

The Overhaul: Strategy to Fix my Life

- 1) Plan out daily and medium/long term tasks using the Todo List app. Use this thoroughly to ensure there are no task backlogs.
- 2) Practice strict NoFap.
- 3) Meditate for at least 15 minutes daily, preferably in the morning.
- 4) Study academic subjects for at least 2 hours everyday.
- 5) Do dedicated PS work for at least 45 minutes a day (on weekdays).
- 6) Go to bed by 11:30 pm and wake up by 7:30 am.
- 7) Do not waste time on social media during designated study hours.

Sourya choudhury

Sourya Choudhury

26/06/25