

VISION¹ + BELIEF + SACRIFICE² = SUCCESS³

DRILLS

DAILY

- >15 MINUTES (Check body language, self-talk, and see and feel goals (get excited!!))
- >Heat Check - get motivated
- >Visualize: G.R.O.W.S
- >"WWW" - good things and exciting (Write it on back of hand)
- >This is NOT Okay List
- >Become "Possessed" by a great
- >Plan your day (Nightmare/Dream)

WEEKLY (On Sundays)

- >Fuel List Review
- >Nightmares and Dream Goal Review

WEEKLY KILLER THOUGHTS:

- *Know you have the Killer Instinct in you, and you just have to awaken it!
- *Love the fundamentals and reps! Reps will make you reign.
- *Have a sense of urgency and patience
- *Love isolation and late nights

MONTHLY (On the 1sts)

- >Touch your goals
- >Never Again List - Feel it!
- >Review the Program
- >Make 30, 60, 100 Day Challenges
- >Reset "Nightmares and Dreams" if you must

MONTHLY KILLER THOUGHTS:

- *Find your torturer
- *Ask: Are you being a loser?
- *Put yourself on the line, bet on yourself
- *Read "Spirit of Buffalo County"
- *You love what you are good at (cf. Aristotle)

MORE

SPECIALIZED DRILLS

- DOUBT? - **Smash the Small Self**
- SHY? By a **tornado of fierceness**
- LOST? Use the **Warrior/Killer and the Wise Old Man/Sage**

"PARANOID" NOTES

Have a "Knowing Nucleus" - have a feeling that it is your destiny to be great. Do not hang around doubters (their only use is to siphon off their hate). Do you feel surrounded? Operate in secrecy? Believe in your vision? Kill the monsters while small?

DARK POWERS

Can you create your luck? Can you make love secondary? Can you compartmentalise and focus on your task even with "personal" problems? Do you like being misunderstood and secluded?

KILLER IDEAS TO REVIEW

- Confidence is made of 1) reps in mind and real work, 2) experiences of success, 3) compliments, and 4) an abstract belief in yourself
- If you feel overwhelmed, remember, take things **one bite at a time!**
- If you feel lazy or you lacerate yourself, remember, to say "No!" to yourself! And if you feel lazy, say, "F*ck my feelings!"
- Stop caring about other people's opinions ("OPP"). Ask yourself: **who cares about their neurons**, it's like lights on in someone else's house. WHO CARES!
- If you are fearful **be curious about fear** and/or **get stupid**. Just start without thinking. And remember **"fear is at the beginning of things!"**
- If you are just engaging in wishful thinking or feel entitled to greatness remember: **You will not be chosen**, this is not a movie. You must choose yourself and abide by the Law of Hardwork to activate the Tendency of Attraction.
- Form **streaks** using that diluted form of **"OCD"** and remember that **Success if your Religion**
- **Have the Goldfish Mind, stay present**
- Engage in **No Fake Work** (Not "game speed", emails, voicemails, just being there, organizing your stuff, etc.)
- Consult your **Fuel List** and **Siphon Off** the hate and doubters (real or imagined)
- Watch your language: 1) **You don't have to** - you want to, love to, are excited to [insert any activity] 2) **Fall in love with discomfort** - "I love the pain of the workouts" 3) **You would PREFER love, appreciation, recognition**
- **More:** Exploit downtime, dress the part/archetype, do not be shy, don't judge others, you can't stay in place, always improve, and study superior men and women (research the BIOS in the program)

¹Cf. Pseudologia fantastica in the Paranoid Section of the program

²Extremophilism - you can handle anything in. You won't have many friends (cf. **Crown Shyness**). Still, remember even when you are alone you are not alone - other Apex Predators are working in isolation too.

³ Remember **after success**, you must work harder yet - you have to **defend your kingdom!**

WILL YOU BE ONE OF THE RARE WHO MAKES IT?