

Attack Mode Notes

Module 1: Foundations of Success

1. **Understand How Our Brain Works**
 - Neuroplasticity: The brain's ability to change and adapt.
2. **Practice Consistently**
 - "Do, Do, Do, practice, practice, practice."
 - Don't quit anything easily; try until it becomes easy.
3. **Define Success**
 - Success = Evolving the system through rapid problem-solving.
 - Work daily and continuously modify your approach.
 - Observe past data and plan accordingly.
 - The initial weeks are for learning.
 - Goal: Decrease failure rate, increase success rate.
4. **Pareto Principle (80/20 Rule)**
 - 80% of results come from 20% of the work.
 - If you have an 80% error rate, focus on the 20% that leads to success.
 - Performance = Success Rate ↑ & Error Rate ↓
 - Aim for 80% of your goal.

Module 2: Philosophical Frameworks

1. **Become a Slave to Your Logical Brain**
 - "I am the slave of my logical brain."
2. **Philosophy from Gita**
 - Don't worry about the results keep working....
 - Focus on performance, not output.
 - Power = your goal.
3. **Chinese Philosophy (Taoism)**
 - Be prepared for 1000 failures.
 - Aim for the destination, not just the journey.
4. **Practice Philosophy**
 - Prepare, don't blame.
 - Repair, don't blame.
5. **February 8 Reflections**
 - Stay away from blaming.
 - "It is okay, It is okay."
 - Fix, don't fixate.
 - Don't overthink.
6. **Attribution Theory**
 - Self-realization on failures.
 - Don't complain.
 - Effort = Growth Mindset → God.

7. **Growth Mindset vs. Fixed Mindset**

- What you know, do, and perform can be changed by effort.
- Embrace a Growth Mindset: "I will do the work."

Module 3: Battle Training (Actionable Strategies)

1. **Visualization**

- List desired life achievements (e.g., car, house, bank balance, salary).
- Recognize that significant goals are not achieved in 6 months.

2. **Clarity**

- Ask yourself:
 1. Where am I going?
 2. Am I among the top one percent in my field?

3. **Screw Motivation**

- High motivation can lead to failure if not accompanied by consistency.
- High motivation leads to consistency.
- Intensity ≠ Logical Thinking.

4. **Understanding REAL Consistency**

- Consistency is about repeatable actions performed daily.
- "When the bell rings, work is over." (Respect time limits).
- Train your brain for work consistently, not for enjoyment.
- Consistency doesn't mean over-exhaustion.
- Schedule yourself in small time slots (e.g., 30 min guitar weekly, not 2 hours daily).
- Example: Muscles build with regular training, not in a single day.

5. **Bulletproof Planning**

- Plans that work come from actions (habits), not just theory.
- You need data to set an effective plan.

6. **Deadlines are Good**

- "Deadlines are god."
- Always set deadlines and then create a plan.

7. **How to Beat Talented People**

- Consistency is better than talent.
- Effort > Talent.

8. **Anchor: Psychological Connection to Your Goal**

- Define your bare minimum.

Module: Weapon and Armor (Self-Improvement Tools)

1. **Introspection Method: Pointed Journalism (Using Notion Templates)**

- **"New Me" Template:**
 - Read everyday (learnings).
 - Data drop.
 - Specific problem ("When this happens, I get bothered").

- **My Purpose**
- **Set Priority:**
 - Learn something in 6 months.
 - Earn a specific amount of money.
 - Gym goals.
 - Something specific.
- "New me" is a controlled version of yourself.
- Constantly modify "New me."
- 2. **Visualization** (Reiterated)
 - Car, House, etc.
- 3. **Problem Solving With Notion Template**
 - **Basics:**
 - Does it apply long-term?
 - Is the solution feasible/practical to apply? Can I make these changes tomorrow?
 - Does it give you long-term satisfaction/happiness?
- 4. **February 16 Reflections**
- 5. **Solution Template**
 - "I am not happy. Why?"
- 6. **When We Mess Up**
 - It's okay; no need to be mean to yourself.
 - a) What happened?
 - b) Why is this happening? (Go deeper, what is the underlying need?)
 - c) How to solve this so it doesn't happen again?

Module 5: Attack Mode (Application)

1. **Using Self-Determination Theory**
 - **Competence:** "I am capable."
 - **Autonomy:** Confidence.
 - **Relatedness:** Respect, caring, relationships.

Intrinsic Motivation	Extrinsic Motivation	Amotivation
Pure interest	Motivation because of Rewards	Apathy
Curiosity		No intention
Enjoyment		(Going through the motions)

Challenge		
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* Transform extrinsic motivation/amotivation into intrinsic motivation.

1. System - Become Powerful

- a) Become incredibly **Rich**.
- b) Become incredibly **muscular**.
- c) Become incredibly **intelligent**.
- d) Become **powerful**.
- Make a **Weekly, Daily, & Monthly** to-do list, following the above parameters.
- Create a "Today to-do list" (Important → Not Important, e.g., Pay bills → Study for DevOps).

2. Deadlines ⇒ The Most Important Thing

- Examples:
 - Exam AZ-104 → Dec 25
 - Skill → Nov 30
 - Guitar → April
 - Finish book

3. Practical Planning via Google Calendar

- Plan every **Sunday**.
- Plan 6 weeks on **Sunday**.
- Know your waking up time.
- "Do anything, but wake up."
- "Wake up Yash."
- Make a Google Calendar; set reminders and a schedule.

Implement Soft Skills for Remote Job Interviews

1. Turn on Your Camera during meetings.

2. Present Ideas Using the STAR Method:

- **Situation:** Explain the context.
- **Task:** What was the task given that situation?
- **Action:** Describe the actions you took, processes followed, and how you ensured task completion.
- **Result:** Explain the outcomes and client response.

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