



MVS: You Have No Time.

Title

You Have No Time.

Description

"You act like mortals in all that you fear, and like immortals in all that you desire" - Seneca

If you are not aware that you are dying, you can't live to the fullest.

Time is our most precious resource, yet we often behave as if we have an endless supply. The truth is, **life can be much shorter than we expect**. In modern society, comfort and routine have **anesthetized** us to the **urgency of life**. Our ancestors, constantly exposed to daily risks, lived with a **heightened awareness of mortality**. Today, however, we are lulled into complacency by convenience, distraction, and a false sense of security. As humans, we often fall into the trap of **feeling as time is abundant**. Our minds naturally default to thoughts like "I'll do it later" or "someday," causing us to put off the things we care about most. It's astonishing how unaware we are of the fact that **we are literally dying day by day**.

Bear in mind that from the moment you are born, **you are a living countdown** with an **unpredictable duration**. The gift your parents gave you is, ultimately, a death sentence. Depending on your level of anesthetization, absorbing this concept should be enough to **bring clarity** to your mind. There is no life without death.

As stark as it may sound, **time is not waiting for any of us**.

The main question to ask yourself is: are you truly **perceiving the value** of time? Do you realize when you **waste** it? Are you aware that every moment is **gone forever**? Are you giving your time **to everyone indiscriminately**, often for an insulting amount of money or for useless behaviors? How is it possible that you don't feel the **urgency to act**—not tomorrow, not next week, but **right now**—to cut distractions and **protect your time**?

Understanding that our time is finite allows us to **overcome** self-doubt and procrastination, live with intention, and focus on what truly matters. **Awareness** of death can drive people to make more **meaningful choices** and **take action**.

The belief that we always have **another chance**, more time, or the ability to procrastinate is a subtle trap: it deceives us into thinking we can **delay** what we actually want and need to do today. It's a form of **self-preservation and discomfort avoidance** that keeps us distant from our inner truth—the truth that only emerges when we face life with urgency and consciousness.

Imagining death as a presence at our back is a powerful call to **live fully** in the present. When we understand that time is not infinite, our **purpose becomes clearer**, and every action gains deeper meaning. Acting with this perception compels us to make **authentic** choices, to **decide without delay**, and to live with the **energy** and **seriousness** that come from knowing that any moment could be our last. It might also mean cutting toxic relationships, changing jobs, leaving something behind, and saying "**NO**" as many times as necessary.

This perspective pushes us to ask **what we truly want**, what makes us feel alive, and to have the **courage** to follow this path **without hesitation or excuses**. The fear of the end becomes, paradoxically, a **guide toward authenticity**.

We easily accept earning \$10 per hour. But is your time really worth that amount? Check your mobile phone usage statistics. Is it okay to throw away hours scrolling through meaningless TikTok videos? You need to **feel the waste**. You need to **get angry** with yourself and your current state. Anger is energy. **Discomfort drives action**. Direct that energy toward **self-improvement**, acquire valuable skills, demonstrate your true value, earn what your time is worth, and follow your mission. It's astonishing how some people are afraid, also after several years of experience, to ask for the right price (thinking, "*Am I asking too much?*"), underestimating the value of their time. **We are conditioned** to accept low wages, the bare minimum, and a lack of ambition.

Obviously, it's **not just about money** but most importantly about **how we choose to spend our time** day by day. Are you engaging in useless or self-destructive activities? **Being true to yourself is not easy**, but **it's the only way** you can feel like you're "doing something right." **Protect the integrity of your identity** by investing your time in actions that reflect your true self.

It's as simple as that: you don't have time to waste my dear Mr./Mrs. Couch Potato.

Tasks

We are going to take advantage of the mind's visualization ability.

1. Visualize near death (life) experience

The mind is a powerful tool. You can anticipate feelings and sensations of situations and actions just by visualizing them.

Find a quiet, dark room. Put on your earbuds and watch these videos:

- [Tyler Durden's Near Life Experience Scene](#)

- *"If you would die right now. How would you feel about your life?" - Tyler Durden*
- [Raymond Motivation Scene](#)
 - *"On a long enough timeline the survival rate for everyone drops to zero"*

In these scenes, Tyler Durden introduces the concept of a “**near life experience**” suggesting that when you have a close encounter with death, you gain absolute clarity about **who you are** and what you want to be.

