

Tasks That Will Be Done!

- **[Task List]** 

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)
1. 	Start-Day ▾	Ice cold shower
2. 	Start-Day ▾	100 pushups
3. 	Start-Day ▾	Check/ message platoon
4. 	Start-Day ▾	Meditate
5. 	Start-Day ▾	Plenty of coffee
6. 	Start-Day ▾	Get questions ready and call Pawel (He never responded again. Will probably cut him off.)
7. 	Mid-Day ▾	Handle payments from Matt and study how to start with Mark
8. 	Mid-Day ▾	Buy upwork connects if necessary; send proposals and respond to any landed gigs
9. 	Mid-Day ▾	Fix FB page issue
10. 	Mid-Day ▾	Fill in variables and send 15 emails (Partially done. Will finish in the morning.)
11. 	Mid-Day ▾	Find 30 prospects
12. 	End-Day ▾	Platoon reviews
13. 	End-Day ▾	End day at 300 pushups
14. 	End-Day ▾	Fasted all day. Vitamins/ micro-supps taken. (Family came over unexpectedly again, and had a BBQ.)
15. 	End-Day ▾	Daily check-in
16. 	End-Day ▾	Lift- shoulder ab

Tiger Day Plan + Reflection

Day Number: 60

Date: 2/19/23

Start Of The Day Time: 6 am

	🙏 3 Things That I Am Excited To Have/ Do In The Future 🙏
1.	I am excited to have all of my days totally loaded with client work soon
2.	I am excited to become experienced
3.	I am excited to be inside of the War Room

Hour-by-hour tracking:

[Track + Measure and analyze = Improvement]

\$ Task:	\$ Task = What Task Do You Intend To Complete This Hour?
 Reflection:	 Reflection = Did You Complete This Hour's task? If Not, Why? How did it go?

My 5 Tigerisms

1. Act With No Limits To Your Abilities

2. Stay Motherfing Hard***

3. Every Word And Thought Counts

Tiger Day Plan + Reflection

4. Stay high energy

5. I Am The Best Copywriter In The World

\$ 4 am: Task \$	sleep
Reflection	

\$ 5 am: Task \$	sleep
Reflection	

\$ 6 am: Task \$	Wake up, cold shower, meditate
Reflection	

\$ 7 am: Task \$	Meditating. Get some coffee and converse with Pawel
Reflection	

Tiger Day Plan + Reflection

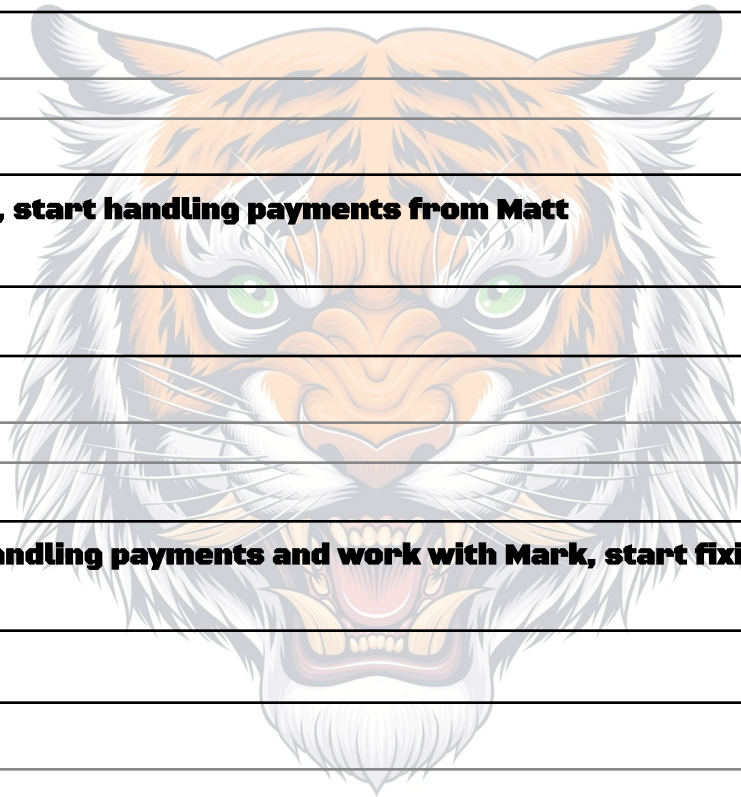
\$ 8 am: Task \$	Family duties
✎ Reflection ✎	

