

The Wuhan Productivity Plan

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based on material he borrowed from multiple other sources

refined through application and experience

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Productivity Process and Journal:

This is your process for getting things done on a daily basis and getting them done in a way that you are making progress, not simply engaging in activity. Accomplishments and busy work are different.

0. **Go to bed on time** the night before and get plenty of sleep.

1. **Get your ass out of bed early** (you can sleep when you're dead) and putz around for 15 to 20 minutes doing things like putting away dishes, tidying up, small tasks. This is to get the body and brain moving and warmed up.

2. **Meditate for 15 minutes.** Some people will tell you that if you've never meditated before you should start with 5 minutes and work your way up. That is advice for pussies. You are not a pussy. Start with 15 minutes and put some effort into it like a man. Or go play tea party with the little girls.

3. Soon as that is done move to the review phase. In your notebook you'll be documenting your results from yesterday. **Yes you will write on paper.** You will not type on a computer and you sure as fuck will not use your cellphone or a fucking sissy touch pad. If you even own a touch pad you are too gay to be reading this much less implementing any of it. You will write on a piece of paper or you will play tea party with the girls. Be sure to wear a pink dress.

4. **Here is what you will write** and more or less in the order you will write it.

Yesterday:

A. First you evaluate yesterday. **Did you accomplish your HOTD, MIT1, and MIT2?** If you did not write down the pussy excuse you are using for your failure and text one of the girls to see when they are getting together for tea. If you did accomplish HOTD, MIT1, and MIT2 you need only write "done." Men don't have to go on and on and on until they foam at the mouth about how much they have accomplished. Men have things to do. Time is running out. You are dying.

B. Tactics and Tools (TT). **Review & evaluate the tactics and tools you intended to use.** Which ones were effective? Which ones were not effective? Which did you not use? Why not? What should you have done or not done? If you have tactics or tools you think would work better next time make a note of them here.

C. **What are you grateful for?** Write down something or someone (past, present, or future) you are grateful for. You only have one finite life. Enjoy it and remember you've got a better life than 99% of the people who have ever lived.

D. **Write down at least one success you had yesterday.** If you have more than one list them all. This shouldn't be related to your HOTD, MIT1 or MIT2. You are suppose to do those anyhow. Every day you have success. You likely over look them because you are focusing on the negative. Train yourself to notice and build upon your success in addition to noticing and learning from your failures.

E. Internet Distraction Level (IDL). **Write down how distracted you were by the internet, social media, your cell phone, texting, all that technology related shit** that is 90% a waste of your finite life. Use a scale of 1 to 10. One means you didn't even turn on your computer or cell phone (yes, you cell phone can be turned off). Ten means you spent the day fucking around on Facebook and giving attention to Instagram thots. This isn't an essay. Write "IDL =" then write a number from 1 to 10. Done.

F. **What Distracted My Plans (WDMP).** Did something(s) happen that diverted you from your plans for the day and caused you to not accomplish your HOTD, MIT1, and MIT2? Did you accomplish your missions in spite of being diverted by something else? What was that distraction? Write it down. Is there a way you can prevent that distraction from getting in your way again? Write that idea down.

Today:

A. Now you plan for today. **You will write down your Highlight Of The Day (HOTD) and the two Most Important Tasks (MIT1 and MIT2) of the day.** These are three things you will get done today. No matter what. No. Matter. What. Your only excuse is death (your death) or you got a sex change operation and became a girl in which case you no longer have to do anything. You can sit on the couch getting fat romancing your smartphone while beta-male white knights throw their desperate digital attention at you.

Your HOTD should meet one of the following criteria:

Urgency - what **needs** to get done.

Satisfaction - what you **want** to get done.

Joy - what you **enjoy** doing.

Your MIT1 and MIT2 are things that **need** to get done.

When setting your HOTD, MIT1, and MIT2 ask yourself "Why am I doing this?" Make sure you have a good reason.

