

# STEP 8 – ASSIGNMENT



**Develop your preparation routine. Write it down in on the pages below. Feel free to create your own format. There is an example of a routine at the end of this section as a reference point for you. It is detailed! Some guys love this level of detail, some guys love more generality (an order but not necessarily times, etc.); find what works best for you!**

Tip: It is easier to become more general after having a lot of details, compared to the other way around.