You don't need to put your life in danger, but you must practice a very deep visualization exercise. Make it **as real as possible**. Again, you must take this seriously.

I cannot emphasize enough the **serious approach** you need to adopt when reading and **applying** this newsletter. If you read it like a novel, a checklist, or just another distraction, then **please click unsubscribe** because you are wasting your time.

Start the visualization process, adding as **many details as possible**—feelings, emotions, colors, surroundings, familiar environments. You need to **trigger a strong emotional response** that you would be able to recall in the future. Here are a few examples:

- You are on your usual commute to work (e.g., on the metro). A man wearing a cap and sunglasses enters the train. The doors close, and he begins looking around, appearing anxious. His left hand is in his pocket. Suddenly, he pulls out a gun and starts shooting people around you. The passengers scream in panic. There is blood everywhere. You are shaking. He turns and starts pointing the weapon at you; you are his next target.
- Imagine that persistent, mild headache you've been ignoring. You undergo a specialized medical examination that reveals an advanced brain tumor. You only have one month left to live.
 - How do you feel?
 - What would you change right now in your life?
 - What are your biggest regrets?

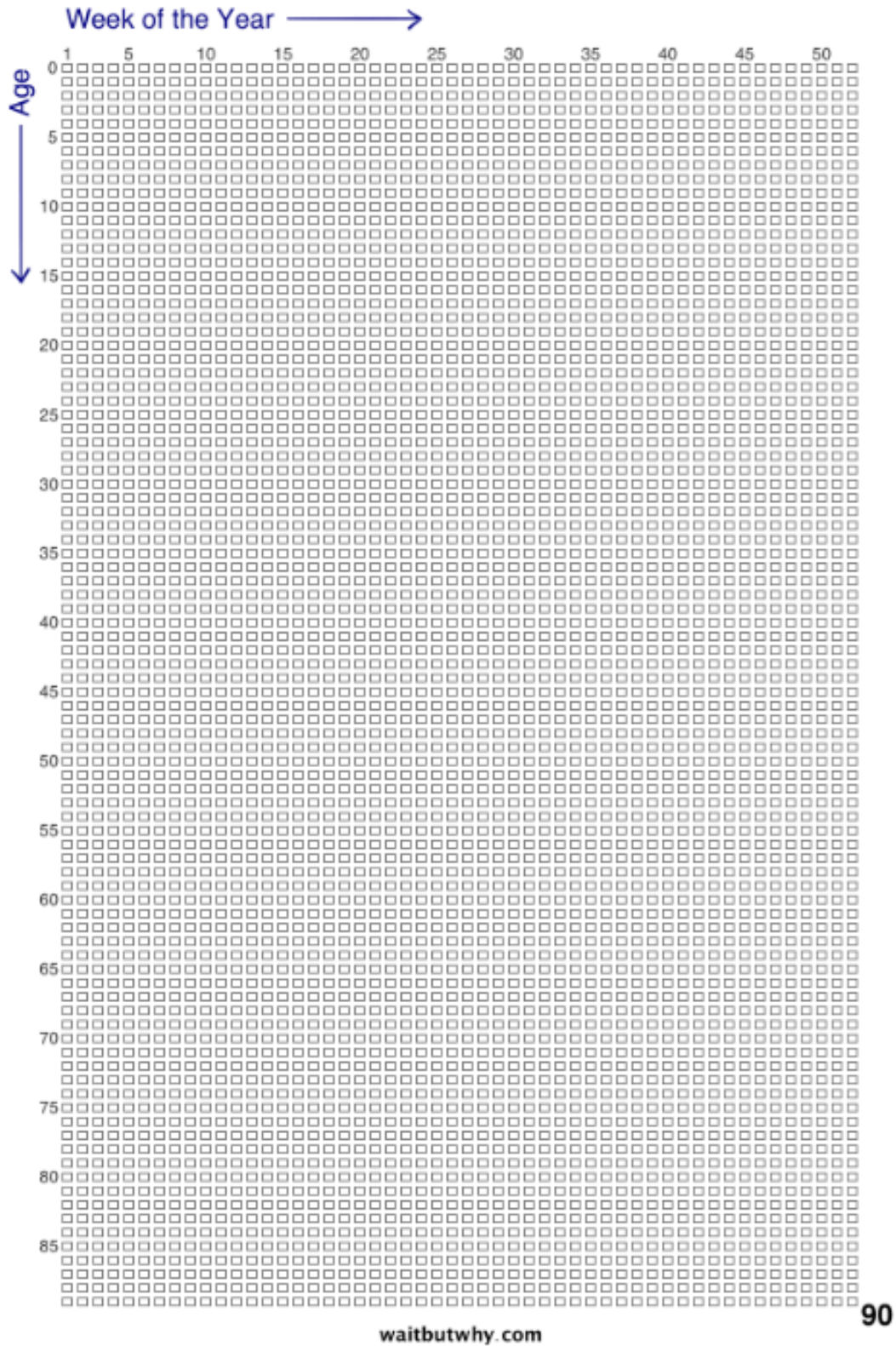
- What is your true inner purpose?
- Have you lived a life worth living?
- Would you have postponed that project you cared so much about even longer?
- Would you have taken more risks in life?
- Would you have talked to that person?

