

Trenton's 60 Day Rainmaker Challenge

Accountability Document

Whats up G's. This will be the accountability document you will use to keep yourself on track and also accountable to your fellow G's to hold up your commitment to become a Rain Maker.

Upload this to the Agoge Competitions Chat at the end of every day so we can monitor your progression and help you where you need it.

Tag me when you upload this. This will help us all better understand the situation you are in and how to help you GET WHAT YOU WANT.

Show Agoge 01 who owns this campus.

What is the critical task you completed today that is moving the needle most?

- Today was genuinely the day with more OODA Loop I've made in my life, and it's also the most important.
 - **It would be awesome if you could give me some feedback on this Gs.**
Causes & effects to close Ecom biz and hit intermediate
- Booked sales call with Podcast Agency

What were your achievements today?

- Hit 5 GWS
- 300 squats combined with push-ups. Didn't do many reps but did them in between GWS so they were very effective.

Twilight review on the day:

- I ate professionally (not counting calories, but avoided bananas, which are very filler, and that allowed me to eat more calories (from rice) and felt more energized during the afternoon.)
- Use AI and OODA Loop about it constantly. Might save you hours of your time.
- I need binary targets in my G-Work Session.
- I need to focus only on one task at a time.
- Breathing and staying present is absolutely key.

- Hanging out in the chats and DMs is genuinely a great reward.
- Being completely aware of my self talk and using a “deep voice” in mind on purpose was key to crank the 2nd Ziva Meditation
- Warrior Phase and going into a campaign with your brothers is everything. You’re currently on campaign. You’re out of the zone. And you’ll return with the bounty.

Wins:

- I worked out like Tate. Didn’t do that many reps but were very effective in between tasks.
- Probably this was the best Sunday OODA Loop (or should I say “Monday”)
- Minimized use of TRW and used it more tactically
- Booked sales call with podcast agency

Losses:

Not losses but roadblocks:

- Although I had a lot of GWS, and yes, identified most of the things that weren’t that critical (which might be saving tons of time during the week) I must also prioritize binary critical tasks that make me advance in the Process Map.
- I was like 5/10 tired during the first part of the day (because I slept little less than 6 hours) until I cranked the 2nd Ziva meditation, which genuinely helped a lot in my afternoon performance.

Insights learned today and how you will apply them to hit your goal:

- I will continue doing binary tasks
- Do one task at a time
- Continue telling myself to push forward and let the older self behind, like Daniel says.
- I will focus on applying those Ziva Meditation techniques with the “Deep Voice”, and don’t focus on perfection, just hit the 15 minute mark. Decreases a lot of unnecessary cortisol

- Meditation might sound gay, but professor Alex recommends it. I read this book called “Stress Less, Accomplish More” by Emily Fletcher (prologue by Andrew Huberman) and the type of meditation explained there helps a lot to decrease a lot of cortisol levels, by just doing 2 sessions of 15 minutes each, per day. Cortisol can be used tactically, but too much just makes you dizzy and prevents you from thinking straight.)
- I will prioritize applying all of the feedback I had today.
- Continue with 1 lesson from Professor Alex during dinner + doing the 9 questions of the daily assessment.
- ZIVA Meditation with deep voice and focus on every part of your senses
- Lemon water + salt during the morning
- Coffee with honey (I’ll add teaspoon of butter) COFFEE ON STEROIDS!
- Continue using the “Panic Technique” while doing burpees, squats, what have you.
 - Whenever you feel like slowing down, let’s say your count is at 25. Count 25 again, so the brain starts panicking and saying (“WHAT, AN EXTRA REP?”), which triggers speed and urgency, completing the set faster.
- Use cortisol tactically.

Tomorrow’s tasks:

- Push the MVP of my agency’s website using the Essentials theme on Elementor, so I can show social proof if needed
- Pull up my guitar course’s landing page from the Agoge Capstone and have it ready in case social proof is needed
- Plan a route(s) of local outreach on specific areas in Winnipeg, so my dad can take me and put my foot in the door.
- Put together a script for local outreach and

Any other thoughts you have on your current situation and what you need to work on:

- I need to take all of the feedback from today and start walking the map I’ve outlined.

- Obviously, continuously tweak the plan as you uncover new unknowns, but I think I can genuinely pull out both Intermediate and Rainmaker challenges. I must OODA Loop + act as fast as I can. PRs every day.