



STORYSPEAK ENTERPRISES

FREE YOURSELF FROM BULLSHIT

The kindest thing you can give yourself is truth.

I recommend journaling these 5 steps weekly to keep track of what is no longer serving you, your vision and your purpose:

1. What excuses are you feeding yourself that are permitting you to not grow?

For example, there's not enough time, I am too tired, I don't have money, I have too much going on, I am too busy, I don't know what to do, etc.

2. What habits are you doing / not doing that are allowing yourself to not grow?

For example, waking up late, watching TV, scrolling on social media, going out daily, playing video games. Also include habits of relying on people/circumstances to fix something only YOU can, like bad feelings!

3. What do you need to do / think differently to BECOME the kind of person who can achieve everything you say you want?

4. Associate all of the things you listed in Numbers 1 & 2 with hating yourself. Because if YOU are holding yourself back, you are NOT loving yourself by doing that. Your excuses, your lack of discipline, your stubbornness, your laziness, your procrastination, your lack of resourcefulness is

NOT because of money, your job, time, your family, your circumstances -- it is because you have not loved yourself well enough to give you what you DESERVE.

Discipline HURTS at first. New habits HURT at first. Thinking STRONG hurts at first. Delayed gratification HURTS at first. Working when you don't want to HURTS at first.

But you must instead associate all of the above with PAIN and NOT PLEASURE.

That's why I am telling you to consider these things as self-hatred. Because if you LOVED yourself, you would give yourself what you DESERVED, NOT what you wanted, not what is easy, not what is convenient.

5. Associate everything you listed in number 3 with PLEASURE and SELF-LOVE because Discipline is LOVE. New habits are LOVE. Thinking strong is LOVE. Delayed gratification is LOVE. Working when you don't want to is LOVE. All of these are pleasure and will give you the future you SAY YOU WANT TO CREATE. DOING THEM WILL ACTUALLY GIVE YOU IT.