: i listened to my bitch sound again

why: i didn't limit my time for talking to friends

4 create or update your strategy and tasks to solve the problem and get your outcomes

1- dont give a fuck about non important people around me

2- limit the time i spend on the phone

3- deleting all the social media on my phone and log out from my computer

4- build a mental aikido and a mindset that would destroy the bitch shound

Root Cause of antisocial?→laziness → not doing enough work

→didn't take responsibility of my life → wasted my life and my time on BS