

Assignment

- Identify a problem you are facing (bad outcome/symptom)
 - Bad sleep habits; sleeping late, scrolling on phone when I am not tired enough, not getting sleep.
- Walk the factory line (ask why a million times)
 - Why? I have the habit of going on my phone before sleeping since it is next to me.
 - Why? Since I am not fully tired, and I keep thinking about random things
 - Why? I think of that time in the night as a time where I can finally waste time and think about useless things like fake scenarios.
 - Why? Because I have this inner desire as a woman to be loved and desired and I play that out in my dreams.
 - Why? Because I do not allow such relationships in my life as they are haram in my religion.
- Ask why until you find the root causes. Use outside resources if needed.
- Create or update your strategy and tasks to solve the problem and get your outcome
 - How to deal with this → Make everything in my room relaxing around me, and then when I am going to bed, think about myself standing in front of the ocean, hair flowing, with my two kids, and my husband. OR Think of myself in space, leading a mission. These are my two life goals, keep thinking about your goals, as you fall asleep.
 - Acknowledge that by even thinking about useless things subconsciously it is wasting your brain power.