

Hamza Call Recordings

[Midday: Mon 24 April](#)

[Evening: Mon 24 April](#)

[Morning: Tue 25 April](#)

[Midday: Tue 25 April](#)

[Evening: Tue 25 April](#)

[Morning: Wed 26 April](#)

[Evening: Wed 26 April](#)

[Morning: Thu 27 Apr](#)

[Midday: Thu 27 Apr](#)

[Evening: Thu 27 April](#)

[My YouTube Scripts 28/04/23](#)

[My Diet 28/04/23](#)

[Camera Skills 28/04/23](#)

[Entrepreneur Productivity 28/4/23](#)

[Nofap vs Lessfap 28/04/23](#)

[How To Speak Concisely 29/04/23](#)

[Weighing every single grain of rice at work lol](#)

[Father Problems](#)

[I'm 16. Should I date? 29/04/23](#)

[My Goals So Big I'm Overwhelmed 2/5/23](#)

[Healing From Trauma](#)

[School Takes Too Much Time](#)

[Applying For Internships](#)

[Nowhere to Record Vids 2/5/23](#)

[No Time to Meditate, Journal](#)

[Schedule Isn't Working For Me](#)

[Can't Connect With Father](#)

[YouTube Income Beliefs](#)

[Not Enjoying Business](#)

[Wasting Time Watching YouTube](#)

[Lost Weight, But Progress Stalling](#)

[Balancing YouTube & School](#)

[What Business To Do](#)

[Loving My Family](#)

[Anti-Depressants](#)

[Goals For Dating](#)

[Dad Cheated On Mom](#)

[College or Girlfriend?](#)

[Hamza's First Call Back From Surgery](#)

[Getting Mum On Self-Improvement](#)

Hamza Interactive Lessons

[Estrogenics](#)

[Productivity](#)
[Effortless Essentialism](#)
[The Other Side Of Male Life](#)
[YouTube Leadership](#)
[YouTube Storytelling](#)
[Using ChatGPT For 1 Million Views](#)

Mindset Course

[Welcome](#)
[Theory Of Constraints](#)
[Work All Day & Forget About Passive Income!](#)
[Change Identity For New Level Of Success](#)
[Don't Fry Your Dopamine Receptors](#)
[\\$10k Per Month Isn't A Lot Of Money](#)
[Likes Ain't Cash](#)
[Penetrate Your Fears](#)
[Lifelong Student](#)
[Money Is The Score, Business Is The Game](#)
[Invest In Yourself](#)
[Goodbye](#)

YouTube Video Creations Secrets Course

[Welcome](#)
[How To Get Started With Your First YouTube Video](#)
[How To Choose Your 'Niche'](#)
[The Power Of Daily Uploads](#)
[Generate Video Ideas That Get Lots Of Views](#)
[The Magic Video Formula That Exploded Our Channel](#)
[Magic Video Formula 1: Intro Hook](#)
[Magic Video Formula 2: Tell Detailed Stories](#)
[Magic Video Formula 3: Polarisation Through Rants](#)
[Magic Video Formula 4: Show That You Care](#)
[You Need A Right-Hand Man](#)
[How To Hire A Personal Assistant You Trust](#)
[Building The Ultimate Team](#)
[Goodbye](#)

\$10k/Month From Your YouTube Subscribers Course

[What Is An Online Course & Why Do People Buy It?](#)
[What You'll Get From This Course](#)

[How To Know Which Topic To Teach In Your Course](#)

[How To Know If Your Course Idea Will Sell](#)

[Planning Your Course](#)

[Scripting Your Course Videos](#)

[Recording Your Course Videos](#)

[Editing Your Course Videos](#)

[Creating The Course Product Page](#)

[Creating The Course Sales Page](#)

[What Price To Sell Your Course At?](#)

[Connecting Kajabi to Clickfunnels](#)

[Testing To Make Sure That Everything Works](#)

[Beta Testing](#)

[Announcing Your Course On YouTube](#)

[Everything's Set Up - What To Do Now](#)

Building A Cult-Like Audience Course

[1000 Cult Members](#)

[Speak Like A Charismatic Leader](#)

[Have A Mission That's Genuinely Important](#)

[Give Them A Vision Of A Better Life Together](#)

[Create Your Own Terminology They Can Use](#)

[Us Vs. Them](#)

[Separate Them From Their Social Circle](#)

[Make Their Life So Much Better By Following You](#)

[Involve Cult Members - Make Decisions Together](#)

[Reputation Is Everything](#)

Aesthetic Body Course

[Aesthetic Body Training Program PDF](#)

[Diet Plan PDF](#)

[No Bullshit Dating App Guide PDF](#)

[Shirtless Pictures Guide PDF](#)

[Welcome](#)

[What Is An Aesthetic Body?](#)

[Benefits Of Building Your Aesthetic Body](#)

[What It Takes](#)

[Your Expected Aesthetic Date](#)

[Do The Hard Work Even When You Don't Feel Like It](#)

[There Is No Catching Up, Only Preparation](#)

[You Want This For Life](#)

[How To Build Muscle As A Beginner](#)