\$ 9 am: Task \$	Family duties
✎ Reflection ✎	

\$ 10 am: Task \$	Pushups, start handling payments from Matt
✎ Reflection ✎	

\$ 11 am: Task \$	Finish handling payments and work with Mark, start fixing FB
✎ Reflection ✎	

\$ 12 am: Task \$	Finish fixing FB. Start filling in variables
✎ Reflection ✎	



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\$ 1 pm: Task \$	
✎ Reflection ✎	

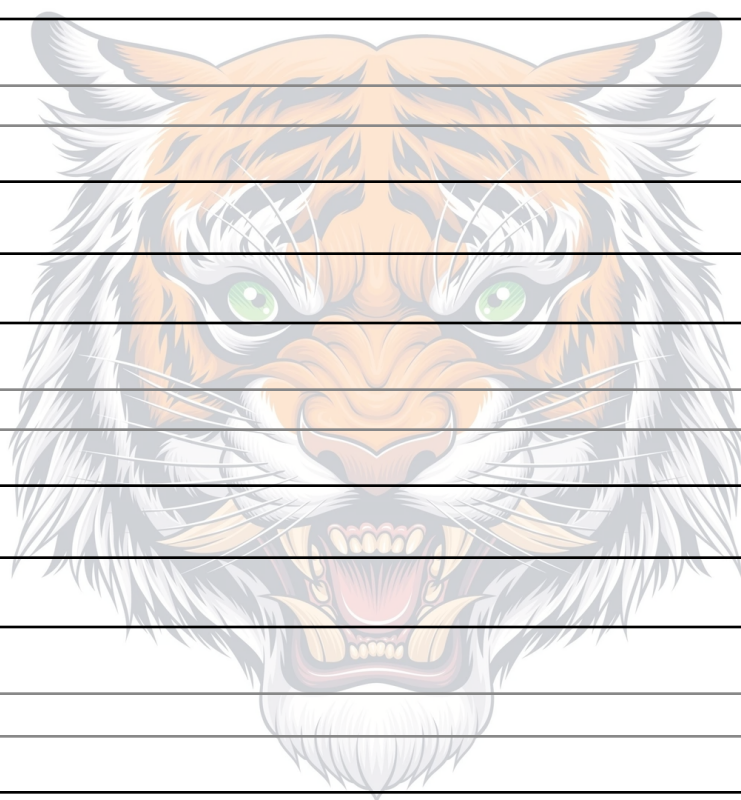
\$ 2 pm: Task \$	
✎ Reflection ✎	

\$ 3 pm: Task \$	
✎ Reflection ✎	

\$ 4 pm: Task \$	
✎ Reflection ✎	

\$ 5 pm: Task \$	
✎ Reflection ✎	

\$ 6 pm: Task \$	
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Tiger Day Plan + Reflection

 Reflection 	
\$ 7 pm: Task \$	
 Reflection 	
\$ 8 pm: Task \$	
 Reflection 	
\$ 9 pm: Task \$	
 Reflection 	
\$ 10 pm: Task \$	Begin lifting and do reviews. Begin filling in variables
 Reflection 	
\$ 11 pm: Task \$	Finish lifting and emails

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 **Reflection** 



End-Of-The-Day Report:



 **What Did I Learn Today?** 

I learned that my mind has been fucked recently. I was able to fix it by resurfacing some of my core values and frames that have gotten me to where I am now.

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

I plan to run tomorrow how I should have been running my days since I quit the job. 24/7 work and minimum sleep.

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

I also plan to eat properly.

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

Send to accountability

 **What Tasks Were Left Undone?** 

30 prospects and part of the variables

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BRAIN DUMP: