**Profile**

* Age :- 21
* Gender :- Male
* Habits :- sports (badminton) , Bodybuilding
* Lifestyle :self improvement,fitnes
* 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