

## Profile

- Age :- 21
- Gender :- Male
- Habits :- sports (badminton) , Bodybuilding
- Lifestyle :self improvement,fitness
- Career :- university student ,Co Founder AI saas startup , content creator.

## Outcome

- Lifestyle :-
  - Improve life by self improvement
  - Dream body
  - Dream house
- Health :- research longevity
- Wealth :- Build a million dollar AI company, Multi channel personal brand

## Problems

1. Not exercising consistently
2. Not consistent towards work
3. Sometimes stuck between as a student or an entrepreneur
4. To much instagram reel scrolling

## Solutions

- Not exercising consistently :- cold shower
- Not consistent towards work :- Entering deep hyper focus mode
- Sometimes stuck between as a student or an entrepreneur :- avoiding unnecessary things
- To much instagram reel scrolling :- Replacing by a reading news