

**Some of you might want to try it out so here is small guide:**

- 1. Your brain usually responds 2x as much to moving away from fear and pain, than moving toward pleasure because as human beings we are wired that way.**

**As humans, we prefer to stay alive than to conquer something. We prefer to do the bare minimum to survive than to thrive.**

**Because thriving takes a lot of effort, pain, the risk of getting “injured” or “dying” (Example)**

- 2. Look at what's the most important thing you can do now. If you are not making any money, the most important task is to find a client. Choose something you find the most difficult and set it as a goal.**
- 3. Look at your daily life and find something that makes you feel good and then restrict it completely until you finish with your tasks. The longer it takes you to do it the more painful it gets until it gets painful enough for you to get out of your comfort zone.**

**Here are a few examples: If you like hanging out with your friends, restrict yourself to calling them and or answering their calls until you finish your task, if you like talking to women and you do it daily, don't allow yourself to associate with women until you finish the task.**

**I can give you 100 examples of this but basically, you want to pick something that will impact you negatively. An event that will remind you frequently. A kind of habit that you are used to doing and it leads to pleasure. Restrict it completely, so that will create enough of a reason to get you moving forward.**

**Deep down you know you can do it, you just need a stronger reason**