

■ Get Your Sh*t Together

Stop Hating, Start Building

If you're sitting on your ass, scrolling all day, gossiping, and blaming the world for your problems, here's the truth: **you're the problem.**

Nobody owes you sh*t.

Not your family.

Not your friends.

Not society.

Your future is built on what you do TODAY. If all you do is complain, hate, and waste time, your future is nothing but the same sh*t on repeat.

Stop the Hating

You think you're winning by tearing people down? Wrong.

Hating only proves you're stuck.

- ✓■ Get your emotions in check.
- ✓■ Stop obsessing over people doing better than you.
- ✓■ What you want? You'll never get it while you're hating on the people who already have it.
- ✓■ Respect energy — if you want it, learn how to build it, not how to destroy it.

Hard Truths Checklist

- Stop blaming family, friends, or society.
- Stop playing the victim. That energy builds nothing.
- Stop scrolling and gossiping about others. That doesn't pay your bills.
- Stop wasting days. Today's actions decide tomorrow's life.

Write your truth:

One excuse I keep repeating is: _____

One way I waste most of my day is: _____

One person I blame instead of facing myself is:

Accountability Questions

Answer these raw and don't lie to yourself:

1. What excuse do I use every damn day?
2. Who am I blaming instead of facing myself?
3. What do I do with most of my day? Does it build sh*t or waste sh*t?
4. What emotions control me instead of me controlling them?
5. If I stopped hating for 30 days, what could I build?

Action Reset

Stop talking. Start moving.

- **One Hard Thing Rule:** Do ONE thing daily that makes you uncomfortable but moves you forward.
- **Cut the Trash:** Write down 3 toxic habits keeping you stuck. (Scrolling, gossiping, excuses, playing victim, etc.)
- **Create Instead of Hate:** Write down 3 things you can BUILD in the next 30 days.

Workbook Page:

Sh*t I Will Stop Doing: _____

Sh*t I Will Start Building: _____

Closing Punch

Listen: hating won't make you rich, free, or happy. It just makes you broke, bitter, and stuck.

The second you take accountability is the second your life starts changing.

Stop crying. Stop hating. Stop blaming.

Get up. Get moving. Get your sh*t together.

Next Step

If this freebie pissed you off, good. That means it was meant for you.

This was just the warm-up. The real hit is coming:

■ **Own Your Bullshit** — my upcoming book where I drag every excuse, every lie you tell yourself, and every victim mindset into the light.

No sugar. No babysitting. Just the truth you need to hear.

■ Until then, keep this freebie close. Reread it every time you slip back into blaming, hating, or sitting on your ass.

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Every Awakened Soul is a Creator.