



THE AFTER-WORK POWER QUEST

7-Day Energy Reboot Experiment

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Level: 18 – Builder Class

Mission: Crush the 3:30 PM energy crash, restore natural motivation, and feel unstoppable.

Difficulty: ☆☆☆☆☆

Expected Rewards: Energy, focus, stronger gym sessions, clearer mindset, better mood.



CURRENT STATUS "THE ENEMY" YOU FACE

Here's your daily grind:

- 6:00 AM – Wake up tired, low motivation
- 6:15 AM – Bagel + peanut butter + banana (fuel, but missing micronutrients)
- 7:00 AM – Work begins (cooking, stress, standing)
- 10:00 AM – Optional snack
- 12:00 PM – Lunch overload (meat + eggs + starches) → **3:30 PM crash**
- 3:30 PM – Doom-scroll or force yourself on your business
- 6:00 PM – Dinner high in protein, low in micronutrients
- 7:00 PM – Gym
- 8:00 PM – Work / scroll
- 10:00 PM – Bed, still wired

Current Boss: The afternoon crash.

It's not testosterone. It's **digestion + dopamine + routine load**.

“Fix the rhythm, not your hormones.”



DESIRED OUTCOME – YOUR NEXT LEVEL

Imagine:

- Wake up energised at 6:00 AM
- Hit work and life with natural drive
- Spread energy and positive vibes
- Eat better without thinking (micronutrients first)
- Gym and business flow naturally
- End day motivated, not exhausted
- Build habits that feel like **your own power-up system**

QUEST OBJECTIVES – YOUR 3 MAIN POWER MOVES

1 FRUIT FIRST RULE

Before lunch: Eat 1–2 **fruits first**, wait 5-mins, then enjoy your regular meal.

Why it works:

- Activates digestion
- Smooths blood sugar
- Reduces overeating
- Adds missing vitamins & minerals

Power Buff: Stable energy + less crash + better focus.

2 AFTER-WORK POWER MOVE

When you get home:

- 1 Put your phone away
- 2 Quick shower
- 3 Change clothes
- 4 Go **directly to the gym**

Do not sit. Do not scroll.

Power Buff: Stress → strength. Momentum carries you. Confidence builds naturally.

SCROLL LOCK

Social media unlocks **only after dinner**.

Power Buff: Mental clarity, focus, and less brain fog.

BONUS POWER-UP

In the morning: expose yourself to **sunlight** (you already do it, keep it going).

Bufs: Faster wake-up ⚡, circadian rhythm regulation ⌚, better sleep 🌙

DAILY XP TRACKER

Rate each from 1–10:

⚡ Energy at 4 PM

🧠 Focus at 8 PM

👜 Morning Freshness

Track your stats like a game. Progress = XP. Finish the quest = new level unlocked.

WHY THIS WORKS

- Afternoon crash = symptom of **bad timing + heavy lunch + dopamine loops**
- Fruit first = micronutrients + digestion buffer
- Gym after work = converts stress → energy
- Scroll lock = dopamine control
- Morning sunlight = hormonal rhythm boost

All combined → natural motivation restored without forcing discipline.

QUEST COMPLETE

Run the protocol for **7 days**.

Observe energy, focus, and mood improvements.

Phase 2: Once completed, unlock **full optimisation**... meals, mindset, business energy, holistic health ;)

"Energy creates motivation. Not the other way around. Fix the rhythm → the driven version of you comes back naturally."