

Sunday OODA Loop, 31.12.2023.

Lessons Learned

This week I finally removed the vast majority of distractions from my life. When I did that, the only thing that remained was the work to be done. Up until now I haven't even been trying. I'm not used to working a lot and taking massive action. I constantly had to stretch my brain. I was struggling. Then I realized something... I had this subdued belief that after I get over my current roadblock everything will suddenly be easy. That I won't struggle anymore. But the reality is, if I want to achieve greatness, I will have to struggle every single day. I cannot run away from it. I cannot avoid it. Struggle is certain. I must embrace it. My default state must be the state of struggling. Stretching my brain.

TLDR: If you want to achieve greatness it's going to be hard and it will never stop being hard. Instead of hoping that it becomes easy, embrace the hard. Build your identity around doing the hard things.

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The ONLY shortcut is actually being great. Being legit. Putting in the work. Trying your very best.

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I have to constantly remind myself who I'm aspiring to become throughout the day. That way, the energy to conquer never fades. When it gets hard, I can push through. Because that's who I am.

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The only days that count are the ones when you don't feel like working. When you want to quit. When you say to yourself "I'll change tomorrow".

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The daily checklist is stupid easy. It really is the bare minimum. It's nothing.

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The moment that I choose to act like the man that I aspire to become is the moment I become that man. Identity is defined by actions, and actions alone. If you DO what someone else does, you are that someone else.

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I must OODA loop every single day. I must achieve progress every single day. No matter how small. Every single day must be better than the last one.

Victories Achieved

I trained very hard. I'm on track to hit my sports goals. I strengthened the bond with my teammates and I can feel that we're becoming stronger with every passing day.

I almost completely rooted out my main distractions: sleeping, eating, and consuming content.

I progressed from sleeping during the day and sleeping too little during the night to sleeping only at night and going to bed earlier.

I progressed from eating endless small meals throughout the day and wasting probably hours on food (and comfort that comes from food) to fasting until the afternoon and eating two huge meals per day.

I progressed from constantly being distracted by my phone and PC to keeping my phone in another room the whole day and only consuming TRW lessons (I procrastinate watching these lessons instead of doing the actual work, I'll fix that tomorrow).

I have immense clarity on my goals for the next year and my immediate next steps.

I have finally started a copy project using the Winners Writing Process instead of skipping steps and avoiding work (haven't finished it yet).

Daily Checklist Completion

7/7, easy.

Goals For Next Week

- >completely root out the remaining distractions in my life: get used to my new eating schedule, go to sleep early (before 23:00), keep my phone in another room
- >ONLY watch TRW lessons if they directly apply to my current roadblocks and problems
- >go for walks every day in between G-work sessions
- >complete my client project:
 - finish the research and the 4 questions
 - write the actual website copy
 - chose images and videos to use
 - get customer testimonials
 - choose the colors, fonts etc. and put together the website
 - get paid \$\$\$
- >apply for Experienced
- >watch Hormozi's Referral Playbook
- >figure out a strategy to get more referrals for my client's business
- >convert ALL of my client's current assets into Instagram content
- >figure out a better strategy to generate more content for my client
- >post and engage every day on X
- >give it my all during every training session
- >INCREASE PROBLEM SOLVING SPEED
- >complete the daily checklist every day
- >engage in TRW chats every day
- >rewatch the self-talk MPUCs
- >come up with my phrase when things get difficult

Top Question/Challenge

Honestly, my top challenge right now is sitting down, doing long, focused G work sessions and putting in the EFFORT. I'm very inefficient when working. It takes me way too long to get shit done. It's probably because it's the first time I'm PROPERLY doing many of these tasks.

How am I going to overcome this challenge? Rewatch the self-talk MPUCs. I have to come up with my phrase when things get difficult. I have to anticipate the moments when it's difficult.

LGOLGILC 🔥

Sunday OODA Loop, 07.01.2024.

Lessons Learned

The only thing keeping me from becoming The Man is fear. The pussy/coward inside of me is overpowering the G.

I must plan every minute of my day. If I have gaps in my day or leave anything undefined I often succumb to cowardice.

