

Abnormal results upset normal people

Keep up with your normal person tasks

Email, social media, blogs, news,
catch-ups, dinners, parties, events,
group chats, friendly calls.

When you focus here you keep on top of your normal person tasks, nothing gets chaotic, you keep the normal people happy but you never make progress on your goals and your dream dies

Or

When you focus here the other side turns chaotic, the ball gets dropped, people get angry at you and there's a feeling of guilt.

Make progress with your dreams

Focused learning, building mandatory things,
sending direct outreach messages, sales calls,
working on your mindset, being alone.