

I am Tyrese and I will do whatever is needed whenever it is needed

I know I can't fall into the slave mindset and stay in the matrix forever.

Discipline

Wisdom

Resilience

My non negotiables will be attending every powerup call or at least watch replays when i finish work, learn at least 1 insight into making money or better myself and if possible reviewing the agoge program resources, train harder than the last day

Goals- 2-3 clients

Consistent in gym

Sia licence obtained

Rewards- newest MacBook

New suits

New AirPods

Appearance- In my quest for a profound personal transformation before venturing into the real world, I am wholeheartedly dedicated to refining every aspect of my appearance and demeanour. Gone are the days of casual attire and lackadaisical grooming; instead, I am committed to projecting an image of sophistication and professionalism. This entails meticulous grooming practices, ensuring every detail of my appearance exudes confidence and attention to detail. From impeccably styled hair to well-maintained facial hair, I will present myself with the utmost care and precision.

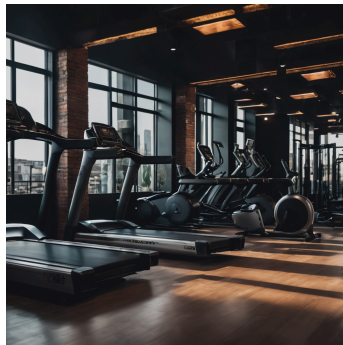
Moreover, my wardrobe will undergo a complete overhaul, embracing formal or casual formal attire that reflects my ambition and drive. No longer will tracksuits and streetwear be my only wear, suits and crisp shirts will be the only thing I am seen in. Through my refined appearance and steadfast dedication, I aim to be perceived as a hard worker who consistently achieves their goals. This transformation is not just about aesthetics but signifies a shift in mindset, symbolising my unwavering commitment to success as I embark on my journey into the real world.

Waking up at the crack of dawn, around 5 am, has become my daily ritual. The gentle hum of the morning, still cloaked in darkness, is my cue to start the day with a heartfelt prayer. This early spiritual connection sets a positive tone for the challenges that lie ahead. With the prayer complete, I embark on a simple yet essential grooming routine, ensuring that my

appearance reflects the readiness to face the world.



The next stop on my morning agenda is the gym, where I engage in a powerful workout session. The clinking of weights, the rhythmic pounding of my heart – it all contributes to a surge of energy that accompanies me throughout the day. Before stepping into the gym, I make a quick pit stop in the kitchen, preparing a cup of coffee and grabbing a banana. This modest breakfast provides the necessary fuel to kick start my day on a vibrant note.



Post-gym, I return home, invigorated and ready to tackle the day's challenges. Sitting at my desk, I meticulously lay out the tasks that await my attention. The crisp morning air serves as the backdrop to a focused work session, where I pour my efforts into completing each task with precision and dedication.

As I delve into my work, I take a moment to review copy from both the academic realm and industry giants. It's a conscious effort to draw inspiration from successful campaigns and learn valuable lessons from past failures. This reflective pause becomes a pivotal part of

shaping my approach and strategy, ensuring a continuous trajectory of growth and success.



A brief break from the desk follows – a respite marked by a light training session. It's a chance to stretch both my muscles and my mind, breaking the monotony of work. Lunchtime serves as a welcomed interlude, providing a moment to refuel and recharge before diving back into the remaining tasks.

The afternoon's charm draws me outside for a refreshing stroll. Nature, my quiet friend, whispers ideas as sunlight filters through the trees. Each step brings the rustle of leaves and bird calls, awakening my senses. The earth's beat matches mine, sparking creativity and clearing my mind. Among this peaceful scenery, new thoughts blossom, fed by fresh air and colourful surroundings. This outdoor adventure not only energises me but also reminds me of life's simple joys. In nature's hug, I find peace and purpose, ready to face whatever comes my way.



Evenings are not just about winding down but rather powering up. A daily call, overflowing with insights and strategies, becomes the bridge between the day's efforts and tomorrow's possibilities. The remaining tasks are tackled with a renewed vigour, ensuring that no loose ends are left untied.

The day concludes on a heartwarming note – a nutritious family meal shared in the company of loved ones. Quality time spent together solidifies the connections that fuel my relentless pursuit of success. As night settles in, I contemplate the day's achievements and what lies ahead. Before sleep claims me, I make sure that every task is completed, leaving no room for regrets.

In the quiet moments before sleep, I find solace in knowing that each day is a step forward in the journey of self-improvement and success. The routine may seem structured, but within its framework lies a tapestry of growth, resilience, and unmatched discipline .