

Sunday ooda loop:

1-learned how to do my Sunday ooda loops → pull out all my old ooda loops and use them for that one

2-The root cause for every thing, my confusion, my sadness, my fears and what ifs, is the plan I should've fully aced the conquest plan and read it everyday I'm sad because I'm not progressing and time is passing by quickly and I just want to win again like before

3-keep testing till you achieve the outcome

4-Use your old ooda loops for the sunday ooda loop is how you get it done

5-I need to show up to PUCs,ooda loops

-GET FASTER

6-react less: the alright cool

7-I need to send regular updates for my client ,never get into arguments, agree and shut up, handle what I can is how I keep a client

8-my problem with the burpees that slowed my down is the form: I used to right after the jump bow to the ground then continue getting slower by time UNTIL I realized I need to jump high then Immediately fall to ground and repeat quickly is how I do it right

9 -for planning: inset only 1 task at one place --> bisect into smaller actionable clear easy steps --> set the deadline --> review step then another step quickly using cold raw action or if it is small look at all steps then act quickly

10-cold raw action is key to my speed- make a plan then execute with no thinking and adjust the plan as you move, be in that mode of "I will get it done as quickly as possible professionally

11-start slow at burpees then gradually increase to improve adapatabilty so you don't break

12-it is haram to miss a prayer on purpose and then pray it with the other

13-I was only doing the bare minimum for my client the whole time I could've posted more posts to grow them faster and get it done,but I didn't know that,becasue I didn't pay attention to what dylan said in the course

14-don't be an idiot: if a tasks takes you longer than you planned then learn the lesson and adjust the deadline to a better version don't just say I'll go harsher,SET ENOUGH EASY TO FOLLOW DEADLINES FOR YOUR TASK THAT YOU BELIVE YOU CAN ACHIEVE

15-OUTCOME BASED ACTION

16-do what you already know there is no need to adjust a good plan and overthink it

17-your life goals is separated to 2: work life, personal, work first then personal

18-no excuses or BS, you don't need to watch resources to understand how to plan conquest you need to plan conquest before anything even helpful resources the conquest comes first

19-responsibility

20- my thoughts are the reason for not being focused

21- your time management is a problem due to 3 reasons:1- bad plan 2-bad stupid deadline 3-taking more time in a task at execution

and the way to fix it is 1-plan each task alone not 2 at one place make that task into smaller steps easy to follow, prioritize your tasks correctly, 2- set an enough deadline not some harsh impossible bs take a moment to think of how is it going to take yesterday 3- track down your time and analyze why you took more time then fix it or adjust deadline, Or if the deadline is over then it is over,prioritize your tasks correctly put small ones at end

22-mistake: set a bad alarm to wake on accident

23-focus on the 2 hands not just 1 fix sleep and level up atleast 1 per day = progress

24-even before eating --> look at the food --> acutely make a plan --> execute to stop over eating and waste time

25-white noise works good enough you don't need to flip to buy noise cancelling headphones to work

26-try out ooda looping in your mind quickly instead of docs as they are slower

27-keep your content as relevant as possible

28-ask prospects to provide value: if there is anything I could help you with tell me

29-JUST COPY AND PASTE QUICKLY MOVE WITH SPEED AND ADJUST IF NECESSARY

30-Stop wasting time ooda looping to make a plan for your conquest YOUR CONQUEST,TWILLIGHTS REVIEW,SUNDAY OODA LOOP IS AN OODA LOOP JUST WAKE UP AND OODA LOOP

31-Do thing professionally fast and quick stop enjoying or doing freely stick with deadline

32-cut the talk out, move to context or shut up

33-don't sleep till it is done ,how will you balance it? if you missed the sleep deadline then get a coffee and continue to next day and sleep on your time that way you got your **** together and slept

34-take control: breath --> remove distractions like food,nosie,disorganization just clear up your mind --> remember your objective and why

35-just work on home no need for a fancy place tell your family to leave you alone and send messages instead

36-you cannot know what will happen in your next days even when planning for conquest: you need to plan for tomorrow to understand what will happen first Then each night refine your conquest schedule after planning and adapt and that why your moving right

37-you don't know what you don't know: you can't tell how you will help your clients till you analyze top players so after top player analysis you will understand what will happen so just wait for it is day then go again for the conquest and adjust the dark part of your plan

38-for twillights reveiw: take 30m- scroll through your day tasks and ask yourself the current question your'e in and gain info from each task is the most effective way for a good ooda loop

39-GET FEEDBACK

40-keep a balance

41-the agoge weapones are enough

42-get everything done at it is time: If you just done the conquest back then you wouldn't have struggled with it now, fully ace it at it is time and accdept non perfection

victories achieved:

- checklists are done

- man these lessons will just fix alot of my problems, I could say that's a major big win for me all those mistakes

- prayers are unfrotunallity missed some

- read quran

- major improvement in burpees finally

- spent family time
- get feedback
- 190/200 FOLLOWERS FOR MY CLIENT WE ARE GOING TO CRUSH IT 6 DAYS LEFT
- REFINED CONQUEST TO BETTER AND MADE IT LOOK GOOD + FINISHED STEP 9
- Probably fixed sleep by breaking sleep SMORT

D.C:

6/7 --> nah I'm finishing it after the ooda loop no sleep 2 checklists together before sleep so don't bother I've been awake for 2 days I'm sure

Goals:

- 1-get the task done regardless and wake for 2-3 days in a row if needed and keep sleep at it is time fix sleep by killing it
- 2-keep finishing the checklist even if rested Do 2
- 3-get the discovery project done and sit a new profitable project and go through spin again
- 4-keep constantly adjusting the conquest plan and ckd nar according to changes
- 5-GET IN TRACK WITH OODA LOOPS AND PUCS
- 6-GET FASTER IN BURPEES
- 7-plan out my days better using what I learend 1-enough deadlines 2-one at a time 3-bisect to smaller pieces
- 8-chant dont think
- 9-get things done quickly and think quicker
- 10-review my agoge notes and finish the identity document
- 11-prioritize tasks correctly using esinehower matrix again
- 12-read this at end of day and replan and bake into plan both twillights,general,sunday,conquest ooda loops

Top challenges/roadblocks/question:

- time Managment and planning
- speed. Taking too much time

-if I already know what I'm doing and doing good should I ooda loop or can I continue what I'm doing? I wasted 3 hours in an ooda loop to improve something I knowed how to do to reach the same conclusion