**How to attack the day**

I don’t know about you but living a somewhat productive lifestyle is a serious pain in the ass, for a multitude of reasons but the main one seems to be that I never have enough hours in the day, and is it just me or does life just throw some random challenge my way just to take the piss out of me, I mean honestly if there is a God up there he must me having a great time watching me try to keep up with this shit.

This is what I sounded like a couple of years ago before I made some changes that helped me with this problem, ultimately this is how I stared attacking the day instead of feeling like I was being attacked by the day if you know what I mean.

First I made a conventional plan but that was no good for me, you see when I tried making a plan the conventional way, I found myself worrying about staying on track with the “perfect plan” I made instead of focusing my energy on the things that really mattered which was what was in the plan not the plan itself. Let me explain when I say “conventional plan” I mean I planned out my day by the hour making sure I was using all my time wisely but the thing about a plan is that there’s always something that you cant account for that that will put a spanner in the works, weather that’s something small like not having any cans of monster to keep you going or something a little bigger like getting hit by a bus, you just don’t know what life will throw at you but you can be guaranteed something is going to happen. And when the plan falls apart if you’re anything like me you probably found yourself feeling pretty shit.

And then I tried something different..

1. I made a list of the things that were important to me that I wanted to improve upon, not the things that sounded good like be up at 4 in the morning just for no other reason apart from the fact that a beast like Jocko said so. This left me with a very short list to fit into my daily schedule compared to the “perfect plan” I made the week before.
2. Next instead of making a schedule I just had that list with me for the day knowing it had to get done, the reason being is I could then do what was on my list when I had the space to do it instead of trying to predict the unpredictable and I could adjust to whatever the day throw at me instead of feeling like I was forced to live my life the way I planed it or no way at all.
3. Lastly, I also got rid of the all or nothing mentality which I found out was the real source of why I felt shit when I couldn’t get all the tasks done. You see when I messed using the “perfect plan” I would get annoyed and give up because I felt like if it didn’t go perfectly as I planned it there was no point in using the plan at all. So I replaced the all or nothing mentality that was killing me with a mindset that was based on just not stopping, and because I wasn’t using a conventional plan I could only reflect on the day at the end of the day which I found very beneficial because I was more focused on getting my list done instead of worrying through day about making sure I did X Y or Z at the right time.

The funny thing about this method is that after a while I didn’t need the small list I started off with because it ended up being part of my day to day life without me even having to think about it, and when that happened I could all of a sudden start doing things like getting up at stupid o’clock so I could be a beast like Jocko.

But the main thing to keep in mind is that change of any sort takes a while but change of your daily habits take a lot of time but consistency and learning from your mistakes will take a lot further that any perfect plan. Well that’s the idea, hopefully you found it helpful and at least interesting sign up for more content and you never know you might learn something.