

At 4 hrs/day of procrastination. 28 days = 1 life.
(at your salary).

Connectome - workbench

goal 100 days

Day 1

→ unless downloaded & = philosophy or
math or relevant to
learning

No Youtube

No netflix / tv / amazon
prime

No HP

→ only with people you know

No Chess (delete account?)

NO HP (as leads to a slippery slope!)

Twitter + news ^{allowed but} only after 6! Including when or he
more? can listen to
podcasts then
though.

phone + philosophy only after 6!
Check messages only between 1-2,
and after 6.

(May introduce other acceptable times).

The stakes Lines of who knows who.
generously on the line. And certainly

Certainly improved

Can also dedicate free time to charity
work / helping others who are hungry / dying