2. Visualize the Shortness of Life

This is your life in weeks: **a single page filled with dots**. This visualization is based on an optimistic life expectancy of 90 years. In reality, life expectancy can vary greatly: 1 day? 3 years? 20 years? 50 years? Nobody knows—be **grateful** and **take care of your health**. Additionally, the quality of life is **uncertain**: will you develop a permanent disability? Suffer a life-threatening injury? Contract a serious infection? Again, who knows.

You have far less quality time than you think to accomplish things that truly matter. Put in the effort to **protect your time and health**, and **make decisions aligned with your inner purpose**.

A 90-Year Human Life in Weeks



Insert your date of birth here and check where you are currently:

- <https://www.bryanbraun.com/your-life/weeks.html>

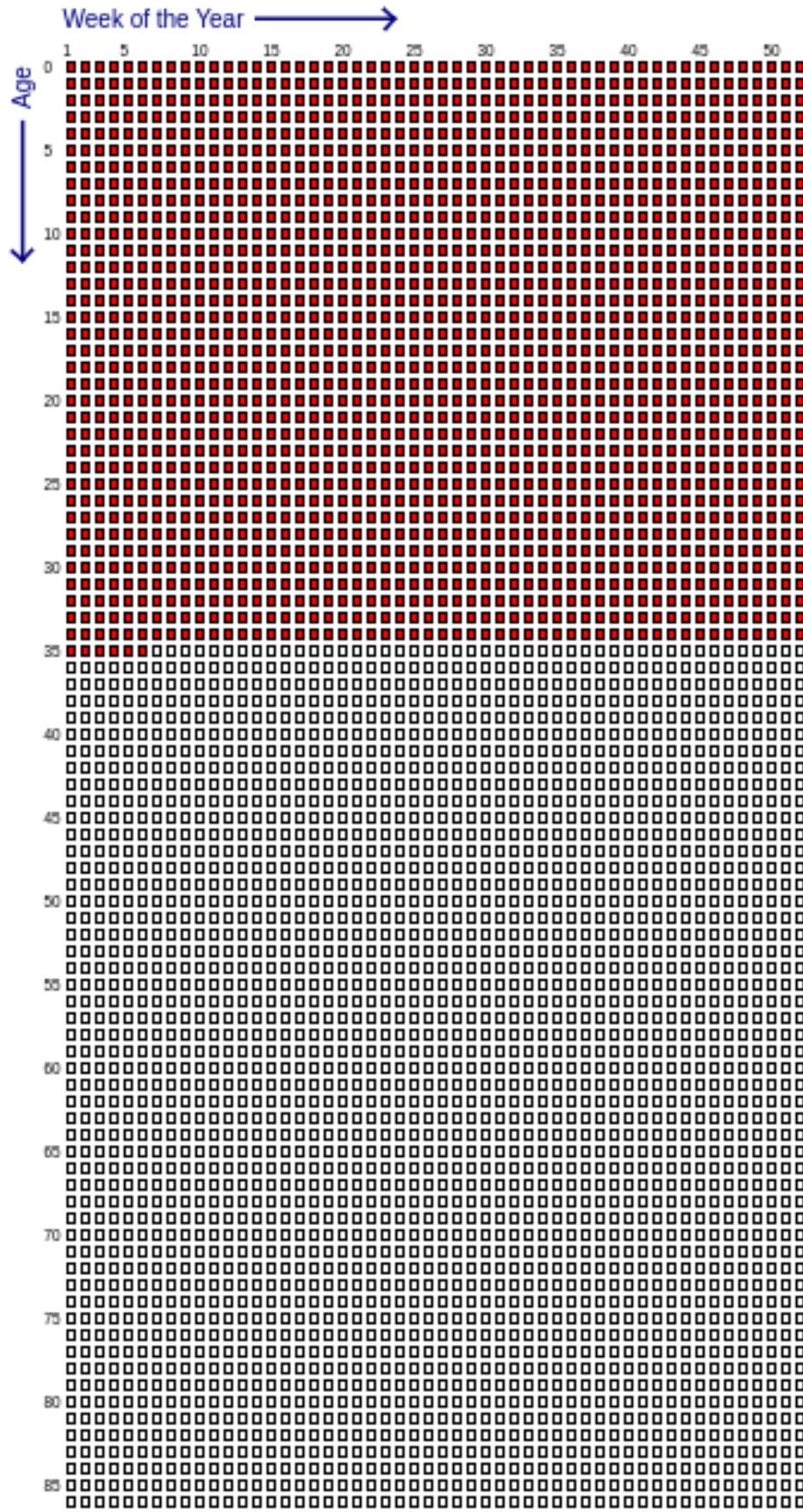
Let's do an example. In this scenario, you have already lived about one-third of your life, likely the part where you have the **most energy and biological potential**. You might think there's still a lot left, but as always, we don't know what the quality will be, if there will be any unforeseen events, or what else might happen. We know for sure that the quality of life tends to decline; **we cannot escape the laws of nature**. You understand well that you cannot afford NOT to dedicate time to develop your health, mind, relationships, pursuing your true self, respecting the integrity of your identity while avoiding unnecessary distractions.

