

## Perspicacity walk assignment

I noticed that when doing outreach i always stress myself to send enough but also to make them good and always when i look at the time and see that i've not done as much as i should i rush outreaches which results in no reply from a business.

I decided to take a walk to solve the problem, here are the things i noticed, remembered and some solutions i found:

-the first thing i noticed was that i was immediately calm after 1 or 2 minutes and i noticed that i haven't took a walk in a long time/ now every time i get into an stress situation with my copy i will take a short 10 - 15 min walk

-I remembered that there is a "brain fixing" course in the campus so i decided to rewatch it and gonna apply the methods learned there

-I also decided to look into the business mastery campus and client acquisition campus again to help my outreach

-one thing i also tried when i felt stressed i just did pushups which helped a lot especially with creative burnout

## The big solution

- i will now watch 30 mins of BM and CA every morning to boost my outreach performance

-after breakfast i will watch 2 lessons of "how to fix your brain"

-I will now take short walks in between sessions to avoid creative burnout to calm and get back to conquest mode and to replenish my energy levels

-while on my walks i will listen to PUC's to get that extra fire blood going

-after my walks i will immediately crank out 1 set of max pushups with a weighted vest to fire the fire blood to the max

results:

This altogether didn't just help me do outreach better and more effectively it also made me super conquest mode and gave me some nice high energy throughout the day