

# Do what you hate to do, but do it like you love it

- seek unhappiness and pain much of the time, repeatedly
  - and then you'll be happy
- David Goggins: Do the things you hate like you love it  
After 70 hrs of running every question I had is answered  
(happy, relaxed, not in one's head overthinking)
- Mike Tyson: Do what you hate to do, but do it like you love it
- Huberman: willpower brain structure grows if you keep on doing consistently what you don't want to do

<https://youtube.com/shorts/Q7qQe2L7PbY?si=gxA-mfgmx140gz51>

[https://youtube.com/shorts/nI8ir6m76Fo?si=e9P\\_o19pChaVEv72](https://youtube.com/shorts/nI8ir6m76Fo?si=e9P_o19pChaVEv72)

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