My main desire isn't to be rich. Sure, I want to be financially free and escape Brokieville, but my primary desire is actually becoming The Man. What does that mean? The Man always finds a way or makes a way. He has no distractions in his life. He spends every second pursuing a meaningful goal. He never lies to himself. If he makes a promise, he never breaks it. He always succeeds. He never gives up. He doesn't let his emotions control him. He's able to detach from them. He ENJOYS being outside his comfort zone. It's exciting for him. He feels fear, but it doesn't affect his actions.

It's supposed to be hard. It's supposed to suck. If it wasn't this way then everyone would be rich and successful. The difficulty IS THE WHOLE POINT. It's who you become in the process.

The rectangle challenge is amazing.

I just have to get obsessed with progress. With putting in the work. I just have to go all in. There is no other option that I have.

I have to leave my house more. Go on walks, bike rides etc. Sitting at my desk all day is extremely unproductive. From now on, I will only sit at this desk if I'm doing a G-work session or some focused work. I have to work with intensity and then rest with intensity. There is no inbetween.

Victories Achieved

Nothing really.

I trained well, but it could've been more intense.

I worked alright, but it should've been more focused.

I didn't stick to my plans.

It's an improvement compared to two weeks ago, but it's also completely unacceptable.

Daily Checklist Completion

3/7

Goals For Next Week

- write and refine my copy until I don't know what to do anymore ✓
- send my copy into the Copy Aikido Review Channel ✗
- implement the suggestions I get from there ✗
- put together the new homepage and about page for my client ✗
- get paid ✗
- apply for experienced before Thursday ✗
- complete my daily checklist every day ✗
- come up with good rewards for completing my work/tasks ✗
- go to sleep before 23:00, get out of bed before 6:50 ✗
- convert all of my clients existing content into social media posts ✗
- 3 meals a day at fixed times ✗
- do the rectangle challenge ✗
- NEVER sleep during the day ✗
- construct the ideal version of myself (the man I will become by the end of the month) ✗
- check out the PMB ✗
- only watch TRW lessons that apply to your current situation and problems ✗
- absolutely zero Youtube, no exceptions ✗
- do a set of pushups after every task you complete ✗

KEY: read this OODA loop every morning to make sure I hit the goals I've set for myself

Top Question/Challenge

My biggest problem right now is that I don't have a clear vision of The Man I want to become. Whenever I do some loser behavior I'm completely aware of what I'm doing and how damaging it is to me, but I still do it. I just have to amplify my pains and desires. I think the best way to do that is to have a vivid vision of The Man. I have to think about him 24/7. When I get the temptation to do some loser behavior, I must think to myself "The Man

wouldn't do that. He'd crank out 50 pushups instead. Fuck. I guess I gotta do some pushups."

I have to rewatch the Self Talk Masterclass and really understand the lessons there. I think this is the key for me right now.

Sunday OODA Loop, 21.01.2024.

Okej, ovaj Sunday OODA Loop će biti malo drugačiji.

Kako?

Tako što ću si promijeniti život ove nedjeljne večeri.

Ja imam neke želje. Imam neke ciljeve koje jednostavno moram ostvariti.

- 1) Zarađivati €10,000 mjesečno preko interneta
- 2) Osvojiti svjetsko prvenstvo u veslanju 2025.
- 3) Biti apsolutni majstor društvenih interakcija

Ali najviše od svega želim...

Postati HEROJ koji to sve zaslužuje!

Želim to unutarnje zadovoljstvo koje je moguće dobiti jedino tako da zaista svaki dan dam sve od sebe.

Sad se postavlja pitanje: Zašto to već nemam?

Što me to spriječava u tome da sve to postignem?

Na kraju se sve svodi na moje akcije.

Na to što radim sa svojim vremenom, energijom, trudom i fokusom.

Dakle zaključak – ja nisam tamo gdje želim biti jer ne radim one stvari koje će me dovesti tamo i jer radim one stvari koje će me zadržati točno gdje trenutno jesam.

Ukratko:

- 1) **Ne radim što bih trebao raditi**
- 2) **Radim što ne bih trebao raditi**

To nije posve istina. Ponekad radim ono što bih trebao raditi i ponekad ne radim ono što ne bih trebao raditi.

