

What I learned about 5 Pillars

5 Pillars has taught me the differences about life and how to control different businesses in life. 5 Pillars can teach us how to use different D1 through D5 Dopamine factors. I also learned about how to use person vs person, person vs self, person vs society/environment, person vs technology. We've had lessons on having the materials for yourself and being able to pass it to your people and others that need it. Proverbs verse 22:29 says " Seest thou man diligent in his business? He shall stand before kings; He shall not stand before mean men. When you focus on men who are skilled you focus on other people that are more skilled. When you see someone that is skilled you can help people that are trying to work on their skill to get better. By doing that you are showing kingsmanship. We had a push-up challenge. I lost because I didn't fight through the pain. If I was to master breathing correctly I could've won. I had a tough battle in the push-up challenge. Next time I will win the push-up challenge when I master breathing the correct way. The AAC method is accountability: accountability is being responsible in life. My accountability is for me to help my family with things and life. Accountability is to not listen to what others have to say and focus on the things that are worthy in life. Availability: to make yourself available to do things. I make myself available to do things for my family, to take care of my siblings, to take showers every day. I make time for me to come to school to get the grades I need to graduate to a better school in life. Consistency: to have an available game plan throughout the week. I have a consistent schedule to take advantage of to take care of my family. My schedule is to take care of my siblings, wash dishes, do homework, etc.

By adding things that we like to our attention it excites our reward system. We are going to talk about the 5 pillars workout plan. When talking about mental different things like mental health and more. When you push your d1's you can do more and do better. You can exceed life when you have your d1's. Your mind is more than a mindset, it is a mind-system you are able to have a mind-system when you push yourself to new limits. You know we went through the slave trade, we are prisoners of war. Prisoners of war are lower class citizens of someone else. I have to understand my history to understand my legacy. The next pillar is Emotional, when you think about emotion you think of anger, sadness, happiness, and fear. In order for you to gain control over your emotions, you have to focus on your ingo. Another way for you to control your emotions is to focus on your breathing. I am a person that sleeps a lot in life. BY managing my time I'm able to have more financial stability and more business relationships. Now we are going to the financial pillar. By praying to good I am creating a relationship with GOD. If you want to manage your time, have a consistent time plan.

Dopamine can connect to you in different ways. I did the push-up challenge again and it hyper-stimulated my brain. When we did the NBA Combine I used dopamine receptor 4, by playing basketball to align with math to stimulate my brain. I have ADHD and when I did the

push-up it helped me calm down and not be so hyper-active. Everybody thinks that kids that have ADHD should be on pills, which is not true. Kids with ADHD can do things that can calm them down. For example, the push-up challenge can help calm kids down. I think kids should do things that boost their dopamine levels, which is going to excite their reward system.