

## ASSIGMENT

1. My problem: I 5x my Checklist, and struggle to complete it on time.

Brainstorming:

Low energy level after my construction work and burpees.

Get even more done in the morning before work

Control my caffeine level

learn to use your my time more efficiently ( Don't waste that 15 minutes after work for a coffee etc )

Reschedule my non negotiable daily checklist ( My own )

Get a phone contract for mobile data to work in my lunch break ( Prospecting etc )

Get my license and a car to be quicker at home

2. “ Youse pictures to visualize your ideas”



3. Realism and critical thinking.

Low energy level after my construction work and burpees.

A: Quick power nap, PUC, a coffee and let's dive in.

Get even more done in the morning before work

A: Keep my wake up phase as short as possible with a shower and a big coffee.

Control my caffeine level.

A: Kinda tricky, but i will keep it under 250 mg a day.

learn to youse your my time more efficiently ( Don't waste that 15 minutes after work for a coffee etc )

A: Silence your bitch voice, and remeber myself of the things i want to achieve.

Looking at my conquer plan.

Reschedule my non negotiable daily checklist ( My own )

A: Bruv... it must be hard ( but as realistic as possible ) or its just wasted time on backwards momentum.

Get a phone contract for mobile data to work in my lunch brake ( Prospecting etc )

A: Must have in my eyes, i will get a cheap one tomorrow when my pocket change from construction arrives...

Get my license and a car to be quicker at home.

A: Also a must have. I saved up 50% and will dump it on monday for the license school.

( Just wondering how easy it can be when I just write it down.)