Ključna riječ: ponekad.

Nisam konzistentan.

To je zapravo moj glavni problem.

Ajmo ući malo dublje: u čemu to nisam konzistentan i zašto nisam konzistentan?

Ne uspijevam u tome da ne radim loše akcije: gledanje Youtubea, provjeravanje WhatsAppa, gledanje PornHuba, drkanje, spavanje preko dana, kasno se ustajem, kasno idem spavati, previše puta dnevno jedem, pre dugo jedem, slušam glazbu.

Ne uspijevam u tome da radim dobre akcije: rješavanje Daily Checklista svaki dan bez iznimke, praćenje plana koji sam stvorio dan prije.

Zašto se to događa? Zašto sam takav?

Zato jer nemam dovoljno jaku i izraženu želju za uspjehom. Moram to bolje objasniti.

Ja zaboravim svoju misiju. Izgubim taj plamen. Dopustim mozgu da ode na pašu.

Zašto se to događa?

Zato jer volim taj osjećaj kad ni o čemu ne razmišljam. Taj "spokoj" kad mi mozak ne radi. I zato jer mi svakakvo smeće infiltrira mozak.

Ne znam kako da opišem taj osjećaj riječima. Kao da se jednostavno izgubim u prostoru i vremenu. Kao da smanjim vibracije mozga.

Na neki način mi je sposobnost da koristim mozak na visokoj razini zakržljala.

Mozak mi nije navikao konstantno razmišljati i obraćati pažnju na sve. Nije navikao na duboko fokusiranje i intenzivnu uporabu.

Zašto je moj mozak takav?

Jer ga skoro nikad do sada nisam trebao koristiti na tako visokoj razini. Onih par puta kad sam ga koristio za intenzivni fokusirani rad je bilo kratko i raspršeno kroz godine.

Osim toga, godinama sam uništavao svoj mozak putem igrica i videa.

Sad kad bolje razmislim, mozak mi je bio savršeno sposoban intenzivno razmišljati satima kad sam igrao igrice.

To je zato jer je bio bombardiran dopaminom. Osim toga, nije baš istina da sam bio potpuno prisutan cijelo vrijeme kad sam igrao igrice.

Dakle mozak mi je sposoban raditi na razini intenziteta i koncentracije koja mi je potrebna, ali nisam ga trenirao za to. Onda kad jesam sam bombardirao mozak dopaminom.

Mozak mi je povezao taj težak mentalni rad s ogromnom količinom dopamina.

Poanta: dopamin mi je u kurcu.

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Okej, duboko sam ušao u ovu temu.

Vraćam se na površinu.

Zašto nisam konzistentan? → mozak mi je sjeban

Dakle, svi moji neuspjesi dolaze iz toga što ne ulažem konzistentno ogromne količine vremena, energije i fokusa.

To znači da moji neuspjesi potiču iz toga što mi je mozak sjeban i što mi plamen duše jedva gori.

Mogu postići visoku mozgovnu razinu i burni plamen, ali samo na nekoliko trenutaka.

Moram to preokrenuti.

Moram doći do toga da se mogu satima intenzivno fokusirati na rješavanje jednog zadatka i kad god mi energija malo padne mogu razbuktati plamen.

Ukratko:

- 1) moram si odsjebati mozak
 - 2) moram si razbuktati plamen
-

Želim da mi sljedeći tjedan bude najbolji tjedan cijelog života.

Najbolja stvar je to što je ovo jako ostvariv cilj. Iznimno ostvariv.

Ovaj cilj potpuno ovisi o mojim akcijama tijekom sljedećih 7 dana.

Ako napravim ono što moram napraviti i ako izbjegnem ono što ne smijem napraviti uspijet ću ostvariti ovaj cilj.

Prvo, što to ne smijem raditi?

1 Pornhub i drkanje – kunem se da neću otvoriti Pornhub niti dirati svoj kurac (osim kad se tuširam i pišam) tijekom ovih 7 dana

2 Spavanje – kunem se da ću se svaki dan ustati iz kreveta kad mi zvoni alarm i da se neću vratiti u krevet do navečer. Također, neću spavati popodne tijekom ovih 7 dana.

