

## Today's Assignment

1 - Pick one of the goals that your ideal self is going to achieve in the next 3-6 months

Goal picked: I am emotionally unphased

2 - Work backwards from your goal and identify as many of the **cause and effect** chains that will lead to the desired result.

### Checkpoints

1. Everyday I work out to my outer limits at least once
2. Meditate on your best self
  - Read Identity document on mornings and nights
  - Close your eyes and picture your best self crushing the day
3. Go into the unknown. I deliberately put myself in uncomfortable situations as often as possible. When I spot an opportunity to leave my comfort zone, almost every time I take it over the comfortable option. Especially social interactions such as
  - talking to a girl on the street or campus
  - Complimenting
  - engaging in small talk in markets, offices, with restaurant waitresses and waiters etc.

3 - Identify any potential "unknowns" or assumptions in your understanding of the cause effect chains

1. Depending on how I feel during the day, going out of my way is easier or harder
  - a. I should get better at disregarding my feelings before taking a decision
  - b. I need to learn to observe my emotions from above
2. There will be the case when I don't have the time to meditate twice a day
  - a. I must accept it for it will become routine after a while
3. Inner voice is still audible. It tells me "don't do that, don't attempt that, this is way too far" and 95% of the time it is wrong.