Identify the individual elements Identify any sequence of events Are there any missing steps or elements? Check the quality of each existing elements/step Where along the factory line does the problem start to show up? Once you find something.... ask "Why?" at least 5 times.

Bad outcome - "I'm tired" Review what factors contribute to energy levels Sleep Diet Exercise Meanigful goals Environment etc Review schedule of last few days "Oh I only slept 3 hours a night this week Why? Because I sat on Instagram and watched shorts for 4 hours starting at 9:30 am Why?.... Root Cause of low energy? ➡️ Lack of sleep ➡️ Bad phone habit ➡️ Value short term dopamine over having endless energy to conquer the world Solution - New rule, 7pm phone goes off and is put in special drawer and I play the guitar by firelight until 10pm and go straight to bed.

Identify a problem you are facing

Problem: I say I'm going to work on this element of copywriting or creating this element for a page and then I never get around to it and I postpone it to the next day. This slows my progress

Walk the factory line

Why?
-I wake up and I'm exhausted
-While I'm working I'm pulled away by mental Aikido such as email, Instagram networking, and responding to Genny which probably makes up an hour of my day.
I then need to go to my classes which takes longer because my scooter is broken and this adds on an extra 30-40 minutes a day.
I have additional responsibilities to medallion projects
I then need to study/do schoolwork
I come back and waste time laughing about dumb memes.
I probably waste time while in the gym/dining hall/shower
I'm also trying to keep up with the copy campus and the agoge program which adds an hour and a half I try to mix with other basic activities like eating folding laundry etc.
18 hours awake
1-hour work
1.5 hour sleep
2 hours errands/groceries
1hour projects
2 hours in class
2 hours homework
1 hour training
2 hours eating
1.5 hour fucking about/ mental Aikido
1.5 agoge program

=15.5

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

Why?
If I get distracted and goof off because of laziness and I'm seeking quick fun I will be tired the next day as I won't be able to get to bed at 10.

My teachers are unable to teach (reality) so I need to put in extra work outside of class to figure out homework and assignments

I may be focusing to much on the tiny detail of the homework assignments when I need to be just knocking them out and getting back to business.

I see watching informational/ TRW videos as informational but those are technically entertainment, I should only ever be viewing these during meals or travel to mitigate time wasting-

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

New rules- check email/Instagram once in the middle of the day and once at night unless otherwise specified

No phone in proximity during work, respect screen time on the phone, and no YouTube unless in the gym or traveling.

Add times to daily checklist

Buy a scooter part to get time optimization back

Do 20 pushups and then get water +Caffeine or energy

Spend the first hour of the day on copy/client projects no matter what