

How many hours of sleep did you get last night?

- ~7

What is the critical task you completed today that is moving the needle most?

- Finished my conquest plan for September.

What were your achievements today?

- Completed my checklist.
- Helped 2 students in TRW chats
- Hit chest day, and hit abs.
- Finished my conquest plan for September
- Drank all my water (over a gallon)
- Ate all three meals
- Got my sunlight

Twilight review on the day:

- The start was rough. I didn't do the pushup thing because I automatically turned off my alarm half asleep and went back to sleep. This happens when I get too little sleep. My body is too tired. So tonight I will get more.
- Otherwise, today was all roadblock crushing mode. I was pushing through my conquest plan, working with Ai, and making sure my tracking metrics are sound to accomplish my goal. After I finished the plan, I tracked my first metrics and planned my tasks for this week. We're MOVING. No turning back now.

Wins:

- There were a few moments I wanted to work and not eat, but I need to get my calories in. I have unlimited energy at my disposal, I must make the most of it. So I ate anyway, and I'm glad I did. I had tons of energy.
- I hit abs today, despite wanting to skip it, and my chest day was all moving and little resting (for the most part. Caught myself on my phone at one point but quickly got back to it.)
- I hit a huge roadblock coming up with specific metrics to aim for during September to move from checkpoint to checkpoint. The math just wasn't mathing. But I hammered down, and got it eventually. I didn't give up.

Losses:

- I rested for too long in the gym at one point and missed a few exercises. Super gay.
- I woke up late and had to scramble to my first GWS. Super gay and lame.
- I stayed up too late last night, and this is why I got little sleep. I was just watching podcasts. Not gay, but I need to stick to my sleep schedule. I can't be retarded.

Insights learned today and how you will apply them to hit your goal:

- I was finally honest with myself, and acknowledged that I'm not measuring my fitness. I'm just doing "whatever." This is lame.
- I learned about the key indicators of being a "nice guy" from the book "no more Mr. Nice guy" and how to take initiative without being a dickhead. It's all about being secure in yourself, being honest, and not being afraid to make people angry for that.

Tomorrow's tasks:

	 Tasks & Steps To Success 
 1.	Task: 20-mile run.
 2.	Task: Prepare for client testimonial call Action steps: - Ask AI about the key questions to ask during a client testimonial call, get general advice - Plan questions - Send questions to client and ask if 2:00 is still good for them.
 3.	Task: Refine Ad copy for all ads and submit it to copy review.
4.	Task: Set ad frequency
5.	Task: Plan out weight regime
6.	Task:
7.	Task:
8.	Task:
9.	Task:
10.	Task:

Any other thoughts you have on your current situation and what you need to work on:

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