

Question 1 (updated 6/5/25)

What do you want to have in life??

- I want to be a pro Muay Thai fighter, Living and fighting in Thailand out of the Sinbi Thai Boxing gym (Phuket).
- The reason why this has been my dream for so long is because since the first time I stepped onto that canvas I felt at peace. It was as though every previous fighter from my bloodline was reborn through me. It may sound cliché but it's the only thing I think about and couldn't imagine a better place to fight, train and live other than the heart of Muay Thai.
- 50-60k USD yearly expenses to support this fantastic lifestyle. This includes 2 group classes daily (2.5k usd yearly), 3 private sessions weekly (4.5k usd Yearly), Penthouse for accommodation (20k USD Yearly), food and travel (15k USD Yearly), health care/insurance (5k USD Yearly) and private class for learning to speak Thai (2k USD yearly).
- If I can profit around 2k USD weekly from trading in 3 years I believe this number will cover all living expenses and still leave a solid amount to continue compounding and stacking that long term BTC bag.
- In totality a monthly income of 8-10k USD in 3 years would fulfil any and all financial needs to support this lifestyle.
- I currently have 37k US net worth 90% split between stocks n BTC. Going off your example by increasing your net worth by 40k in the first year then 3x then 6-7x, would take me to a net worth of 1.44m US by the end of year 3.
- To start with I need to make 3.6k US per month and 900 US weekly which is 1500 weekly in my home currency.
- I've just got home from working at sea for 9 weeks and will continue to be paid by the company for the next 4 (950NZD) I'm starting another job on monday and will be earning 1000-1300NZD after tax depending on hours. This brings my income to 2000-2300NZD for the next month.
- To throw a spanner in the works I have to get surgery mid July which will force me out of the work place for 6-8 months where I'll still be getting paid medical leave from the government 80% of the average 4 weeks prior to surgery.
- During my rehab (6-8 months) my full attention will be towards trading, however as of this stage I will be jobless when I'm fit to work again.

- I will be looking to make the move to Australia after the surgery to get work on an oil drilling rig where the starting rate would be 400-600AUS daily. I have 2 years experience in the industry and made it to a higher level then starting in NZ but it's likely i'd have to restart as my tickets don't mean anything in Australia.
- I want to slowly but surely build a business with my younger brother, so far I've got him to join the real world, complete the PM challenge twice and now he's taken the leap to start breaking in other peoples horses and is making 900 cash weekly.

I can't be overly specific as to what business we'll be running as I haven't gone down that path. My attention has rather been towards trading but, Ik he's definitely more interested in getting rich through building a business. We'll definitely be looking to be online or a very automated physical business.

- I want to contribute to my familys debt, There's alot although everyone is paying off a house they're ticked up to mars and will be forced to work until they die. So being able to change this outcome in any way will be my biggest achievement.
- Become of enough status to join the War Room.
- I want to have a blacked out supercar with grey smoke tires I'll spin up when passing all the dwebs that have zero faith in me and zero control over themselves and their own futures, do a massive skid in front of the fools then disappear into the night like fuckn batman

Question 2

How will you know you've achieved this? What will you see, hear, smell and taste?

- I will hear a house full of chaos and love, see kids play fighting on the lawn in front of my house overlooking the water. See a big diamond hanging off my girl's ring finger while hearing the vowels she's written. Taste a specifically made NO Sugar wedding cake aha.
- Hearing the traditional Sarama Thai music while walking out to my bout, Taste the blood of mine but probably my opponents. Seeing the crowd roar when my hand is raised and likely my girl crying.
- For trading I'll see a lot of digits in my account and feel nothing.
- See my brother growing into the man I know he can be. Taste of pride in seeing that prevail.

- See Gs from all around that world come together to discuss and listen to real conversations about matters I've been dying to talk about. Likely smell a lot of smoke from fancy cigars I don't yet know the names of.

Question 3

What will happen if you get this result? How will your life change?

- I'll be living my dream
- My life will change for the better in all realms likely. Family, Finance, Fighting and location will change the rest isn't of concern what happens.
- When I reach that level I do want to give back to people and where I've come from, open new avenues and opportunities for my people. Who knows what the world will be by then and I'm unsure how I will achieve this but that isn't a concern.
- If I have the time I think opening a fight GYM would be amazing (In the later stages of my life)
- Might go have some stupidly expensive dinner then play poker.

