DAY ONE: November 29, 2015 12:05 a.m.

Dear Readers,

You can call me Edmond Dantes. As you can guess, Edmond is a pseudonym. This blog will deal with sensitive subject matter that will contain some of my most personal and deepest thoughts. So, for the sake of privacy of associates, friends, family, and myself, I will rarely use real names. But, rest assured the important things that really matter will be nothing, but the truth.

The purpose of this blog is an experiment. This blog will chronicle some of the biggest changes I plan to make in my life. I am currently very unhappy with my situation and I plan to change it. I plan to change everything I dislike about me and hopefully change my life for the better. I have many problems: everything from psychological to physiological, from financial to lack of community involvement.

Why would you want to read this, if I am such a messed up individual? Good question. Hopefully, through my struggles, you might gain some perspective in the challenges you face. I do have some good qualities as well. I am smart, empathetic, and keenly instrospective. I do not say those things as a brag because knowing those qualities I posess have not given me anymore happiness. In fact, those qualities often has given me more sadness. I have also consumed countless books, audio, and intellectual resources devoted to the subject of self-improvement. I have had some nominal triumphs utilizing some of these techniques, but when I have hit a roadblock or some type of failure. It has knocked me off my game. Often going back to a state of learned helplessness. By being so keenly introspective and having accumulated so much knowledge on the subject of self-actualization, I feel qualified to share and write about these important things.

My life goals are: to become a millionaire within ten years, be fit of body and mind, and have a network of people that I can depend on. I know this sounds insane for someone like me (in many ways a total failure and despicable human being) to achieve these things, but I know I must try or I will never be satisfied with the life I was given. I hope as I take this magical journey of changing myself and trying to actualize my lofty dreams, you will be part of my journey; by maybe utilizing some of the techniques that will be shared, contemplate on concepts I have discovered, and if nothing else by being a witness. Maybe, just maybe, I can help some people achieve their goals as well as accomplish my goals.

Sincerely with all my heart,

Edmond Dantes

First Step

Making a To-Do List

(The most powerful tool to initiate action and create change.)

Many self-help gurus will extol the value of taking action. This is very important if you are to create any type of change even temporary. But, this is easier said then done. Especially for someone like me. Right now, I am at real bad state. I have no real will power. I can’t seem to wake up early. Often watching shows on internet or playing video games into early dawn. I have stopped being productive and not interacting with anyone except my family and close friends. I eat way too much being over forty pounds overweight. I don’t clean my room. It’s despicable. It is no wonder why I hate myself so much.

Today, I will address how to start being proactive. Not how to remain proactive or how to create massive will power, but simply the start of taking some positive actions. I am at such a low state that I can only start taking baby steps to start rebuilding myself up.

The first exercise is to create a simple list. This technique probably started way back when writing was invented. I would not be surprised if it was started by scribe in ancient Sumaria (a civilization lost in time). But, it is super-effective. A lot of people do it either in workplace (doing a team project in the corporate setting) or throughout their lives. By writing some of the things we have to accomplish, we get some clarity of what we must do and the steps we must take. We are creating a gameplan for the future or at least tomorrow.

Very organized people do this all the time. Being organized has never been a strong attribute of mine. But, being in such a dark part of my life. I need to get more organized and gain some clarity; some light to show the path I must walk. The most mundane way this technique is used by people is writing a shopping list for the grocery. This is very effective when you need to stock your kitchen with important staples. A romantic or devious way this is used by fictional characters who need to plot their revenge. Aria from *Game of Thrones* has a list she recites to herself before she goes to sleep. If you are procastinator (I know I am), lack motivation to do something important, or lack organization, please do this exercise with me.

Every night before going to bed write a list of things you must do the next day. Start with something small like waking up a little earlier. Here is my list:

Tasks for Tomorrow:

* Wake up before 11 a.m.
* Stretch.
* Do 20 push-ups and sit-ups.
* Do 20 minutes of aerobic exercise.
* Research an issue I’m having with the DMV. Maybe, make a phone call.
* Pay an overdue student loan payment.

All you need is piece of paper and pen. If you must, you can go high-tech by downloading an app like Wunderlist. But, all you really need is a pen and paper. Just write it down! Even if we don’t do all those things tomorrow. We have to start facing the steps we need to take to have a positive impact on our lives. By writing a list, we are making an announcement to ourselves that we will try to these things tomorrow. On a deeper level, we are talking to our subconscious telling it that doing these things are important actions we must take. This will give us leverage, motivation, to those things. When we do those things, we will also reward ourselves with the glorious satisfaction of checking things off we accomplished for the day. We’ll sleep better knowing we did something productive, something I severly lack and probably contributes to my insomnia. Even if we don’t do everything on that list, we can’t get down on ourselves about it. Just know by even crossing one thing off that list is better than the way, we are now.

I must know that this radical self-change I seek is not going to be an overnight process. It’s going to take time and effort. Let’s try to do this every night before we go to bed and if we don’t do it, let’s try again the next day.

Wishing for a brighter tomorrow for everyone,  
Edmond

Progress 12/29/15

Dear Readers,

I have failed to make a list every night and work on it. I did it for a few days then started slacking. I know now, I have to master this discipline first. Since, I my willpower seems to be very marginal (not much there) I will just put one thing on my list everynight and expand on it, when I feel I am sure to give it my all tomorrow to do the next task. The most important thing that I must fix is my level of energy.

Living a sedentary lifestyle for most of my days has left me with a lack of energy to do the tasks, I must take to change my life around. So, I have to exercise. I am going to start small and do it immediately right after I wake up. That’s what I’m going to do. My to-do list for the forseeable future is:

1. Tomorrow, right after I get up, I will exercise. I will exercise harder than I did the previous day.

I really like how that habit is written. It tells me when I have to do the activity making it easier for me to execute the action while not think about scheduling. I will also escalate the size of my task. More work will increase my will power naturally.

Second Step: Dealing with the Fear of Failure