As simple as it may sound, remember (daily) that **you have one life, not ten**.

Your Life in Weeks ▾

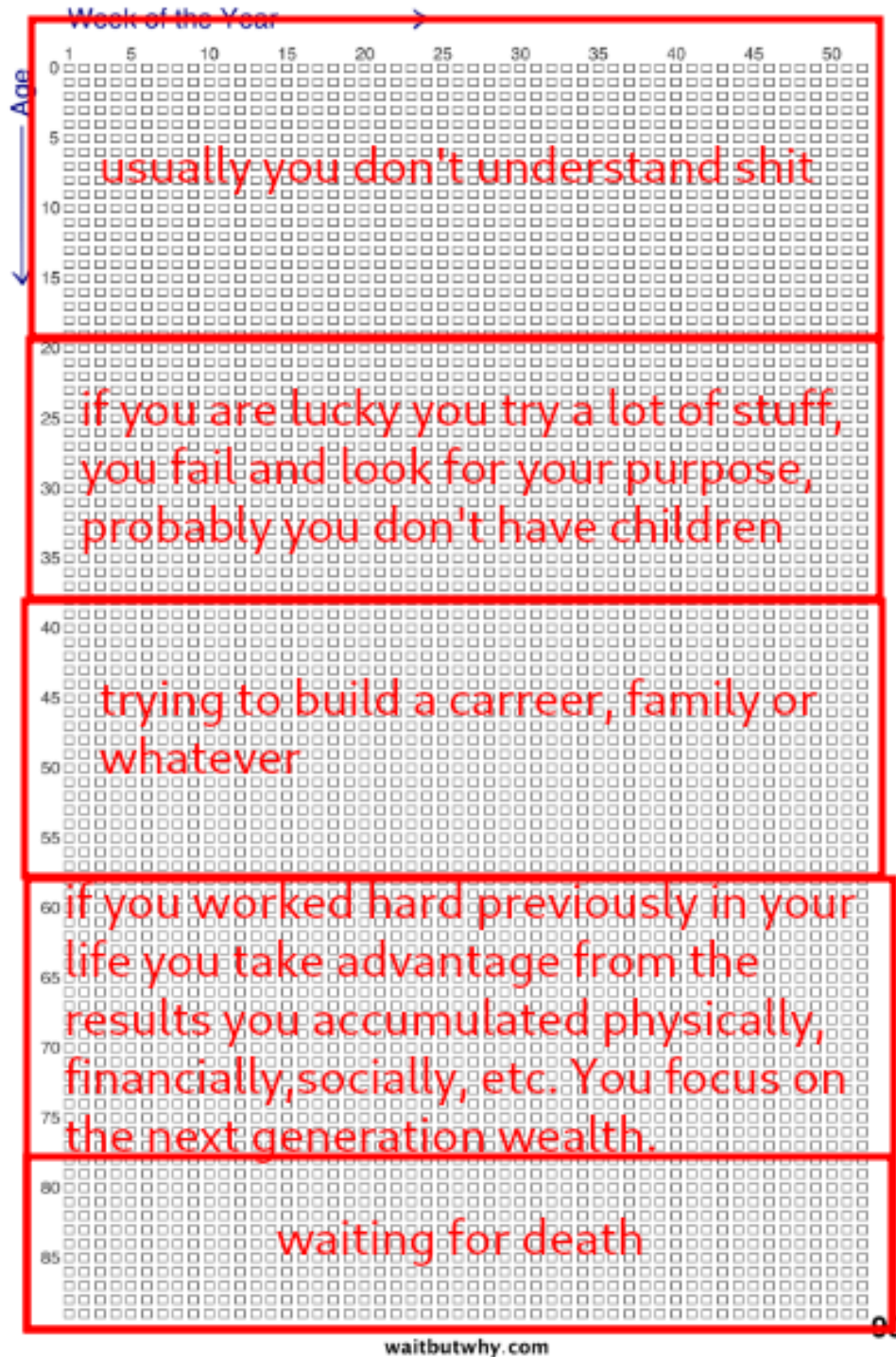
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In the next representation, life has been divided into different segments. This can be considered the scenario of an average lifespan. **There is no room for nonsense.** Reflect on how many segments you have been through, how you lived them and how to approach next ones.

A 90-Year Human Life in Weeks



3. Memento Mori Meditation

Each morning, look at the mirror and ask to yourself **If I'm dying today I did enough?**

Visualize yourself at the end of your life, looking back on how you've spent your time. What decisions will you regret? What actions will you wish you'd taken sooner? This ancient Stoic practice helps bring clarity and urgency to daily decisions.

4. Prioritize the Vital Few

Make a list of the **five most important things in your life**—your relationships, personal projects, health, etc. These are the things that matter the most. For each of these, identify one action that you can take this week to make progress. This will keep your focus on what truly matters, rather than getting lost in busywork.

5. Time Diary

Track every activity you do for a week, noting how much time you spend on each one. At the end of each day, review the diary and reflect on **how much time was invested in meaningful pursuits versus distractions** (such as mindless scrolling or TV). Adjust your schedule accordingly, prioritizing the activities that bring you closer to your most important goals.

6. Set Boundaries on Nonessential Commitments

Write down every **commitment that doesn't add to your personal goals or ambitions**. This may include workplace obligations that don't support your growth, social engagements out of obligation, or routines that feel like “filler” in your day.

Then create Your **“No” List**: review each item and decide which ones you can say “no” to in order to prioritize your own growth. Be **strategic** and **practical**, ensuring you can truly let these tasks go without detriment.

Duration

Until you grasp the fleeting nature of life and finally wake up.

Expected Results

- You developed a **heightened awareness of how limited your time is**, allowing you to make **clearer**, more **courageous**,

powerful and **purposeful decisions**.

- You'll learn to bypass self-doubt and **act** with urgency, **free from distractions** that typically consume our lives.
- You will feel **more connected** to your core goals and **values**, with a clear plan on how to achieve them within the time you have left.
- You can use **mind's visualization ability** to trigger emotional responses.

Go and **live at your fullest** dear Mr./Mrs. Couch Potato.

For any feedback, criticism, suggestions, chat:
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