

Wake Up And Sleeping Times

☒ ~~Wake up - 8am~~

☐ Sleep - 1am

Daily Goals

- ☐ To understand biology shit and finish physics shit
- ☐ To find 3 quality prospects and create a piece of FV for at least one of them
- ☐ To crank out 550 push-ups

Daily Tasks & Daily Schedule

✗ 8:00 → 8:30 Get up → Morning Routine

INPUT:

- 25 strig push-ups right as I turn my alarm off
 - Turn laptop on + visualize yourself winning and review your day
 - Hygyine + shaving
 - Put on some very good clothes and perfume
- ☐ 8:30 → 9:00 **Find 3 quality prospects, break them all down + brainstorm value bullet ideas for helping them with their biggest problem**
- ☐ 9:00 → 10:00 **Study the first 2 lessons for your biology exam, then check if you have learned shit**
- Ask in your group chat what the test is going to be on
 - Ask what hte physics test is going to be on

- ☐ 10:00 → 11:00 **Study your next 2 biology lessons + check if you have learned shit**
- ☐ 11:00 → 11:40 **Final session of reading + memorizing biology lessons**
- ☐ 11:40 → 12:10 **Lunch till 80% full → wash your dishes**
- ☐ 12:10 → 13:00 **Read what you have to read for physics + write down some formulas in your notebook and use your sticky notes to pinpoint WHERE the important info is**
- ☐ 13:00 → 14:00 **Prepare FV for that one prospect**
- ☐ 14:00 → 14:30 **Quality Questions for Copy (HARSH QUSTIINS)**
- ☐ 14:30 → 15:00 **Revise your copy by holding it to the highest standard available**
 - Ask yourself quality questions like “If I was the viewer, would I...?”

- ☐ 15:00 → 15:30 **Prep for gym + leave for bus at 15:20**

INPUT:

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- ☐ 15:30 → 16:00 **Travel to the gym + begin stretching and then workout**

INPUT:

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- ☐ 16:00 → 17:00 **Leg Day**

INPUT:

- 4x12 Leg Press

- 4x12 Barbell Squats

☐ 17:00 → 17:50 ***Catch the fucking bus to home***

INPUT:

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☐ 17:50 → 18:00 ***Quick check on your family WITHOUT EATING ANYTHING***

INPUT:

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☐ 18:00 → 18:40 ***Take notes on today's MPUC + grasp the lesson and apply it + discuss what you have learned inside the #mindset and time channel or #imrpove your marketing iq***

INPUT:

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☐ 18:40 → 19:00 ***Respond to messages from brothers + hold them accountable***

INPUT:

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☐ 19:00 → 19:40 ***Sent the FV outreach + 2 more outreaches***

INPUT:

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☐ 19:40 → 20:10 ***30m copy analysis session***

INPUT:

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☐ 20:10 → 20:50 ***Spend time with your family BUT DO NOT HAVE DINNER***

INPUT:

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☐ 20:50 → 21:30 ***550 push-ups***

INPUT:

- Aim for at least 50 push-ups per set
- Set-up a 40m timer and promise yourself you're going to beat it no matter what OR strive to beat it

☐ 21:30 → 22:00 *Reflect on all of the hours you tracked today*

☐ 22:00 → 22:40 *Plan tomorrow accordingly + Include an eisenhower mission worth of 30 minutes + task definition mission worth of 30 minutes + a BATTLE PLANS mission + studying for matrix school*

INPUT:

- ☐ 22:40 → 23:10 *Go to fucking sleep legitimately so you get up at 5:30*

13:00 — Mission 🏆	1. Wake up and get up → Hygyine 2. Visualize yourself winning 3. Begin studying for Biology
Reflection ✍️	1. Done 2. Done 3. ONTO IT! - Done, but I was unfocused. - All it took was changing a few beliefs I had and suddenly I began to work with urgency and focus.

	Charlie's guide was a game-changer.
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14:00 — Mission 🇫🇷 ⭐	1. Continue studying for your biology exam 2. Lunch + dish washing
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Reflection ✍️	1. Done - INSIGHT: - Before sitting down to study, check the example test on the last page of the given chapter in my school book. That way I'll be able to understand the information that's gonna be on the test or that's likely to be there. 2. Done, didn't wash the dishes though
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15:00 — Mission 🇫🇷 ⭐	1. I will re-read the first lesson from my biology school book 2. I will then read and write some shit in my physics notebook 3. I will tell my father that I'm done studying and have a convo with him
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Reflection ✍️	1. ON IT! - Done 2. Done - If I use Thomas formula for winning in every categorie, I'll literally close a client and bring so much value - it's insane. 3. I wanted to use my last minutes of the last hour to analyze copy, but whenever I speak with my father, the conversation goes on & on, and on...
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16:00 — Mission 🇫🇷 ⭐	1. I will spend this hour in analyzing the vault 2023 and paying attention to small details, because they matter.
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Reflection 	1. ON IT! - 1 hour and 8 minutes worth of professional copy analysis. I understood SO much things about the human brain and how it perceives object's size and specific numbers... That I can't wait to land a client and bring him huge results.
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17:00 — Mission 	1. I'm gonna finish analyzing copy and reflect on the last hour and this one 2. Then I will go to have a steak + spend some quality time with my family 3. I'm going to spend the remaining minutes of this hour in TRW chats and responding to message (might check also check Maxim's website)
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Reflection 	1. Done 2. Done - Spent some actual quality time with my father 3. Done
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18:00 — Mission 	1. MPUC + Lesson Application 2. Read where I'm tagged
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Reflection 	1. Done 2. Done
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19:00 — Mission 	1. I will address the prospects that responded to me yesterday and I'm going to begi nworking on a FV for one of them
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Reflection 	1. ON IT! - I might actually prepare this FV as a submission for the ADVANCED COPY
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	REVIEW AIKIDO channel.
20:00 — Mission 🇫🇷★	1. I will take my timer and promise myself I'll be focused just as I did earlier today and got dialed in 2. Then I'm gonna begin working on it
Reflection ✍️	1.
21:00 — Mission 🇫🇷★	1. I will send 2-3 outreaches within this hour, but first I will find prospects for 10 minutes and break 3 down
Reflection ✍️	1. Everything was done
22:00 — Mission 🇫🇷★	
Reflection ✍️	
23:00 — Mission 🇫🇷★	
Reflection ✍️	

WINS	LOSSES
	<i>I'm losing SO muh time on sleep. Today I lost like 2 hours, because at 8am I made the choice to go back to bed due to asking myself whether I need more sleep or not.</i> <i>Same thing happened at 10 am.</i>

	<i>When I chose to go back to bed because of feeling sleepy.</i> <i>I must not forget that I can drink coffee.</i>

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