Question 4

What will happen if I don't get it?

- This is a weird question?

Question 5

What do I get to have by remaining the same person?

- A hard life.
- Very bad attitude.
- Disappointed self, parents, girl, brother, coach and sister
- Empty bank account

Question 6

How do you know it's worth getting? What's so special about that?

- I feel it's my duty as a man to become this ideal. What's special to me is legacy. If I do it right I can set the foundations for my family to live freely and stone my name in our history. When I achieve what I say I will, my bloodlines version of life will be a beautiful thing.
- It's worth it because I believe I'm contributing to a mission that's bigger than me. I definitely don't have an influence but, If I do the things I'm supposed to do and preach the Tates MSG while doing it I feel I'm playing my part in the cause.

Question 7

How will this affect your life? Family, Business, Job, Friends, ect.

- The only major effect that could happen is losing a lot of my childhood friends which I've come to terms with a while ago. The boys really do have my best interest at heart and completely support me but, we have different life paths so it's only natural that we'll distance.
- Possibly, mixed feelings from distant family members who don't really care about me anyway because they won't understand or can comprehend the way I think.
- Any other effect would be very positive I'd say.

Question 8

What will be different as a result of having this?

- Mostly materialistic things. Other than that nothing will change with work or my mindset to over achieve.
- A lot of kids getting in the way of me walking.
- Might walk with a limp after checking some of those Thailand Boys.

RE-Written Goals (SMART)

	YEAR 1		YEAR 2		YEAR 3	
	80k usd (6/7/2026)		240k usd (6/7/27)		1.44m usd (6/7/28)	
S	Focusing on income and learning trading. Helping brother get established and start a business. Continuing Muay Thai training n fighting	S	Focusing on trading and still bringing in money from job. Helping growing and building my brother business. Continuing Muay Thai training n fighting	S	Full time trading. Own 1 BTC. Build a house or buy a house on my parents land. Part owners in a business with my brother. Booked 6 months in Thailand to train and live temporarily	
M	Blue Belt in the Trading Campus. 2-4k USD monthly. 0.33 BTC	M	Purple Belt in the Trading Campus. 5-7k USD Monthly. 0.66 BTC	M	Brown belt in the trading campus. 8-10k USD Monthly. 250k NZD to buy a very nice portable home. 50kNZD for the transport and installation. 1 BTC 200k-ish USD in 3 years 20k USD for 6 months in Thailand	
A		A		A	This goal is completely achievable. I have the best coach and teachers at my disposal, all the information in the world, countless people having achieved this before me with the same set of tools. I just need to come	
R		R		R	All the materialistic goals aren't achievable without money. The path to getting such finances comes from trading so this is the only thing that is relevant.	
T		T		T	3 years	

CODE

He had the will to over achieve and be the best at anything he did. Very competitive, even in success he'd always continually be looking to improve. He always believed the day you become comfortable at the top is the very moment you get knocked off.

He was a man, that's for sure. Always stood his ground on what he believed in, despite how many opposing views and would never fold under the pressure of society or adversity. Open minded to being proved wrong but not swayed easily.

He always thought it was his duty to his peers to lead, inspire and stand up for them. To be the example of how a man should be courteous and loving to others but be capable of violence and

to not be disrespected. If things got crazy and everyone was looking around for someone to do something about it he'd jump out of his set to be the one to take that responsibility.

His respect was very hard earned but once had he'd have your back and support you if ever needed. Through thick and thin if he said he's got you he meant it, didn't even think about the negative.

Always embraced life to the fullest, Love n romance, Heart breaks n upsets, Victories n failures, High adrenaline n risky activities, Broke n wealthy, Fighting n reading a book. Continually experiencing new things. Never let an opportunity pass. He believed wisdom stems from experience and wanted to have all the stories sitting around the fire as an old man so he did everything he could.

He was a professional, In both life and work. Able to put the emotions to the side and execute with logical/systematic thinking and precision. He was never intimidated in the face of adversity, more so thrived in that environment. He understood his mind was the only thing he had control over in this world and persisted everyday to keep it that way.

He could articulate himself in a respected manner. His words had weight and meaning backing them.

