

to my favorite podcasts. I also implemented a reprogramming tool to tell myself repeatedly that "I get to build strength and a healthier body" instead of having to do a workout. After making a cup of coffee, I read for 90 minutes using the "2 minute rule" where I read one page of The Daily Stoic by Ryan Holiday and my "one space one use rule" which was reading on the balcony of my apartment. To make the bad habit invisible, I made my phone as boring as possible and used the reprogramming tool to highlight the unattractive side of overconsuming social media. I told myself that consuming is easy but lazy while producing is difficult but rewarding, asking myself if I wanted to be a consumer or producer, and reminding myself that random scrolling through feeds is for losers.

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