Identify what type of learner you are and find real life examples of what can be changed to become a successful learner

* I'm between MPA and PMA, it's hard for me to get to the action so I keep watching videos and reels to "learn" what I need to do while never actually doing anything and when I'm forced to do action (find myself in a situation like that), I fall back to my "defaults"
* Stop watching so many diverse self-help videos and take action
* Stick to this masterclass and take it with priority

SMART GOALS:

**Social dynamics**

* Objective: Get comfortable with opening up social interactions
* Goals (fulfil all by end of September 2025):
  + Open up at least 1 discussion every time you go drive a bus
  + Make at least 1 kind or fun gesture every time you go drive a bus (wave at a nice girl in a car)
  + Compliment/approach at least 1 girl a week without any intent, just to get comfortable with the interaction
  + Attend an event with possibility of meeting new people at least once a month
  + In every new group interaction, intentionally contribute at least once in the first 15 minutes, and practice exiting one conversation gracefully to join another
  + Approach a girl, get her contact info, and intentionally flirt at least once a month

**Health & energy**

* Objective: Live a healthy life that leads to longevity and fulfilment
* Goals (fulfil all by end of September 2025):
  + Lights out by 22:00 & waking up at 5:30 on weekdays
  + Try at least one new activity a month with my son to understand what we both enjoy and want to cultivate further

**Purposeful work**

* Objective: Convert personal app idea into a sustainable and responsible business
* Goals:
  + By end of 2025 have a working beta that has already been tested by users
  + By end of 2025 have a plan for going to production - business plan, funding plan, solid foundation for grant request process