How Psychological Factor Is Fu*king With Your Progress:

I get it—you are very smart. (You are!)

You know mujhe yeh karna hai such that i can fulfill my dreams and parents ke sapne pure karu butt phir bhii kuch nahi hotaa

You know you want to work but still kuch bhi nahi padh paate, practice kar paate,kuch bhi nahi!

You know why??

How Psychological Factor Is Fu*king With Your Progress:

Because: Your brain thinks the task at hand is too huge!

Suppose your to-do list looks like:-

Learn:-

1.Github

2.Docker

3.Github Actions

4.Kubernetes

5.AWS

6.Linux

Your brain believes, "Oh my god, I have to study github phir docker phir linux phir wohh,oh my god!!

Yeh toh kabhi khatam hee nahi honga!
Let's Just Chill,Baad Me karenge"

(Try to relate to every single problem which you are procrastinating,sabh belong to this category and that's why you keep procrastinating ki baad me karenge)

Here's a simple yet very effective solution :-

DEVOPS FOR LAZY PEOPLE

I. Break It at Atomic Level

You can't complete every tool today, but you can complete just **one theory right now,one command,solve just one problem**

 Right?

Definitely, brother. <u>Just start the process</u>.
You will not even know when the whole Devops list will be completed and you become a devops engineer and
Start Earning Money!

Break it down at atomic level.
<u>Keep your focus on completing just one theory.</u>
<u>Just one, then another, then another.</u>

You'll be surprised how quickly the entire list gets completed once you start small.

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II. Willpower Depletes — Build a Routine

Willpower doesn't last forever. That's why routine wins.

Use the Habit Stacking Method:

After I do [X], I will study [Y].

Example: After I have my breakfast, I'll complete just one docker command and build an image from it.

Just one command. You can definitely do this.

"The ones who are crazy enough to think they can change the world, are the ones who do."

Steve Jobs

III. For How Long?

→ Start with just <u>two minutes</u> of effort → Momentum compounds!

Start right now!

The first two minutes are the hardest.

If you overcome that, you are a winner, and one by one every tool will be completed.

And Very soon You will become a Devops Engineer and earn Lakhs!

Yay🫡

So stop reading!—**Lakhs of rupees** are waiting on the other side of just 2 minutes! BEGIN NOW with Episode 1 or 2 of 'DevOps for Lazy People' series, before your brain talks you out of it. Your breakthrough starts here! 🔥

And Yeah,**It's Free!** So Why Not Start Right Now??

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BONUS TIP I:-

Just go to Udemy right now!

Search for Devops and buy a course right now! Just one and complete it!

It's for around 500 rs only

(If you can buy clothes for 1000 rs, can't you invest just 500 rs for your future?)

Buy it right now! The skills you will learn will help you earn lakhs!

(No i am not advertising,i don't even have a course)

What will happen: Now you have invested money, and you feel like i have to complete the course,else my money will be wasted and that my friend is the **biggest motivation**

This is called: **Loss Aversion**

Loss Aversion is a cognitive bias where people feel the pain of losing something more intensely than the pleasure of gaining something of equivalent value.

In simple terms: Losing 1000 rs hurts more than winning 1000 rs feels good.

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BONUS TIP II:-

This shlok from bhagvad geeta is so powerful and it changes everything!

"<u>You have the right to perform your duties only but never to it's fruits, it's outcomes, it's result</u>"

I(Shree Krishna) am at the other end,

Tune jitna socha honga usse **100 times zyada hee dunga...**

Tuu sirf mehnat toh kar,dusra sabh kuchh mere haath me chod dee!

Sabh kuch!