

# Exercise

Note: the exercise must include.

1. Knowledge
2. Execution
3. Pain
4. Replacements
5. Beliefs

## Exercise 1:

Includes: Knowledge and execution

- Pick a book. (suggestion: Atomic habits)
- Read it under 15 days. (if you're a slow reader watch videos on speed reading.)
- Pick 3 lessons from it and apply it in your life.  
Ask questions like:
  - 1) How can I use this?
  - 2) Why must I use this?
  - 3) When will I use this?

## Exercise 2:

Includes: pain and beliefs

- Identify what seems impossible to you. (Example: Get 'A' in Exams)
- Write it down on a piece of paper. Now ask yourself "How can I do it?" And "What it takes to Get it?" (Example: I'll Have to Study 'x' Amount of time)
- Identify all the ways to get to your destination and Start taking small steps towards it. (Example: I'll start by solving 2-3 maths today.)

## Exercise 3:

Includes: Replacements

- Start by taking small steps.
- Replace playing video games to Read 30 minutes.
- Stop eating Bad foods and start eating healthy.
- Stop drinking soda, drink water instead.

## Routine to follow

Includes: All

(Note: 99% of people can't follow this routine. And I believe you're not one of them)

6:30 - 8:30	wake up, clean yourself, exercise
8:30 - 9:30	Breakfast, bath
9:30 - 10:30	Meditate, Think About Your goals
10:30 - 11:30	Read
11:30 - 1:00	Work/Study
1:00 - 1:30	Lunch
1:30 - 2:00	Read
2:00 - 4:00	Work/Study
4:00 - 5:00	Outside walk for stress relief
5:00 - 6:00	Work on hobby
6:00 - 7:00	Dinner
7:00 - 9:30	Work/Study
9:30 - 10:00	Read, prepare for sleep
10:00 (end of the day)	Sleep

Feel free to adjust the routine; it's not like you have to follow the exact schedule.

Now For Folks who Say:

*Ahh... But Emo, I'm Busy and I have School. So I can't follow the routine.*

And, that's completely fine even if you can't adjust your routine. I also have something for you that you can use, Even if you're busy.

### **Commit to these activities, if you're a *Busybody Bob***

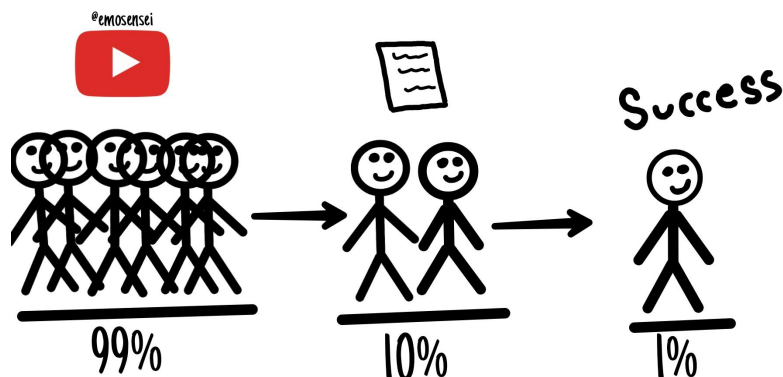
- Analyze your surroundings. Put effort into interpreting what your friends are saying. Pay close attention to the words coming out of their mouths
- Use websites such as Wikipedia, Encyclopedia Britannica, etc., to gain knowledge.
- Think about an event that has happened in your life or one you have read about in a book. Ask yourself simplified questions such as why, how, and when to understand why that happened.

Now, here's the thing, buddy. Only 10% of 99% of you actually downloaded this exercise.

Now, do you know what the crazy part is?

Only 1-3 percent of you are going to actually try that exercise.

Isn't it amazing to hear how many people you're leaving behind with your hard work?



Now, if you're in that 1%, here are some instructions for you.

- Before you begin these exercises or activities, observe one of your normal days and write it down on a piece of paper.
- Now, perform these exercises for 15 days and analyze your day again to see how much has changed. I'm sure you'll be amazed by the improvements!

If you want more knowledge From me like this, **Follow me on Twitter.**  
**I'd** love to share it with you!

Link - [Twitter](#)