

7th hour:

- Instead of getting up right as I heard my alarm, I snoozed it 5 times and stayed in bed.**

I believe there are two reasons why I allowed myself to do this:

- 1. Comfort Zone**
 - 2. Not placing my phone away from where I sleep**
- Usually, when I place my phone somewhere away from my bed, I get up and turn the alarm off. Then I instantly remember my duty and get straight to action.**

 - Next time I will put my phone away and turn on the loud alarm.

8th hour:

- Went to the gym, but instead of going directly, I entered Lidl with my partner thus losing time.

 - I'm gonna do my best to go to the gym alone. This means I'm actively going to avoid my partner cause when we're both training, I lose at least 1 hour in total.

9th hour:

- **I wasn't even able to finish my workout session, and in every single exercise I did half sets.**

For example:

- **I put 4x12 incline bench press, but only at the last set I was able to get to 8 reps.**

I noticed some problems with my form and breathing though.

I tend to rotate my wrist which sometimes causes shoulder pain.

**And I'm also not breathing
during the eccentric
movement.**

 - **Next time I'm going to try my
hardest by not accepting anything
but a full set and track my rest
periods. I might even bring my timer
with me.**

**If a set is not completed - I don't
leave the gym.**

10th hour:

- I didn't take the bus and instead walked to home with my partner. We talked about nothing valuable but random bullshit.
- Next time I will take the bus. Regardless. I don't give a shit anymore.

11th hour:

- Got home and instantly took a shower, it wasn't cold though because I had this belief that being wet from the rain and then jumping into a cold shower is going to make me sick.

**As Petar says, illnesses don't exist.
I must embed this in my mind.**

- Showers must be put on a timer.
I cannot have a shower for more
than 3 minutes. Unacceptable.
(Unless it's a full one, but then
only 5 minutes)**

12th hour:

- Began to study for my matrix
lessons tomorrow (Biology).**

**My biggest problems right now
are a bunch of things really.**

Here are those things:

- 1. Lack of intensity (in terms of focus and work)**
- 2. Improper time management during the day.**

 - The first one I'll address by refusing to think about anything else except the task at hand and learning in.

 - The second one I will address by strictly following my tasklist. After a task's completion, I will directly take a look at the other one.

13th hour:

- Spent a lot of time on YouTube researching for that push/pull/legs workout split. (Maybe like 17+ minutes).

Overall, I think it's bullshit, but I'm yet to discover the underlying belief behind this initial thought.

And maybe this split is good. I don't know.

14th hour:

- I started an example test of a 10th grader's final exam.

And I answered on random for the whole thing just to ensure I don't waste much time on it.

15th hour:

- I ate and then spent a lot of time with my family.**

This must be reduced.

So, I will finally implement my idea for the family-time alarm.

Basically, I will put the timer in my pocket and let it run for one hour.

**If I stop spending time with them,
I will also put the timer to a
pause. When I go to them - turn
on.**

**And, I will apply Petar's advice on
telling my mother not to disrupt
me.**

16th hour:

- Searched for some prospects and
then instead of breaking them all
down...**

**I chose to take a quick 10m nap
that turned into a 20m one.**

Although I think it helped me refresh and gave me a good amount of energy, I still think naps are for bitches.

And I'm not one, so I'm going to do everything to my human ability not to take naps. The list is long, starting with push-ups.

17th hour:

- Finished breaking them down and watched the morning power-up call.**

Grasped the lesson, but the only application I found is to commit

to completing my checklist every single day.

And so I did. By staring in the mirror while doing it.

18th hour:

- I began outreaching to prospects and sent only 2 outreaches.**
- I must really handle my focus better.**
- To do this, later today I'm going to take a look at my notes on Andrew's focus masterclass and write them down on a small piece of paper.**

Before sitting down to work - I'll apply all steps and THEN work.

This'll ensure I remain focused.

19th hour:

- Got 2 positive replies, and instead of addressing them - I chose to enter Ace's live.**

LESSON:

- Don't consume anything (Except if I need a specific lesson from the bootcamp) unless you DESERVED your right to.**

20th hour:

- When Petar told me the truth about myself, I accepted it, but at first I thought his tone had a touch of arrogance.**

And I felt miserable when I kept reading.

I was wrong.

He's not arrogant, he's just confident.

I think I was the arrogant one.

**I don't know why I felt miserable.
Maybe I have too high of an ego.**

Maybe I wasn't ready for the truth.

Or maybe I was jealous of him in a bad way.

Whatever it is, the problem is not with Petar's behavior, it's something with me.

I want to find that and root it out. I know I am in full control and able to change.

21th hour:

- I finished writing to Petar and instantly began to reflect here.**

Was called multiple times by my father though. Which is my fault for not giving him a serious, manly answer.

- I want my speech to heard, so I will speak in a binary way.**

When someone asks me something - Yes or No. There's no middle ground.

22th hour:

- Currently I am going to finish this reflection, plan tomorrow, and then I will be cranking out the remaining 325 push-ups I have left until 500.**

- **Only then, will I allow myself to have dinner or any food.**