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	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. 	 <b>MISSION:</b> Wake up 6:40 AM   <b>Strategic Steps:</b>
2. 	 <b>MISSION:</b> Sleep 22:40 AM   <b>Strategic Steps:</b>
3. 	 <b>MISSION:</b> Eat daily 3180 cals   <b>Strategic Steps:</b> Do 2 big meals, one lunch and one dinner
4. 	 <b>MISSION:</b> Drink 3L of water   <b>Strategic Steps:</b>
5. 	 <b>MISSION:</b> Copy work   <b>Strategic Steps:</b> 1. 10 min helping student's 2. 15 min copy review 3. Research for prospect 4. Search prospects 5. Write outreach 6. Write FV  7. Watch daily power-up call 8. Check announcements channel
6. 	 <b>MISSION:</b> Watch lessons on social media fame




<div> <div>✓/✗</div> </div>	<div> <div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div> </div>
	<div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>7. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Do 150 push ups         </div> <div>  <b>Strategic Steps:</b> Do 2 sets of 40 and 1 of 20         </div> </div>
<div> <div>8. ✗</div> </div>	<div> <div>  <b>MISSION:</b> Play 3 blitz chess game         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>9. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Practice German for 15 min         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>10. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Review the work did in a day and come up with new ideas         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>11. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Plan the next day         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>12. ✗</div> </div>	<div> <div>  <b>MISSION:</b> Read 10 pages         </div> <div>  <b>Strategic Steps:</b> </div> </div>
<div> <div>13. ✓</div> </div>	<div> <div>  <b>MISSION:</b> Watch daily power up call         </div> <div>  <b>Strategic Steps:</b> </div> </div>




	<div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div>
14. 	<div>  <b>MISSION:</b> 15 min stretching </div> <div>  <b>Strategic Steps:</b> </div>
15. 	<div>  <b>MISSION:</b> Leg / back day </div> <div>  <b>Strategic Steps:</b> </div> <div> 1.Squat  2.Romanian deadlift  3.Standing leg curl  4.Lat machine  5.Pull-ups  6.T-bar row  7.Shrugs  8.Landmine press  9.Rotations  10. Reverse crunches  11.Landmine rotations </div>
16. 	<div>  <b>MISSION:</b> Send three outreaches </div> <div>  <b>Strategic Steps:</b> </div>
17. 	<div>  <b>MISSION:</b> Review outreach and FV and find ways to improve it </div> <div>  <b>Strategic Steps:</b> </div>
18. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>
19. 	<div>  <b>MISSION:</b> </div> <div>  <b>Strategic Steps:</b> </div>

	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
20. 	 <b>MISSION:</b>   <b>Strategic Steps:</b>

	 <b>Date of Determination</b> 
Date:	21/11

 <b>Igniting Your Flame - Outshine Yesterday's Blaze</b> 
<b>Yesterday's Overall Benchmark Score to Surpass Today =15/16</b>

	 <b>3 Blessings I Cherish This Morning</b> 
1.	I'm healthy
2.	I'm strong
3.	My loved ones are healthy

	 <b>Magic Trio: 3 Priority Missions</b>  <b>(These are non-negotiable tasks and must be conquered today!)</b>
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1.	Outreach
2.	Research for prospect
3.	Training



# Hourly Commitments & Reflections



(Design each hour with intention and reflect upon its journey)

Mission 🏆	Mission: <b>What will I do?</b>
Strategy 🔍	Strategy: <b>How will I do it, step-by-step action?</b>
Reflection 🖋️	Reflection: <b>Was the mission accomplished? If not, what stopped me?</b>
Score 🏆	Hourly Score: <b>How did this hour measure up to my standards? Good</b>

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6 AM: Mission 🏆	Wake up and shower
Strategy 🔍	
Reflection 🖋️	no, I slept in
Score 🏆	0/10

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7 AM: Mission 🏆	Get ready for school and go to school
Strategy 🔍	While going to school help students
Reflection 🖋️	accomplished

Score 🏆	8/10
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8 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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9 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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10 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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11 AM: Mission 🏆	School
Strategy 🔍	

<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10






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<b>12 PM: Mission</b>  	School
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10




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<b>1 PM: Mission</b>  	Get home and eat
<b>Strategy</b> 	While getting home review copy and while cooking practice German
<b>Reflection</b> 	no, I didn't eat because the copy review was loaded with insights so it took longer to review
<b>Score</b> 	8/10

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<b>2 PM: Mission</b>  	Finish eating and study
<b>Strategy</b> 	
<b>Reflection</b> 	no, eating took longer so I didn't study
<b>Score</b> 	6/10

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<b>3 PM: Mission</b>  	Study
<b>Strategy</b> 	

<b>Reflection</b> 	accomplished
<b>Score</b> 	8/10




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<b>4 PM: Mission</b>  	Write outreach
<b>Strategy</b> 	
<b>Reflection</b> 	no, I had to respond to a prospect first
<b>Score</b> 	9/10




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<b>5 PM: Mission</b>  	Write outreach and go to the gym
<b>Strategy</b> 	
<b>Reflection</b> 	no, I didn't write outreach because after I finished replying to the prospect I had little time before going to the gym so I only searched for the prospects instead
<b>Score</b> 	9/10

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<b>6 PM: Mission</b>  	Leg / back day
<b>Strategy</b> 	
<b>Reflection</b> 	accomplished
<b>Score</b> 	9/10

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<b>7 PM: Mission</b>  	Get home and shower
<b>Strategy</b> 	



<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>8 PM: Mission</b> 🇫🇷 ⭐	Eat
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I started cooking later because grooming took longer
<b>Score</b> 🏆	8/10

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<b>9 PM: Mission</b> 🇫🇷 ⭐	Review the work of the day, plan the next day and get ready to go to sleep
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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# Twilight's Review




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## Today's Learnings: Wisdom or lessons learned from the day

To set up your environment for success:

1. Move out if you can
2. Go to a café, bar, ...
3. Take a specific place in your house and use it as your “work only” place and try to minimise all the distractions

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## **Victories Celebrated: Accomplishments and successes of the day**

Sent 3 outreaches

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## **Stumbles Along the Way: Points of difficulty or mistakes made.**

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## **Tomorrow's Illuminations: Plan how to improve and progress the next day.**

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## **Consistencies to Keep: Recognize what worked well and should be repeated.**

Copy work and training

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## **Communications: Identifying individuals to connect with.**

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## **Pending Missions: Tasks that remain uncompleted**

Waking up and going to sleep on time, writing FV, reading, stretching, playing chess games and watching lessons

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**Day's Overall Score: A final assessment of the day's productivity**

14/16

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# **Freestyle Thoughts Chamber:**

**(Let your thoughts flow here. No judgment, no boundaries.)**