

Root Cause Analysis

Problem #1: Don't Get the Results I want for Client Work

Symptoms:

- Low confidence in the work I produce
- Work takes much longer than it should
- Low efficiency in work sessions
- Behind on the plan I created for myself
- Constant feelings of not being enough (could be good or bad) AIKIDO

Root Cause:

- **Why?**
- I don't spend enough disciplined, full-focus work sessions doing the actual hard work that will make the project WORK.
- **Why?**
- I'm scared of doing the hard, brain-stretching, creative work to succeed.
- **Why?**
- I haven't achieved true success in copywriting yet. Yes, I've made a bit of money and can get my daily checklist done every day. But deep down I know I haven't achieved copywriting prowess yet, which causes me to be scared of the work because I feel I haven't put in the work necessary to win.
- **Why?**
- I feel like I've been putting up a facade as a digital marketer/copywriter through not actually PRACTICING. I feel a sort of a darkness whispering in my ear "you're not actually good at copywriting... you haven't even written enough copy in forever to say that..."
- **Why?**
- My entire life, I've been used to doing the bare minimum to succeed. I got top grades in school putting in the least amount of effort, and had my mom write essays for me because I was too lazy (even the ones that got me into colleges)
- **Why?**
- I found at a young age that I could be praised and get success without putting in everything I had. So, I optimized my life for the BARE

MINIMUM. This became the norm, and I used this in every section of my life since.

Character Defect: Habitually looking for the easy way out in every area of my life. Letting that norm bring fear into my mind of attacking the critical path.

System to solve:

- **Accept the failure. Accept the fear and push through by doing the hard work.**
- **When you feel that fear crop up, accept that you suck at it. Get through that fear and FACE IT DIRECTLY. Go into that fear and burst through the other side.**
- **Outwork the FEAR! Optimize for more work. Work on that specific lacking skill (practice with current client project)**
- **Throw INSANE amounts of human energy into the problem.**

Problem #2: Recent feeling of lost confidence in self - Is it a phantom?

Symptoms:

- Scared to go up to girls now (weird feeling when pursuing them, almost like it isn't the right thing to do)
- Constantly thinking about one girl whom I've been super indecisive about
- Feels like I have a fragmented identity at the moment, that I've been changing things too fast and become obsessed with changing everything to become a new (better) version of myself.
- **Don't feel confident in the work I am doing for clients**
- **Why?**
- I've been breaking promises to myself regarding the work that I am going to do the next day. I put it on my calendar, and don't actually follow through when the time comes. I disgracefully delete it from my calendar and cope with it saying I'm "adapting".
- **Why?**
- Have unproductive days that cause me to push the work back into late at night, going to bed late, and having to wake up later to get enough sleep.
- **Why?**

- I let small things that happen throughout the day affect the sacred work time I plan for myself, instead of saying “NO”.
- **Why?**
- Don't have the conviction to optimize everything in the day for getting the work done.
- **Why?**
- Part of me is still worried about failing. That fear is causing me to “run away” from the work, which allows me to move back work sessions, or even delete them from the day.
- **Why?**
- Fear comes from the feeling of not actually having copywriting prowess, with the facade built up I previously discussed. This comes from seeking the bare minimum to succeed, and creating a false ego around copywriting and fear of confronting the true skills I have.

Character Defect: Lack of conviction in work sessions due to the **fear of facing the true nature my skills**, since then the facade crumbles away.

System to solve:

- **Part of this is a decision. Edit your identity doc and include a statement “I’m the man that attacks the critical path. If I’m afraid of it, that is exactly what I put all my energy into defeating.”**
- **When the skill gap arises in your mind and you feel that fear of lack of skill, allow yourself to fail at first. Destroy the ego, build anew.**
- **Attack exactly what you’re afraid of, and come out the other side a new man.**
- **Regarding girls, here is the mini breakdown:**
- **In the past, I never got attention from girls. Then, one day I did.**
- **I grabbed onto this attention, and fueled it endlessly through talking to/ getting with a bunch of girls and thriving off the attention.**
- **This built part of my self-confidence, getting validation from each text message, each time they say “you’re so attractive”, a little bump to my confidence.**
- **This bled into my current situations, my girl leaving to study abroad and me being indecisive about whether or not I still wanted to be with**

her. This was because the source of validation and attention was mostly gone.

- With other girls it just didn't feel right, which was a sign for me. Always trust your gut.

Character defect: Getting confidence from attention from girls, instead of mainly personal achievement and success.

System to solve:

- Start trusting your gut with girls.
- Keep your promises to yourself, one at a time.
- And the same system as the previous problems, if you develop real prowess and create real results then your confidence will skyrocket.
- And when with your girl that is coming back, and other girls, trust your gut. If it doesn't feel right, don't do it. If it does, then do.

Problem #3: Constantly getting injured from the 1000s pushups

Symptoms:

- Not able to do the 1000 every day
- Hurt to confidence since I used to be able to do the 1000 everyday
- Fear of getting reinjured when I do the pushups in the sauna
- **Why?**
- Pushed myself too hard at first, doing pushups even when it hurt. Just threw on Tiger Balm and called it good. Also did 1000 pushups on the days that I did heavy bench as well.
- **Why?**
- Wanted to prove to myself that I could do 1000/day everyday. And to have everyone else be like "what! You do how many pushups a day?"
- **Why?**
- Wanted to be praised by others and get attention from them.
- **Why?**
- I get value and energy from being praised in that sort of way, instead of putting more value on my personal praise toward myself.

Character Defect: Taking praise from others as too much, effecting the way I view myself and the actions that I want to pursue.

System to Solve:

- **Optimize to heighten recovery.**
 - **Get supplements dialed in**
 - **Get diet dialed in -> MyFitnessPal every day to keep up with calories**
 - **Make sure to wake up and go to bed at the same time every day, and get ENOUGH sleep. At least 7-8 hours.**
- **Fix Pushup form**
 - **Watch the video re: taking pressure off triceps when doing pushups**
- **Start coming back slowly. First start with a month of 500, a month of 750, then a month of 1000 and so on. If 500 is too much, start with 250 even. Take a break from pushups until after Agoge. This should give you enough time to recover.**