

## Agoge Day: 8 Exercise | Identify a problem.

**Identify a problem:** I eat too much during G work sessions. Giving me brain fog, and resulting in less work getting done

### **Walk the factory line:**

(It is because of mental aikido insisting I must eat in order to focus better), “since I am underweight and do intense workouts everyday,”

This results into tricking myself into feeling severely hungry,

I have Identified that this is also a lie because (The human body can sustain without food for a good period of time.)

AND eating during the day results in brain fog, overall delaying how much work I accomplish.

**What will be my course of action?** FIRST (vision my ideal self, a man who only eats 2 meals a day, and understand that he would NEVER let mental aikido take control)

Then feel gratitude for the fact that I have food to eat. And feel proud knowing that I am building my future by (Fasting -> having more focus -> Getting more work done -> Making myself proud)

(Small problems grow into bigger ones when left in the dark)

LET'S GO OUT LETS GET IT LET'S CONQUER.

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## **PROBLEM #2**

**Identify a problem:** During burpees I don't push myself hard enough resulting in me taking more time to complete them|

### **Walk the factory line:**

(I do not have the self talk, nor the mental drive to get it done ASAP. PLUS mental aikido pushes itself through.) For example: I use the excuse of asthma to go lighter on myself.

Example: (Oh do the next set in 20 more seconds)

Example: ( “You need to conserve energy, and take longer breathing breaks)

-> Andrew mentioned “You do not need to take as many drink/breathing breaks as you think”

### **Why is this occurring?**

Before doing burpees I imagine how hard they are going to be.

I have convinced myself I am working hard enough (LIE) just because I kickbox, and do 2 workouts throughout the day on top of burpees.

The further into the challenge we get my breathing gets worse, (Making me only think about needing to take a break and breath)

**What will be my course of action:** FIRST (Rewatch self talk masterclass -> Take notes -> Rewrite the action steps -> take action on creating better self talk -> post in mindset+Time channel) (Example Self talk: What one man can do another can do)

If I feel any self doubt, or weakness: Vision my ideal self coupled with replaying the MPUC intro in my mind this gives me the Motivation/discipline to work harder and move forward.

IF my breathing gets bad: Identify If I truly need to take a quick inhaler.

THEN tell myself That I am being weak and this won't kill me -> allude to better self talk (My word is iron willed and I SPECIFICALLY SAID, EVEN WROTE DOWN THAT I WILL COMPLETE THE BURPEES PUSHING MYSELF HARDER EACH DAY.

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**When Will I Take Action:( Today -> Added to my personal checklist)**