3 Hrana – kunem se da ću jesti dva jela dnevno: ručak (oko 13:00) i večeru (oko 21:00). Kroz jutro smijem jesti voće i samo voće (jabuke, banane, naranče...). Također, jedem samo za kuhinjskim stolom.

4 Društvene mreže – kunem se da neću koristiti mobitel prije 21:00 (osim u školi). Na kompjuteru neću ni jednom otvoriti WhatsApp niti Youtube (jedino u krajnjoj potrebi).

Nije da ja želim izbjegavati sve ove loše navike. Ja uopće nemam želju da ih radim. Uopće se ne identificiram s ovim navikama.

Ne želim biti jadnik koji gleda gole žene koje može vidjeti samo kroz ekran i pritom drka.

Ne želim zapeti na društvenim mrežama i satima gledati besmislena videa.

Ne želim biti lijenčina koja spava preko dana i koja se svake sekunde svojeg postojanja trpa s hranom.

Ovo su sve gubitničke navike, a ja stvarno nemam nikakvu želju za time da budem gubitnik.

Naprotiv, želim biti pobjednik.

Ali zašto?

Zato jer znam da to mogu. Osjećat ću se nezadovoljno ako ne ostvarim svoj potencijal. Ako dopustim ovoj zlatnoj prilici da mi proklizi kroz prste.

Ne volim biti gubitnik. Mrzim to.

Želim biti junak. Heroj. Pobjednik.

Kako dobro da se sve što želim u životu nalazi na istom putu.

The way of man is one.

Moj roadblock je to što ne ulažem dovoljno mentalnih kalorija u rješavanje problema.

Kad postane teško, pobjegnem.

Evo, više puta dok sam pisao ovaj OODA loop sam htio prestati i leći na kauč.

Onda sam shvatio – istina, to će mi donijeti trenutno zadovoljstvo, ali to nije zadatak koji sam si zadao trenutno.

Jednostavno moram poštovati svoju riječ.

Ako nešto kažem onda to i mislim i to ću i napraviti.

Moram napraviti plan i onda ga ostvariti.

Cilj za ovaj tjedan: biti ponosan dok pišem sljedeći sunday OODA loop jer sam napravio sve što sam rekao da ću napraviti.

Lessons Learned

Advanced note taking aikido

Consistency is KEY

Victories Achieved

Very few.

I finished a client project, got paid, and got into experienced.

I performed ok on a 6k erg test.

Daily Checklist Completion

4/7

Goals For Next Week

- Complete my daily checklist every day
- Reabsorb level 1, level 3 and the empathy mini course
- Watch the Dream 100 approach and Dylan's approach
- Avoid distractions every day

The real goal for this week is to stay CONSISTENT.

Next Sunday I want to sit down at my desk and be proud of my actions for the past 7 days.

I don't want to bombard myself with huge output right away. I want to prove to myself that I can make a plan and stick with it for an entire week.

I have a really simple goal I must achieve every day.

I've placed reminders next to my bed, my desk, on my computer and phone backgrounds.

I keep a Time Tycoons notebook next to me at all times and write down my actions.

I will use G work sessions for learning.

I feel like the best way to quickly fan the flame inside me is to focus on my anger and fury.

I get a lot of energy from those emotions for some reason so I'm going to use it.

Top Question/Challenge

My biggest challenge right now is staying consistent and, although it might sound stupid, staying conscious throughout the whole day.

Sunday OODA Loop, 28.01.2024.

Trenutno je 00:10. Nije me briga. Odradit ću ovaj OODA Loop pa idem spavati.

Ovaj tjedan je bio jako čudan. Vrijeme je prolazilo, a ja sam stajao na mjestu. Ovo je prvi tjedan da sam se baš zapitao: "Što ja uopće radim? Želim li ja ovo?"

Okej Bartole. Došao je taj čas. Što ti zapravo želiš u životu?

Trenutno mi se potpuno jebe za novac. Jednostavno ne doživljavam to kao problem jer Nata sve plaća za mene. Ne živim u stvarnosti. Da me ona izbaci na ulicu umro bih. Nemam ništa u ovom svijetu.

