

8. Human Motivator

write down as descriptively as possible everything you can about:

- **What is painful about your personal Current State?**
- **What is desirable about your personal Dream State?**

I currently feel dissatisfied with my personal situation for several reasons. Firstly, I am unhappy with my physical state as I am overweight and sometimes lack the motivation to exercise. Additionally, I often struggle to stay focused on one task, which makes it difficult for me to complete projects or assignments. Another aspect that contributes to my dissatisfaction is spending too much time on my phone, especially on platforms like TikTok and YouTube. Moreover, financial additional challenges in my life.

On the other hand, my dream is to achieve certain desirable goals. Primarily, I aspire to attain financial stability and abundance so that I no longer have to worry about paying rent or meeting my financial obligations. Additionally, I am determined to improve my physical fitness and lead a healthier lifestyle by losing weight. It is crucial for me to manage my time more effectively, reducing the amount of time I spend on my phone and focusing on acquiring practical skills like copywriting, which can have a positive impact on my future. Ultimately, I aim to nurture a strong sense of passion, strength, and determination, ensuring that I follow through on my commitments and ambitions without becoming lazy or a loser.