

My problem/Agoge:

- 1. Identify a problem you are facing (bad outcome/symptom)**-I struggle to manage my time because there is much to do which makes me do the rest of the work the next day. This results in me getting stressed and not satisfied with the day's work.
- 2. Walk the factory line (find the broken parts of the machine)-**

- *Being lazy
- *Doing other unimportant stuff instead of the work
- *Not focused work which makes work more and affects my time
- *Finding excuses
- *Wasting time on social media when bored
- *Having my phone near which makes me unfocused
- *Spending much time in gym (around 2 h)

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

- *Because I'm trying to avoid the hard work
- *I'm trying to find a good reason to do some other irrelevant shit which makes me relieved to make me feel that I've put in work. (PATHETIC)
- *I get unfocused because of distractions like my phone or I'll come up with a bad excuse to do something else.
- *I take up my phone when I get bored or uncomfortable. I flee the problems by picking up the phone up watching some garbage.
- *When I work I gotta use my phone, this can make me tempted to do something else and is the reason why I gotta keep it close. But it distracts me sometimes and I get off track.
- *I spend much time in the gym because I usually gym with friends but I also do much exercises. This can make it take about 2h.

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

- *Embrace hard work and stay disciplined
- *Enjoy the process of hard work
- *Don't use your phone for cheap dopamine scroll, USE IT FOR WORK AND EARN SOME MONEY INSTEAD.
- *Always keep YOUR PHONE on don't disturb
- *Be time efficient in the gym, Hard work and not wander like an idiot.
- *Get enough sleep and eat healthy, drink alot of water
- *Be calm and strategies
- *always do your best and Say what you mean