JEBENO MORAM ZAPISATI SVOJU MOTIVACIJU I TO STAVITI NA ZID.

Moram imati dokument sa svojom motivacijom. Sa svojim razlogom zašto ovo radim.

Ne znam što želim. Kako je to moguće?

Idem krenuti sa onime u što sam siguran.

1 – želim postati iznimno dobar u copywritingu i marketingu.

Zašto?

Prvo i osnovno, da dokažem samome sebi da to mogu. Ne mogu živjeti s pomisli da mogu biti kapetan, mogu zarađivati masu para, mogu biti iznimno vješt i uspješan, ali to ne radim. Stvar je u ovome – čak me trenutno nije toliko briga za novac. Samo želim samome sebi dokazati da to mogu. Cijeli život znam da mogu više, ali ne radim to više. Znam čega sam sposoban. Moram si to DOKAZATI. Iznimno sam inteligentan. Svjestan. Pronicljiv. Razumijem dinamiku ovog svijeta. Kako mogu dopustiti da to propadne.

Osim toga, želim se osjećati dobro. Želim biti zadovoljan. Ne želim se više osjećati kao luzer.

2 – želim biti toliko uspješan da ubijem u pojam sve ljude koji seru.

Želim imati tu sigurnost u sebe. Želim znati da se trudim najviše što mogu i da sam iznimno uspješan. Ako sam ja u potpunosti miran sam sa sobom, nema veze što kaže Višić, Matešić,

Filip, Skočić, Josip... Mogu ih samo poslušati i nasmiješiti se. Ne želim se više nikad osjećati nesigurno u to tko sam ja. Želim biti potpuno siguran u sebe. Želim da svako moje djelo i akcija bude u skladu sa slikom idealnog Bartola. Uvijek želim biti u kontroli. Uvijek želim biti moćan. Uvijek želim biti superioran.

To mi je zapravo velika stavka. Želim biti superioran. Želim biti bolji od svih drugih. Vidim da je većina ljudi oko mene blesava. MORAM ih pobijediti. Ne mogu ostati na istom nivou poput njih.

3 – moram se osloboditi sustava

Jebeš školu. Stvarno mi smeta to što nisam slobodan. Želim SLOBODU.

Želim raditi što god ja želim kad god ja želim gdje god ja želim.

I da mi nitko ne može ništa reći.

Želim se uzdići iznad svih tih kretena. Tipova u školi koji misle da su posebni, tipova iz kvarta koji misle da su face, profesora koji misle da su bitni. Jebene Ivančice koja misli da je pametna.

Mrzim osjećaj inferiornosti. Moram biti bolji. Čak nije ni bitno da drugi znaju da sam ja bolji. Ne moram hodati uokolo i to im govoriti. Želim biti rezerviran. Želim biti bolji i u dubini duše znati da sam bolji. Treba mi ta sigurnost u samoga sebe.

Jednostavno želim biti bad motherfucker. Želim stvoriti novog Bartola. Želim se potpuno osloboditi starog identiteta.

Želim moći govoriti ekstremne stvari i imati dokaze i djela koje stoje iza toga. Želim biti big G.

Želim se konačno promijeniti. Želim dokazati samome sebi da to mogu. Znam da mogu biti bolji od svih mojih vršnjaka. Želim biti kapetan. Želim biti ispred Andrewa Bassa.

Prvo, stvari koje moram izbaciti iz svog života:

- 1) pornografija i drkanje
- 2) igrice
- 3) glazba
- 4) Youtube, WhatsApp, Instagram
- 5) SPAVANJE PREKO DANA
- 6) Trošenje previše vremena na hranu
- 7) briga o školi

Onda, moram se fokusirati na ove stvari:

- 1) trenirati kao životinja
- 2) učiti, vježbati i raditi copywriting
- 3) spavati dovoljno
- 4) jesti zdravo
- 5) čuvati zdravlje

AlexTheMarshal je rekao da je ključ u strogom rasporedu i upravljanje vremenom.

Nastavit ću s ovime ujutro...