

Tasks That Will Be Done

Tasks set out on paper ✓

Workout - pull day ✓

Power up + 100 pushups ✓

Any necessary client work if they get back to me (If the client doesn't get back to me, then to the task Andrew set for improving marketing) ✓

[illegible]

Tiger Day Plan + Reflection

The task I will set my subconscious mind on today is:

Day Number: 103

Date: 2.3.23

Start Of The Day - Time: 6:30 AM

🙏	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	A Bugatti
2.	A private jet
3.	The ability to buy my family nice things

 **Hour-by-hour**
tracking: 

[Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That You Intend To Complete This Hour?
🔔 Intention:	🔔 Intention = What Is Your Plan Of Action To Complete This Task For This Hour?
🖋 Reflection:	🖋 Reflection = Did You Complete This Task For This Hour? If Not, Then Why?

5 Tigerisms

1. Act With No Limits To Your Abilities

2. Be All That You Can Be

Tiger Day Plan + Reflection

3. Every Word And Thought Counts

4. Be Enthusiastic

5. I Am The Best Copywriter Is In The World

\$ 1 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 2 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 3 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 4 am: Task \$	
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Tiger Day Plan + Reflection

 Intention 	
 Reflection 	

\$ 5 am: Task \$	
 Intention 	
 Reflection 	

\$ 6 am: Task \$	
 Intention 	Wake up at 6:30 AM Then start paper tasks
 Reflection 	

\$ 7 am: Task \$	
 Intention 	Finish the tasks I set out on paper Then go to school and resist the salve mind, while always driving my life.
 Reflection 	

Tiger Day Plan + Reflection

\$ 8 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 9 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 10 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 11 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

Tiger Day Plan + Reflection

\$ 12 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 1 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 2 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 3 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 4 pm: Task \$	
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Tiger Day Plan + Reflection

 Intention 	Back from school Workout Power up
 Reflection 	

\$ 5 pm: Task \$	
 Intention 	Client work - If not, improving my marketing iq
 Reflection 	

\$ 6 pm: Task \$	
 Intention 	Eat Build rapport on IG DMs
 Reflection 	

\$ 7 pm: Task \$	
 Intention 	Do 10 IG DMs 2 reels on brand account Reply to all emails and DMs Review 2 copy

Tiger Day Plan + Reflection

 Reflection 	
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\$ 8 pm: Task \$	
 Intention 	Breakdown copy Copy review call
 Reflection 	

\$ 9 pm: Task \$	
 Intention 	Reflect on the day + Plan the day for tomorrow + 50 pushups
 Reflection 	

\$ 10 pm: Task \$	
 Intention 	
 Reflection 	

\$ 11 pm: Task \$	
 Intention 	

Tiger Day Plan + Reflection

 Reflection 	
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\$ 12 pm: Task \$	
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 Intention 	
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 Reflection 	
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End-Of-The-Day Report:



 What Did I Learn Today? 
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More marketing IQ principles To have gratitude for my hard work
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Tiger Day Plan + Reflection

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

More tasks in the morning

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

Wake up earlier

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

Share this

 **What Tasks Were Left Undone?** 

None

BRAIN DUMP:

