

1. Identify A Problem You Are Facing

I don't say "no" when people ask for my time. Primarily friends wanting to hang out, but also people needing help.

2. Ask Why Until You Find The Root Causes. Use Outside Resources If Needed

1. I don't say "no" when people ask for my time. Primarily friends wanting to hang out, but also people needing help.

a. Why? I'm trying to avoid the work and goof off instead

i. Why? Because it can be difficult and boring.

1. Why? I don't have enough drive (fire blood) to push through

a. **Why? My goals/identity isn't detailed enough**

2. Why? Friends are fun (like cheap dopamine)

a. Why? I have a dopamine addiction (this relates to many of my problems.

i. Why? I'm alive in 2024 when it is so easy to get cheap dopamine.

1. Why? I don't have the discipline to stop myself, and it has become normal

a. **Why? I haven't done enough hard things to build the discipline**

b. Why? I feel like I'll hurt people's feelings or people will be angry at me if I say "no"

i. Why? I care what others want/feel and hate when people get mad or sad over the stuff I do: I don't want to disappoint people

1. Why? I fear they will get angry or their feeling hurt

a. Why? I'm worried they won't like me anymore

i. Why? Things become awkward or tense

1. **Why? I have to confront the person or be around them and that is uncomfortable**

a. 1,000 years ago this could turn into a fight and you could die or lose food.

ii. Why? I don't want to lose my friends

1. Why? I'm scared of being alone
 - a. Why? You feel all these negative emotions, like sadness, fear, lack of hope, etc.
 - i. Why? Biologically this could mean being kicked out of the pack and being left alone to starve.

3. Create Or Update Your Strategy And Tasks To Solve The Problem And Get Your Outcomes

Root Cause #1 - I haven't done enough hard things to build the discipline

Plan:

- Continue doing the 200 burpees even after the agoge challenge.
- Continue to increase the difficulty (more burpees, weighted vest, different exercises)
- Seek new difficulties to solve daily

Root Cause #2 - My goals/identity isn't detailed enough

Plan

- Add more sensory detail to my 'Day In The Life' (make myself SEE the dream)
- Make my goals more compelling/interesting
 - Remove number goals
 - Make the goals selfish
 - Add the negative to each goal
- Write out my values (who I want to become) and read throughout the day

Root Cause #3 - I have to confront the person or be around them and that is *uncomfortable*

Plan:

Root Cause #4 - You feel all these *negative emotions*, like sadness, fear, lack of hope, etc.

Plan: