



# Becoming unstoppable

## How to Become Unstoppable

### Introduction

If you're reading this, it's likely because you're tired of giving up. You're tired of laziness. You need change. Luckily, I specialize in training students to transform their mindset and their lives.

### Establishing an Unstoppable Mindset

A few days ago, I started a dopamine detox accountability group. Ten people and I committed to no TV, no nicotine, no short-term gratification. What struck me was their determination, despite their diversity in nationality and academic backgrounds. The common thread among them all was their unstoppable mindset.

### This Guide's Purpose

This guide will outline the importance of overcoming obstacles in simple steps. You'll learn how to identify, understand, and conquer your challenges. You'll understand how to apply these strategies in real life to help not only yourself but also others become unstoppable.

### Common Student Struggles

In my coaching career, I've found that most student struggles can be categorized into one of the following:

- Procrastination
  - Knowing what to do but feeling physically unable to do it until stress level increases

- Time management
  - Feeling like there isn't enough time to do desired activities due to time wastage
- Lack of motivation
  - Relying on emotional state to start studying
- Stress and anxiety
  - Becoming trapped in a cycle of stress from not studying and avoiding study due to stress

## **But first:**

Each of these four core problems needs to be identified and addressed individually. However, before we do that, I suggest two implementable strategies to:

1. Make your problem-solving more efficient
2. Ensure you don't revert back to old habits

Think of it as starting exercise and dietary changes simultaneously with diabetes treatment. Both are crucial together, but without the lifestyle change, the medical treatment will inevitably fail.

The two baseline strategies are:

1. Build incredible self-discipline
2. Identify your dream self

These are the characteristics I've found in my most successful students, as well as those in my dopamine detox accountability group who consistently achieve their daily habits.

## **Building Self-Discipline**

Building self-discipline seems tricky. It's about being kind to yourself, not forcing your will each time or flexing your mental strength. It's about treating yourself the way you would treat a good friend who's striving to achieve their goals.

People often imagine self-discipline as waking up 4am every day, training rigorously, and having ice-cold showers. I'm here to tell you, that's not what it is. The most crucial aspect of self-discipline is becoming comfortable with discomfort.

Discipline isn't about exerting mental strength each time; it's about being kind to yourself. For instance, if a friend wanted to become super strong in three months and asked you to keep them accountable but didn't show up at the gym, what would you do? Or, if a friend aimed for an 'A' in an anatomy exam but spent their time sleeping and scrolling TikTok instead of studying, how would you respond?

Being kind doesn't mean making excuses for their lack of effort or saying they deserve relaxation because studying is stressful. As a good friend, you would kindly encourage them to put the phone away and focus on their goals. This approach is what self-discipline actually is.

## **Embracing Discomfort**

Comfort zones don't facilitate growth. To grow is to persevere. Just as evolution requires organisms to survive in harsh conditions, personal growth often involves discomfort. Embrace the uncomfortable. It's these uncomfortable actions that make you better.

Consider the first fish to venture onto land during evolution. Did they do it for comfort? Probably not, but that's where the food was.

Become comfortable with discomfort. Tell yourself to endure the ice bath for a few minutes longer. Tell yourself to run just one more kilometer. Encourage yourself to study one more chapter in the library. Just one more patient anamnesis.

All the uncomfortable actions. Make. You. Better.

## **Envisioning Your Dream Self**

The second strategy involves envisaging your dream self. This vision will keep you motivated through the discomfort. Define your dream self. What do they look like? What are their achievements? What are their values? Once you've identified your dream self, chart the journey from your current self to your dream self and identify the first measurable step towards it.

# Problem-Solving Strategies

Once you've established these two baseline strategies, you can work on addressing your core problem. Here are some solutions:

- Procrastination:
  - Identify your fears that are holding you back
  - Start with small, non-negotiable goals
  - Use the "eat the frog" strategy to tackle the most dreaded task first
- Time Management:
  - Track your daily activities and classify them as desirable or undesirable
  - Schedule your desirable activities and fit other tasks into your free slots
- Lack of Motivation:
  - Break the habit of studying only when you feel like it
  - Form study groups for accountability
  - After 21 days, this will become a habit, eliminating the need for motivation
- Stress and Anxiety:
  - Use brain dump to prevent mental overload
  - Practice mindfulness when it gets overwhelming
  - Focus on tasks that align with your dream self and forget the others

## Becoming Unstoppable: An Exercise

By applying these strategies, you too can become unstoppable. I've seen it happen for numerous students. Success follows a formula, and if you adhere to this formula, you will achieve success.

Here's an exercise to help you become unstoppable:

- Dream Self:
  - What does your dream self look like? What are their characteristics?
  - Plan how to become your dream self, step by step.

- Discipline:
  - What uncomfortable steps do you need to endure?
  - Why aren't you doing it? How would your best friend encourage you?
- Core Problem:
  - Identify your core problem and the underlying fear driving this behavior.
  - What's your plan for turning this around and becoming successful?

## **Additional help & personalized coaching opportunity**

If you need any help with these exercises, don't hesitate to reach out on Instagram @studentdrdagny.

If you're interested in more in-depth 1:1 coaching with me to become your dream self faster, using my tried-and-tested methods, book a free call here. This call is not about selling; it's about getting to know you and understanding if we would be a good fit for coaching together.