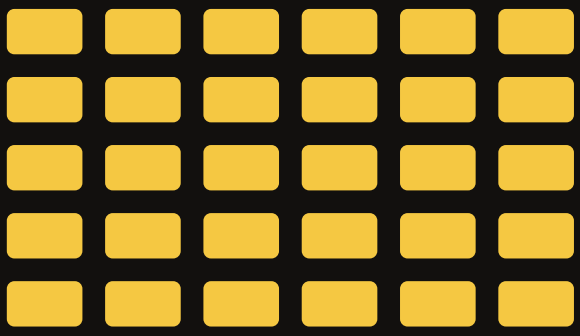


Willpower & Leverage

30-day willpower challenge · leverage map · monthly mistakes check

successpathguru.com

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How to use this workbook

Goes with three articles on successpathguru.com: *How the Rich Work More Than 24 Hours a Day*, *Two Frogs in a Pot of Cream* and *Is Your Mood Cheap?*

> **Nichod:** Apna mood mehenga banao (willpower), ek koshish aur karo (frog), aur aise ghante banao jo tumhare liye kaam karein (leverage). Har 30 din apni galtiyan khud dhoondo.

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4	My leverage map	30 min
5	One more try planner	15 min
6	Monthly mistakes check (x6)	1 hour a month

Rules: start tiny, keep the promise, don't cut sleep, and if you have a health condition, ask a doctor before any fasting.

1. Cheap mood check

Think of the last 7 days. What spoiled your mood, and what did it cost you?

Who / what spoiled my mood	How long it lasted	What work I skipped because of it

My rule from now on (example: "I read comments only on Sunday"):

> To throw burning coal at someone, you first hold it in your own hand. Blame and hate burn you first.

2. Willpower menu

Pick one experiment a day. Small, a bit boring, and that is the point: it trains the wandering mind to follow you.

Code	Experiment	Time
A	Travel without music, radio or phone	30 min
B	Stand by a window or on the balcony, no phone	15–60 min
C	Skip one snack or sweet you normally have	1 day
D	Do the most boring task first	1 task
E	Phone in another room after waking	1 hour
F	Keep one tiny promise to myself (write it in the tracker)	—
G	My own:	

3. 30-day willpower tracker

Write the code (A–G) you did, tick if you kept your tiny promise, and rate your mood 1–5.

Day	Code	Promise kept	Mood 1–5	Note
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
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27				
28				
29				
30				

4. My leverage map

One truck = your 8 hours. 100 trucks = 800 hours working for you. Where could hours come from that are not your own?

Type	What I could start (tiny)	Cost	Risk	First step + date
People				
Money				
Systems				
Media & code				

Hours I sell each week: _____ Hours working for me now: _____ Target in 12 months: _____

> Grow only as fast as you can survive a bad month. Borrowed money multiplies losses too.

5. One more try planner

The frog didn't know the cream would turn to butter. He just kept kicking — and kicked differently as things changed.

The thing I almost quit: _____

Try no.	What I changed this time	Result	What I learned
1			
2			
3			
4			
5			
6			
7			

If many honest, different tries change nothing and the cost keeps rising — letting go may be wiser. That is not weakness.

6. Monthly mistakes check

Every 30 days: one quiet hour, alone. Be honest.

Month	What held me back?	What did I avoid?	One change for next 30 days
1			
2			
3			
4			
5			
6			

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