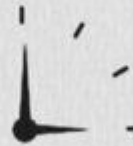


# 12 Things Men Learn Too Late

## The 3-3-3 Method

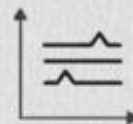
- 3 hours on your most important project



- 3 shorter tasks



- 3 maintenance activities



If you don't define a productive day, you'll never feel like you're doing enough.

# 5-Minute Rule

Discipline > motivation.

You aren't always going to want to do the work, whatever the work is.

Choose to do it for 5 minutes each day:

- Run
- Read
- Write
- Work-out

If you start, you won't stop.

That 5-minute will become 20, 30, or more.



the GROWTH GUIDE

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