

Tate Quote:

If you've got a shit load of energy and confidence.

You don't need to be smart.

Self-belief and a high work rate will easily put you ahead of 95% of people.

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- Must have self belief before you will even try anything
- Making short term wins will increase self belief
- Big things are simply a bunch of small things
- Aikido losses into powerful drivers  
Lost a game of chess. Let's get better  
Sales page failed. I'm Glad that God is forcing me to get better
- Steal self belief from others  
Check the wins channel  
If that guy can do it with less than me... I have no excuse
- Take information from PUC and apply it Immediately
- Put devices nightshift mode all the way up
- Get dopamine from hard work
- Hydrate and Eat good

IMPLEMENT:

Every day for 14 days I will do 50 pushups when I wake up before I do anything else

I will delete SM for two weeks

I will look at the wins channel once a day

I will drink 4L of water every day