

1-The Problem- Lack of productivity in the mornings leading to not getting the daily check list everyday

2-Identify the individual elements

- Not being able to sleep enough consecutive hours in a row regularly
- Regular caffeine intake during the day
- Getting easily distracted
- Thinking that I have the rest of the day to do this
- My cell phone/ screen time late at night
- Being up to late the night before
- Years of staying up late nights as a bartender

3-Sequence of events

- Wake up regularly after only 4 or 5 hours of sleep almost nightly
- Takes at least 1 to 2 hours to fall back asleep and get an appropriate amount of sleep
- I can get easily frustrated by this which makes it harder to go back to bed
- I will at times just sit for too long with coffee "waiting to wake up" and super groggy
- I can drink too much coffee and be way too hyper and energized to actually focus

4-Any missing steps or elements

- Should I try and bite the bullet and just stay up one day to try and reset my body
- Make it a non negotiable to be on the live power up call every a.m
- Putting my cell phone away when I schedule time to work
- Do some push ups/sit ups when I'm still groggy

5-Check the quality of each existing element

6-Where along the factory line does the problem show up?

- The first or second step in my sequence

7-Ask why multiple times

Why do I get distracted so easily- Tons of unclear and unfocused thoughts, cheap dopamine, frustration with writer's block, anxious of the unknown,

Why do I think I have all day to do this- I overestimate my ability at times, I'm used to working at night given a lot of my work experience,

Why do I overestimate my abilities- I was a decent student even when I barely cared to show up to school and did well in writing assignments, other people's feedback that I will just be ok no matter what

Why this is more difficult than I thought- This is completely different and varies a ton especially market by market, deals with human physiology and lots of technical things that are new to me

Why do I self sabotage my time with something silly like my phone? I believe that I value it too much, am very used to having to use it for other jobs, lying to myself that I will only use it for 5 mins

8-My Plan

Ideally my plan involves me figuring out a system to complete the daily check list regardless of how I wake up in the morning. I need to improve my skill level so I can become as efficient as possible in all realms but obviously with a major focus on copywriting and outreach. Things that I can implement right away are putting the phone away when I clearly don't need it. Making it on time for the live power up call every morning is also a way to snap out of the haze a little earlier in the day. This new non negotiable I think is a good checkpoint to start with.