The Man should've been a model if that wasn't gay. He always took pride in his presentation. Dressed to impress, very well groomed, smelt good and always in top physical shape. He prioritised his health and diet to the fullest.

What mistake do I know I'm making and if corrected would have an instant positive impact on my work/life?

Weighting a decent amount of my trading/investing principles based on other people's opinions or current market stance. Instead of forming my own opinion based on my own analysis and trusting my systems that I've put hours into creating completely and utterly. I need to be very actionable on this mistake if I want to reach my goal of becoming an independent investor/trader.

Day 5 Task, Set a SMART Goal to complete in the next 30 days

Complete the crypto trading campus bootcamp and get blue belt.

- Complete the Goal crushers weekly with a minimum score of 7/10
- Complete the daily check ins (posting in the daily checklist SOD n EOD reviews)
- Complete a lesson daily of the bootcamp

Identifying my single most destructive habit.

Shiny object syndrome. I feel like the majority of my life I've never stuck at something long enough to really see where I can go with it or maximise my potential in said craft, from sports, jobs, goals trading systems I've always chopped and changed to the next new thing.

I've only come to realise this recently when doing some reflecting on where I'm at, in all honesty I feel as though I'm becoming a jack of all trades and master of none type of guy. I've wasted a good year chopping and changing with minimal progress. That's definitely my biggest mistake.

On a smaller scale but still relevant to the bigger problem is that I allow myself to be easily distracted or I just lose focus and start doing something else.

Example, I could be working at my desk then I hear my washing machine has finished because it makes a noise, all of a sudden I'm hanging out washing with a half completed task. Now when I get back to work it takes 20mins before I'm fully dialed in again and have just wasted or inefficiently used the past 30 mins.

What is the trigger?

My phone definitely distracts me. I need to just put it in an entirely different room when I'm working.

My own incapable focusing brain. I will be working on a task then something will give me an idea or remind me of another task I need to complete. This leads to having 5 half done tasks.

Setting my constitutional laws.

I believe that abilities and intelligence can be developed over time through ruthless hard work and dedication.

I embrace challenges as opportunities to grow.

I relish the hard time because I know that's where 95% of fixed mindset pussys quit.

I know that effort is the path to mastery.

I learn from criticism and am not afraid to be brutally critical of my own shortcomings, and I choose to find lessons from every setback.

No failure is final for me, it's merely a chance to become a better, stronger and smarter person.

I will always be in great physical shape, ready to handle any confrontation that may present. I will never miss fight training.

I will always present myself as a professional, clean haircut, freshly shaved, stylish and nice fitting clothing. Little bit of gold on.

I will always do my best to lead and inspire those around me.

What was my biggest win?

Really refining my big goals using the SMART framework which provided me with more clarity and direction proving the systems work.

What was my biggest challenge?

My biggest challenge has been working efficiently, my dad is always planned and I know what needs to be done but I've found that I haven't been able to achieve any deep working states.

I do believe this is due to the fact that I've been staying away from home for work where I can only do TRW at the dinner table in a house of 4 with the TV constantly playing and others conversing loudly.

What is my key lesson I can take/improve on?

Better organising, If I had brought headphones I would have definitely been able to work easier as I can listen to lessons and block out the outside noise or distractions.

NOTES From recording a conversation with my grandad

- Handful of filler words but overall I thought I was pretty good.
- Didn't speak in absolute conviction at times
- Slightly mumbling
- Stuttering is my overall biggest work on.

This was a very interesting task and good to hear myself speak although I didn't really like how I sounded.

Day 31

No porn ✓

No masturbation ✓

No music ✓

No sugar or junk food ✓

No social media ✓

No video games ✓

No smoking, drugs, or alcohol ✓

No TV shows or movies ✓

Exercise ✓

Sleep at least 7 hours ✓

Walk and sit up straight ✓

Speak with honesty and confidence ✓

Carry a pen and paper ✓

Morning routine ✓

Plan Morning ✓

Plan next day ✓

Looksmxing ✓

Looksmxing task

Got a haircut, beard oil and face moisturiser, Replaced all my underwear with very nice fitting and high quality Calvin kleins. Most of my clothes are plain already but all fit my body very nicely.

Already have a tongue scraper and an eclectic toothbrush.

