⚡Daily tasklist - 17.03⚡

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. ✅/❌	1	Go on FCE exam
2. ✅/❌	1	Learn English for FCE
3. ✅/❌	1	Workout - Calisthenics
4. ✅/❌	1	Send 2 free values
5. ✅/❌	1	400 push ups
6. ✅/❌	1	Take notes from recent power-up and copy lessons
7. ✅/❌	1	OODA loop
8. ✅/❌	1	
9. ✅/❌	2	
10. ✅/❌	2	
11. ✅/❌	2	
12. ✅/❌	2	
13. ✅/❌	2	
14. ✅/❌	3	
15. ✅/❌	3	
16. ✅/❌	3	
17. ✅/❌	3	
18. ✅/❌	3	
19. ✅/❌	3	
20. ✅/❌	3	

⏳ Hour-By-Hour Tracking: ⏳

💲 **Task:**	💲 **Task = Set The Task That I Intend To Complete This Hour?**
🔔**Intention:**	🔔 **Intention = What Is My Plan Of Action To Complete This Task For This Hour?**
🖋️**Reflection:**	🖋️ **Reflection = Did I Complete This Task For This Hour? If Not, Then Why?**

Day Number: 3

Date: 17.03.23r

Start Of The Day - Time: 7:30AM

🙏3 Things That I Am Excited To Have In The Future?

- Providing for my family
- Making $20k/mo
- Joining War Room

My War Mode Words:

1. I Am Acting With No Limits To My Abilities!

2. I Am Being All That I Can Be, Every Hour And Every Day!

3. Every Word I Am Saying And Thought I Am Thinking Is Positive!

4. I Am Being Enthusiastic About Completing Each Task!

5. I Am The Best Copywriter In The World!

6. I AM THE FUCKING MAN!

LIST CHECK:

💲 **7 am: Task:** stretching + morning routine
🔔 **Intention:** 15 min stretching and simple morning rout "in the fucking man etc"
🖋️ **Reflection:** done

💲 **8 am: Task:** breakfast + learn English
🔔 **Intention:** read 41 Tenets and watch morning power up call
🖋️ **Reflection:** done

💲 **9 am: Task:** English online lesson
🔔 **Intention:** Preparing for FCE
🖋️ **Reflection:** done

💲 **10 am: Task:** Learn some English phrases
🔔 **Intention:** Prepare more for FCE
🖋️ **Reflection:** done

💲 **11 am: Task:** get ready and get out
🔔 **Intention:** go to the FCE exam
🖋️ **Reflection:** done

💲 **13 am: Task:** shopping time for new clothes
🔔 **Intention:** buy two new T-shirt and boots
🖋️ **Reflection:** done

💲 **16: Task:** lunch + OODA loop
🔔 **Intention:** eat and OODA loop my life to Victory
🖋️ **Reflection:** done

💲 **17:00: Task:** Review six copies
🔔 **Intention:** Learn as much as possible about persuasion and improve my marketing IQ
🖋️ **Reflection:** done

💲 **18:00: Task:** write two fv's
🔔 **Intention:** write two spec works and review them by myself
🖋️ **Reflection:** not finished, too much procrastination but I learnt from it (read beloa)

💲 **19:00: Task:** Workout
🔔 **Intention:** new calisthenic workout
🖋️ **Reflection:** done

💲 **20:00: Task:** still workout
🔔 **Intention:**
🖋️ **Reflection:** done

💲 **21:00: Task:** wash, and more OODA loop
🔔 **Intention:** OODA loop my life and my situation to think about new ways to improve my skills and increase marketing IQ

🖋️ **Reflection:** done

💲 **22:00: Task:** watch latest copy review and take notes
🔔 **Intention:** learn new persuasion tactics and skills
🖋️ **Reflection:** not finished, again, procrastination…

💲 **23:00: Task:** note down my thoughts, get ready, sleep
🔔 **Intention:** prepare everything for the next day, note down my thoughts, go sleep
🖋️ **Reflection:** done

🌇End-Of-The-Day Report:🌇

🧠**What Did I Learn Today?**

- That I'm the fucking man and I can achieve anything

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

- I installed an appblocker and I blocked YT and IG

🆕**What Do I Plan To Do The Same Tomorrow?**

- Write free values, workout, OODA loop, breakdown, review

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

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📝**What Tasks Were Left Undone?**

- I didn't write two free values and watch copy review call.

Brain Dump: