







# ⚡ 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?

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**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
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## **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!**
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## LIST CHECK:


 **7 am: Task:** stretching + morning routine

 **Intention:** 15 min stretching and simple morning rout "in the fucking man etc"

 **Reflection:** done

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 **8 am: Task:** breakfast + learn English

 **Intention:** read 41 Tenets and watch morning power up call

 **Reflection:** done

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 **9 am: Task:** English online lesson

 **Intention:** Preparing for FCE

 **Reflection:** done

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 **10 am: Task:** Learn some English phrases

 **Intention:** Prepare more for FCE

 **Reflection:** done

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 **11 am: Task:** get ready and get out

 **Intention:** go to the FCE exam

 **Reflection:** done

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 **13 am: Task:** shopping time for new clothes

 **Intention:** buy two new T-shirt and boots

 **Reflection:** done

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 **16: Task:** lunch + OODA loop

 **Intention:** eat and OODA loop my life to Victory

 **Reflection:** done

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 **17:00: Task:** Review six copies


 **Intention:** Learn as much as possible about persuasion and improve my marketing IQ

 **Reflection:** done

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 **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 below)

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 **19:00: Task:** Workout

 **Intention:** new calisthenic workout

 **Reflection:** done


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 **20:00: Task:** still workout

 **Intention:**

 **Reflection:** done


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 **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


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 **22:00: Task:** watch latest copy review and take notes

 **Intention:** learn new persuasion tactics and skills

 **Reflection:** not finished, again, procrastination...

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 **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:

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 **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.

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## **Brain Dump:**