[How To Use The Training Program](#)
[Training Lesson 1: The 6 Aesthetic Muscles](#)
[Training Lesson 2: This is Bodybuilding](#)
[Training Lesson 3: Progressive Overload Is Key](#)
[Training Lesson 4: Resistance Training Styles](#)
[Training Lesson 5: Age Determines Muscle Mass](#)
[Training Lesson 6: Technique Over Everything Else](#)
[Stretching](#)
[Neck](#)
[Traps](#)
[Chest](#)
[Front Delts](#)
[Lateral Delts](#)
[Rear Delts](#)
[Lats](#)
[Abs](#)
[Lower Back](#)
[Biceps](#)
[Triceps](#)
[Forearms](#)
[Glutes](#)
[Hamstrings](#)
[Calves](#)
[How To Start Dieting As A Complete Beginner](#)
[Diet Lesson 1: Bulking & Cutting](#)
[Diet Lesson 2: Weigh And Track Your Food](#)
[Diet Lesson 3: Protein](#)
[Diet Lesson 4: Carbs](#)
[Diet Lesson 5: Fats](#)
[Diet Lesson 6: Ideal Macronutrient Split](#)
[Diet Lesson 7: Meal Timing for Lean Muscle Mass](#)
[Diet Lesson 8: Supplements - No Bullsh*t Guide](#)
[Explanation For The Videos](#)
[High-Calorie Shake](#)
[Oats w/ Peanut Butter & Dark Chocolate](#)
[Beans On Toast With Cheese](#)
[Noodles & Boiled Eggs](#)
[Salmon & Sweet Potatoes](#)
[Bulk Or Cut?](#)
[What Weight Should I Lift?](#)
[My Shoulder/Elbow/Wrist Hurts When I Exercise](#)
[What To Do If 1 Side Of My Body Is Bigger?](#)
[What To Do When You're Overwhelmed With Everything](#)
[Should I Use Social Media When I'm Aesthetic?](#)

[Sign Up To The Gym WITHOUT Overwhelming Yourself](#)
[Don't Quit Your Workout Blueprint](#)
[Endless Energy & Motivation Hack](#)
[Cure Muscle Soreness & Get Back In The Gym](#)
[Make Sure You're Making Gains & Becoming Aesthetic](#)
[Workout Just 1 Day A Week To Make 63% Gains](#)
[Adonis Will Convert Your Parents In 30 Minutes](#)
[Crazy Easy Cooking Guide For Newbie Chefs](#)
[The Eating Solution](#)
[Increase Your Testosterone By 30% Tomorrow](#)
[Don't Spill Your Gains Fapping](#)
[Mog The Civilians - Look Better Than Other Guys](#)
[Get Some Ass Masterclass](#)
[Her Aesthetic Body Accelerator](#)
[Passive Hang](#)
[Active Hang](#)
[Support Hold](#)
[False Grip](#)
[Knee Raises](#)
[Pull Up](#)
[Dips](#)
[Row](#)

Sleep Course

[Manage Stress To Improve Sleep PDF](#)
[How To Maximize Your Morning Routine PDF](#)
[How To Optimize Your Bedroom Environment PDF](#)
[Supplements To Help You Sleep PDF](#)
[Morning Sleep Call 29.05.23](#)
[Evening Sleep Call 29.05.23](#)
[Morning Sleep Call 05.06.23](#)
[Evening Sleep Call 05.06.23](#)
[Morning Sleep Call 12.06.23](#)
[Evening Sleep Call 12.06.23](#)
[Morning Sleep Call 19.06.23](#)
[Evening Sleep Call 19.06.23](#)
[Focusing on Progress for Better Sleep](#)
[Live Open Q and A Session. Big Value! 03.07.23](#)
[How to maximise and Improve Sleep Quality 03.07.23](#)

Affiliate Marketing

[Lesson 1 - Introduction to Affiliate Marketing](#)

[Lesson 1's Hands-On Activity](#)

[Lesson 2 - Niche Selection and Market Research](#)

[Tips for A/B Testing TikTok Videos](#)

[Lesson 3 Pt1 - Building An Online Presence](#)

[Lesson 3 Part II : Building An Online Presence](#)

Make \$10,000 With Skool

[1. Introduction](#)

[2. 'MVP' Mindset](#)

[3. Fast Win: Make It Now!](#)

[GET HELP](#)

[Pre-Sell Your Community!](#)

[4. Thrivecart](#)

[5. Split Test](#)

[6. Sales Video](#)

[7. The Launch](#)

[8. How to Give Them Value](#)

[9. Get Feedback](#)

[10. Wrapping Up](#)

Find Your Purpose

[Should I go to school or build a business?](#)

[Morning 30 May](#)

[Evening 30 May](#)

[What business should I start](#)

[I want to socialize but when I do I feel guilty...](#)

[How do I explore my purpose layers with no resources?](#)

[Finding Purpose with Health Limitations](#)

[When you lack motivation to your purpose](#)

[What if my purpose doesn't provide any value?](#)

[How do I balance my purpose with my normal life?](#)

[How do I trust my intuition?](#)

[How do I balance different passions?](#)

[Do I need experience with woman?](#)

Dopamine Detox

[Ultimate Guide to Dopamine Detox P1 - 25-06-2023](#)

[Ultimate Guide to Dopamine Detox P2 - 26-06-2023](#)

[Taking Dopamine Detox to the next level P1](#)

Testosterone

[Testosterone Basics \(7pm 21/06/2023\)](#)

[Exercise, Varicocles and Q&A \(7pm 22/06/2023\)](#)

[Testing, Sunlight and Milk \(7pm 28/06/2023\)](#)

[Soy, Workouts and Stupid Doctors \(7pm 29-06-23\)](#)

How To Fuck Like An Alpha Male - 22 videos

https://drive.google.com/drive/folders/1PVHuzUZgVY622M35vCsfud84_QAYtVcE