

Root-Cause-Analysis:

Bad outcome -

I failed to turn my nickname green

Elements -

- Time management (Task schedule)
- Poor analysis (Clarity gaining)
- A clear and exciting goal

Schedule of last days -

I woke up at 5 AM

Washed face and got ready to 1-hour G work session

Did the G work session sleepy and half-assed work was the only thing that came out of this

- Why?

Because i just woke up and its hard in the morning

- Why?

Because it hard to focus in the mornings

- Why?

Because my body just woke up and didnt get energy yet from food or anything else.

- why?

Because i just woke up washed face and got to work

SOLUTION - wake up at 5AM, cold shower, eat, and get to a G work session in a row till getting ready for school.

Cold Showered (without timer like an idiot)

Ate rich protein breakfast

Didnt do much for like 30-45 mins

Brushed my teeth and got ready to go to school

Got to the bus

Get on the bus

Get to school, learn some fucked up stuff (wasted a few hours)

Get back home

Eat like 30 - 25 mins

Train with YT open (between reps like a cunt)

Eat protein shake

G work session with little impact

PUC

G work session till prayer

Prayer like 20 - 30 mins

Eat dinner

Last prayer

G work session

Analysis of the day

Go to sleep a little after 10:30

Wake up at 5AM

Root Cause Analysis -

I failed the experienced challenge

Why?

- I didn't plan the 30 days from the start with a clear path

Why?

Didn't notice and just jumped into the fight.

Why?

Because i thought that i need just to work hard enough

Why?

I was a coward who even on day 10 didn't make a good plan (after I noticed)

Why?

Was lazy

Why?

Because I knew it probably won't work as planned

Why?

Because I dont do the conquest planner as effectively as needed to work

Why?

Because I'm bitching out of solving the potential problems

Why?

Because I don't really know how to do it exactly and it's kinda vague

Why?

Because I didn't review my notes in a long time

Why?

Because I don't remember to do it

Why?

Because I don't have a clear plan of how to do a plan

Why?

Because I haven't created one good yet

- Solution -

Understand the process of planning by taking action and planning first the conquest planning of planning

- I didn't manage my time correctly

- Didn't have much accountability

Why?

Because I sent the daily review but not much of the agoge students show that they reading it

Why?

Because they don't say or signal anything

Why?

Because If they dont signal or react on that, that means that its or perfect or they dont read...

Why?

Because if they dont see it, there is no accountability

Why?

Because they dont even care about it, so should i even care and post about it?

Why?

Because then it useless

Why?

Because thats why it was created for

Why?

Because we need accountability to keep moving

Why?

Because then we have HFF, pride, and shame.

- Solution -

Tell everyone (and myself) to signal or do anything at least to show they're listening

- Didn't value my time

Why?

Because I don't think it is worth it

Why?

Because I didn't achieve any wins yet (big ones)

Why?

Because I didn't value my time

Why?

Because I thought about cheap dopamine, so I took it

Why?

Because it's worth more HFF right now

Why?

Because I haven't got much HFF from accountability bros

Why?

Because they barely gave me any short challenges

Why?

Because I didn't ask for them

Why?

Because I was nervous to say it aloud

Why?

Because it's an unpopular opinion and I was scared to say it

Why?

Because I WAS A LITTLE COWERDY PATHETIC KID

- Solution -

IN THIS MOMENT, I chose to ignore my WILL - by being a BITCH

From now on, I will show my opinion EVEN if it's not the most popular one, even if it makes people look at me, even if it will make people angry at me, I WON'T BE AFRAID OF IT EVER AGAIN.

- I don't create, sort and stick to my tasks.

Why?

Because I know I won't stick to them so why would I even create them

Why?

It's hard to stick to them

Why?

Because they normally take more time to achieve

Why?

Because it hard to make them

Why?

Its kind of vague

Why?

Because I don't exactly know what to do

Why?

I don't get to understand exactly

Why?

Because i dont ask other people as well

Why?

Unprofessional action - not using TRW

Why?

Because I dont want to ask a question and no one answers/ egg question

Why?

Because it will make me nervous

why?

Because i dont have the balls to say that im not 100 certain where Im

- Solution -

I will ask questions in the chats, say that I'm a little unsure what to do and they will try and show me my unknown