

# Trenton's 60 Day Rainmaker Challenge

## Accountability Document

Whats up G's. This will be the accountability document you will use to keep yourself on track and also accountable to your fellow G's to hold up your commitment to become a Rain Maker.

Upload this to the Agoge Competitions Chat at the end of every day so we can monitor your progression and help you where you need it.

Tag me when you upload this. This will help us all better understand the situation you are in and how to help you GET WHAT YOU WANT.

Show Agoge 01 who owns this campus.

**How many hours of sleep did you get last night?**

- 7.66

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

- **Worked on an additional lead gen Strategy for my pressure washing client**
- **Spoke with leads**

**What were your achievements today?**

- Reviewed an interested response from a local nail salon
  - She said she doesn't speak much English, so I'm going to put my SPIN questions on a Google doc, and send it to her tomorrow morning
- Relieved an interested response from a local chiropractor
  - Sales call scheduled for Friday at 9 a.m on Zoom
- Not home right now, but am going to do Cole's candle exercise before I go to ber
- Did 20 chinups in 2 minutes (exact)
  - My goal is to be under 2 minutes
- Did speed training for the first time
  - It's helping me progress to my goal of 3 miles in 20 minutes
- Played beat the clock before work to get ready quicker than usual
- Got feedback from my pressure washing client and updated the location on thr ads

**Twilight review on the day:**

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**Wins:**

- I'm proud to say that even though I don't enjoy work, I'm still performing amazing at it,
  - Honestly, even better than when I did

**Losses:**

- Didn't plan for the amount of time it would take to prepare this new strategy for my pressure washing client, so I wasn't able to make much progress on that today

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

- Approaching something positively helps you perform better
  - Positive thinking is now a non-negotiable for me
- Taking care of your health (good food, adequate sleep, staying hydrated) makes it so much easier to do everything

**Tomorrow's tasks:**

- Training
  - Leg day
  - 20 minutes on the stairmaster
  - 100 pushups
- Put SPIN questions onto a Google doc, & send to nail salon lead
- Make a Zoom meeting for Friday at 9 a.m, and send to chiropractor lead
- Prep for sales call at 10 a.m
  - Do top player analysis
  - Research the Philly Spa market
  - Take a look at Curo's De Repos' online presence
  - Adjust SPIN questions as needed
  - Find a topic to build rapport over from looking at brand's online presence

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

# Minute-By-Minute Plan

5:15-Wake up and do morning routine

5:55-Start training

- Leg day
- Give reactions in the burpee chat
- 20 minutes on the stairmaster

7:15-End training

7:20-Handle other response

- Stop at store after gym
- Make lunch for work

7:45-Begin copywriting work

- Manually post on HW IG & FB
- Patrol the chats
- Make Zoom link for Don
- Make Google eoc for nail salon lead
- Begin GWS prepping for sales call

9:45-Get room ready for Zoom call

9:50-Vividly imagine in brain Zoom call going fantastic

9:55-Open Zoom meeting & wait for Sally to join

10:30-End Zoom call

10:35-Be in car and leaving for work

11:00-Clock in

2-Drink monster

5-6-Eat packed "lunch"

7-Clock out

- Do 100 pushups

7:05-Reflect + plan

7:30-Leave work

- Listen to earned reward while driving home

7:55-See GF

8:45-Drop off

9-Back At home, calm GF

9:30-Be in bed