



## ARCANE MIND

The **Diamond Mind** Project | **Evolution 1**

The goal is to reduce negative habits, turning them into productive ones and having you get into the habit of having a task list, managing your time, and undergoing self transformation through goals that are immediate for growth.

## **Where are you now?**

What habits are you doing that you know that are not healthy, what is your current position in life? What do you do?

**Answer:**

# Where do you want to go?

Describe what you want to accomplish? What goals do you have to get there?

**Answer:**

# How are you going to get there?

What steps do you need to take to ensure that you do, what habits have to be removed and replaced?

**Answer:**

# ARCANE MIND RULES

This is a precept to the flawless conquer challenge, preparing you for the diamond mind project.

## Rules:

- **Limited or no social media consumption** unless needed to actually produce and grow instead of consume. (**Meaning**, this should only be used as a reward for doing tasks in which are PRODUCTIVE)
- **No video games** (Unless reward) but this is not recommended.
- **Produce more than you consume** (**Meaning**: do more things that take you forward in your life rather than those that hinder you and keep you stagnant)
- **Hold yourself accountable**, with integrity, and honor.
- **MIND-STRIKE** has unlimited repeats until you move past it, for whatever reason you fail, that is your fault, nobody else's, the diamond mind project has been proven successful, therefore your failure is your own, which is good, you can grow from it.
- **Your task list should be created daily**, one day before to keep in sequential rhythm the following day, a format will be provided for you.
- **No masturbation**, fapping, porn, or any of that dumb shit in all types of existence. (This kills your mind, and relationship if you're in one - this habit NEEDS to be eliminated)
- **Physical Activity** - health and wealth are related. Daily in any form.

When you feel like you're ready, you can move onto The Flawless Conqueror Challenge which is step 2 of your journey, **do this for 7-14 days**.

**Message me on TRW: @Chandler | True Genius** (Architect of the challenge)

# Day 1 - List

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## Make sure alarms are good for tomorrow

(DAY)

*\* Remember, output is for the 5 min ooda that you need to take at the end of each hour, this is a crucial step that does help but is not needed, it will help you see how efficient you are actually being.*

(DATE)

- ☐ 1:00 → 2:00: SLEEP
- ☐ 2:00 → 3:00: SLEEP
- ☐ 3:00 → 4:00: SLEEP
- ☐ 4:00 → 5:00: WAKE
- ☐ 5:00 → 6:00: WAKE
- ☐ 6:00 → 7:00: SLEEP
- ☐ 7:00 → 8:00: WAKE UP

- ☐ 8:00 → 8:10:

Output:

- ☐ 8:10 → 8:20:

Output:

- ☐ 8:20 → 8:25:

Output:

- ☐ 8:25 → 8:30:

Output:

- ☐ 8:30 → 8:40:

Output:

- ☐ COFFEE (ENERGY)

Output:

- ☐ ACCOUNTABILITY CHECKUP

Output:

☐ 11:05 → 11:30:

Output:

☐ 11:30 → 12:00:

Output:

☐ 12:00 → 1:00:

Output:

☐ 1:00 → 1:10:

Output:

☐ 1:10 → 2:00:

Output:

☐ 2:00 → 2:40:

Output:

☐ 2:40 → 3:00:

Output:

☐ 3:00 → 3:10:

Output:

☐ 3:10 → 3:20:

Output:

☐ 3:20 → 3:30:

Output:

☐ 3:40 → 4:00:

Output:

☐ 4:00 → 4:20:

Output:

☐ 4:20 → 5:00:

Output:

☐ 5:00 → 6:00: REWARD (CLEAN MIND)

Output:

☐ 6:00 → 7:00:

Output:

☐ 7:00 → 9:00:

Output:

☐ 9:00 → 9:20:

Output:

☐ 9:20 → 9:40:

Output:

☐ 11:00 → 11:30:

Output:

### **TASK OF CHOOSING FROM THIS POINT FORWARD**

☐ CREATE TASK LIST

Output:

☐ FILL OUT OUTPUT

Output:

☐ FILL OUT WINS & LOSS & OODA

Output:

☐ ACCOUNTABILITY CHECK-UP

Output:

☐

Output:

☐ DINNER

Output:

☐ FILL OUT EOD REVIEW

Output:

☐ EOD

 Daily Prize:

☐

Output:

☐

Output:

**Side Quests:**

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## ⚔️ High-Value-Tasks ⚔️

*To get me from where I am, to where I want to go.*



## 💎 Weekly Goals 💎


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**Eisenhower Matrix:**

Important and urgent is highlighted in green

Important and not urgent is highlighted in yellow

Not important and urgent is highlighted in blue

Not important and not urgent is highlighted in red

## What are my **wins** and **losses**?

[illegible]


**BONUSES:**

☐ Yes/No: Did I produce more than I consumed today?

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## End-Of-Day Review

 **Battles Conquered:** Tasks that I conquered today

 **Wins and Losses:** Wins and losses conquered for my last name throughout the day

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

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

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

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

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

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

**DID I MAKE GOD AND MOST OF MY ANCESTORS PROUD TODAY?**

**AM I PROUD OF MYSELF FOR HOW THIS DAY WENT AND CAN I SLEEP WELL TONIGHT?**