B. Why HOTD? **Write down why your HOTD is a highlight.** Your HOTD should be just that. The highlight of your day. The most important thing in your day. More important than anything else. So important that you are going to make it happen no matter what. Why is it so important to you? This isn't a 500 word essay. If you can't sum up why it's important in 20 words or less you do not have clarity of intention.

Do not write down why your MIT1 and MIT2 are important. That should be evident. If it's not evident it's not important try again.

C. Tactics and Tools. **What TT are you going to use today in order to accomplish HOTD, MIT1, and MIT2?** Write them down.

D. You're done writing. This should take no more than 15 minutes. **Now get you ass moving.** You know what you have to do (HOTD, MIT1, MIT2). You know why your HOTD is important. You know what tactics and tools you are going to use to accomplish your missions. You're going to stay the fuck off your cellphone. The girls are gonna have to tea party without you today because **you have shit to do**. If you fail today you can hang with the girls tomorrow.

Physical Fitness and Health Process and Journal:

0. Yes. You will write this stuff down each day. You must track what is happening to change what is happening. Here are things you will write about. Write as much or as little is needed for you to track success, failure, and opportunities. This in not about your feelz nor does it need to be long winded. Over time you will figure out what you need to tack and not track.

I. Morning. Sometime within the first 4 hours of your day:

1. **Sleep** - How fast did you fall asleep last night? How did you sleep last night? Did you wake up any time during the night? Why?

2. **Waking** - What time did you wake up? Did you hit the snooze button multiple times? Did you bounce right out of bed and hit the floor running? Did you knock out some morning sex before getting up?

3. **Morning** - How was your morning? Did you exercise? Doing what? Did you meditate? Why not? Did you drink caffeinated anything? How much? Was this your normal amount, more, or less?

II. Evening. At a time in the evening when enough of the day has gone by for you to have the relevant data:

4. **Supplements / Vitamins** - Did you take your supplements and/or vitamins. If you did not, why not? If you don't use these you can skip this.

5. **Booze / Nicotine / Caffeine / Dope / Other Drugs** - Did you partake in any of these? If so which and how much?

6. **Food** - Did you eat? What did you eat? Are you fasting? If you are fasting what day is this if you are multi-day fasting.

7. **Exercise** - Did you do exercise? Did you lift? If so record your lifts. Did you run? Did you yoga? If you did not exercise, why not? Is it an off day? Were you too busy?

8. **Bed** - Before you go to bed write down what time you stopped looking at computers and phones. Aim for no screen time in the hour before you go to bed. Write down what time you go to bed.

Suggested Tactics and Tools and methodologies:

1. Do the most time consuming task or the task your most dread first thing after you finish your journal. If there is something you really don't want to do getting that done first will lift the dread of doing it from the rest of your day.

2. Make sure your HOTD, MIT1, and MIT2 will fit in one day along with everything else you may have to do. Each of these don't have to be multi-hour projects. MIT2 can be something important with only a small amount of time required. Such as pay rent or fill up gas tank. Attempting to over-achieve will result in failure. Think large and realistic.

3. Factor in time each day for exercise/training and relaxation/recharging.

4. When possible use systems not goals. Your HOTD, MIT1, and MIT2 should support your systems, they should not be goals in and of themselves. **System** = write for 2 hours every day. **Goal** = write a book. **Systems are superior.**

5. Assess the risk, estimate the worst-case outcome and if you can handle that, go for it. The more you roll the dice the better your decision making will become.

You can find the most recent version of this document here:

<http://cls.link/wuhanplan>

You're welcome.

Journaling Cheat Sheet

Productivity Journal:

yesterday's HOTD, MIT1, and MIT2

yesterday's tactics and tools

grateful

success

IDL

distractions

today's HOTD, MIT1, and MIT2

why HOTD

today's tactics and tools

Physical Journal:

sleep

waking

morning

supplements/vitamins

booze/drugs

food

exercise

bed