

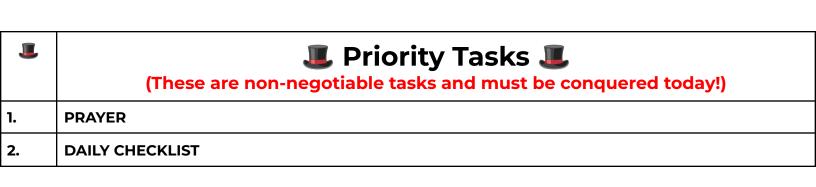
Today's Tasks & Steps To Success Crooming		
Open my computer/phone Review the plan for the day and all the tasks that need to be done that day Task: GM Say GM in the chats. #herogen #kings-chat #mindset-and-time #mindset-and-time #mindset-and-time #mindset-and-time #mindset-chat #mindset	V/ ×	🚀 Today's Tasks & Steps To Success 🚀
Image: Action Steps: Image: Steps: Image: Steps: Image: Steps: Image: Steps: St		Open my computer/phone
So to the #		
Read the Ooda Loop from the day Before to ensure I ACT on it Read my NEW IDENTITY. Read my CONQUEST PLANNER. Imagine my ideal future self for 15 seconds. Task: HARNESS MY SPEECH Action Steps: Ichoose a book or any other text, and read out loud for at least 10 min. Task: PATROL THE CHATS Action Steps: Icheck notifications Icheck notifications notifications Icheck notifications		Action Steps:
Action Steps: Choose a book or any other text, and read out loud for at least 10 min. Choose a book or any other text, and read out loud for at least 10 min. Task: PATROL THE CHATS Action Steps: Check notifications Keep up to date. Pour good energy into the chats. At least once per day. Task: TRAIN		
Action Steps: Check notifications	<u> </u>	Action Steps:
		Action Steps: Line Check notifications Line Keep up to date.
	V	

☑/ ×	√ Today's Tasks & Steps To Success √
	TRAIN ARMS
	 Task: Analyze Good Copy for 10 mins. Action Steps: Set a desired outcome and plan actions: Part 3 - Free Gun John Carlton » Swipe File Breakdown Pick an attitude: CALMNESS Hydrate, Caffeinate, Get the blood flowing Remove distractions Set a timer for 10 mins Get started Evaluate afterward.
	 Task: G-WORK SESSION Action Steps: Set a desired outcome and plan actions: BASED ON THE LAST CLIENT MEETING, REFINE THE WORK Pick an attitude:
V	
V	
✓	 Task: DAILY OODA LOOP G-WORK SESSION Action Steps: Set a desired outcome and plan actions: Review wins and losses. How will I improve tomorrow? Plan the next day accordingly.

V/X	🚀 Today's Tasks & Steps To Success 🚀
	 ② Pick an attitude:

	17 Date 17
Date:	

	🌄 3 Blessings I'm Grateful To Have 🙌
1.	I'm grateful that today I got to upgrade my wardrobe (new shirts, jeans, shoes, perfume,) **thanks to my past self**.
	Who despite the uncertainty, he kept working and working still making 0 money, and still not sure if he was gonna make it or not.
	If today you're better than a year ago, thank your **past self**, you owe it to him.
2.	Today I'm grateful for having the the ability to change my life with my pure determination.
3.	I'm grateful that no one in my family died today, and everyone is healthy.



- 2-6 G-WORK SESSIONS ON CLIENT WORK (the more the better) POUR GOOD ENERGY INTO THE CHATS AT LEAST ONCE PER DAY



Mourly Commitments & Reflections



8 AM: Task 🖔	
Strategy 🔍	WAKE UP at 8:45
	AND GET READY FOR THE DAY. 1. Shopping Center at the capital city of the island. 2. Gym right after. 3. Then go home.
Reflection /	

9 AM: Task 💃	
Strategy 🔍	WENT SHOPPING WITH MY BROTHER TO UPGRADE EACHOTHER'S WARDROBE WITH THE MONEY WE'VE MADE THROUGH OUR SKILLS
Reflection /	Shopping was from 9:30 AM when we left home, to, 3 PM when we started our workout at the gym

10 AM: Task 💃	
Strategy 🔍	WENT SHOPPING WITH MY BROTHER TO UPGRADE EACHOTHER'S WARDROBE WITH THE MONEY WE'VE MADE THROUGH OUR SKILLS
Reflection /	Shopping was from 9:30 AM when we left home, to, 3 PM when we started our workout at the gym

11 AM: Task 辈	
Strategy 🔍	WENT SHOPPING WITH MY BROTHER TO UPGRADE EACHOTHER'S WARDROBE WITH THE MONEY WE'VE MADE THROUGH OUR SKILLS
Reflection /	Shopping was from 9:30 AM when we left home, to, 3 PM when we started our workout at the gym
12 PM: Task 辈	
Strategy 🔍	WENT SHOPPING WITH MY BROTHER TO UPGRADE EACHOTHER'S WARDROBE WITH THE MONEY WE'VE MADE THROUGH OUR SKILLS © Task: GM Ø Action Steps: I Say GM in the chats. #hero-gm #kings-chat #mindset-and-time #business-101 #business-101 #rainmaker-chat #rainmaker-chat #agoge-chat #agoge-chat #100-gws-chat
Reflection /	Shopping was from 9:30 AM when we left home, to, 3 PM when we started our workout at the gym
1 PM: Task 辈	
Strategy 🔍	WENT SHOPPING WITH MY BROTHER TO UPGRADE EACHOTHER'S WARDROBE WITH THE MONEY WE'VE MADE THROUGH OUR SKILLS
Reflection /	Shopping was from 9:30 AM when we left home, to, 3 PM when we started our workout at the gym

2 PM: Task 🖐	
Strategy 🔍	WENT SHOPPING WITH MY BROTHER TO UPGRADE EACHOTHER'S WARDROBE WITH THE MONEY WE'VE MADE THROUGH OUR SKILLS
Reflection /	Shopping was from 9:30 AM when we left home, to, 3 PM when we started our workout at the gym
_	
3 PM: Task 💃	⊚ Task: <u>TRAIN</u>
Strategy Q	© Task: TRAIN ⊗ Action Steps: ↑ TRAIN ARMS
Reflection /	Not done yet.
4 PM: Task 辈	◎ Task: <u>TRAIN</u>
Strategy 🔍	© Task: TRAIN ☑ Action Steps: ↑ TRAIN ARMS
	GO HOME
Reflection /	Done.
5 PM: Task 🖐	Task: MPUC
Strategy 🔍	BREAKFAST
Reflection /	Done.

6 PM: Task 辈	
Strategy 🔍	HOUSE CHORES
Reflection /	
7 PM: Task 辈	
Strategy 🔍	HOUSE CHORES
Reflection /	
8 PM: Task 🖐	
Strategy 🔍	HOUSE CHORES
Reflection 🖊	
9 PM: Task 🖐	 © Task: <u>GET ACTIVE - WORK</u>
Strategy 🔍	SHOWER
	 Task: GET ACTIVE - WORK ✓ Action Steps: Open my computer/phone Review the plan for the day and all the tasks that need to be done that day
	Task: LUC'S DAILY LESSONS
	◎ Task: GRATITUDE

	⊗Action Steps: ightharpoonup Godon Steps: ightharpoonup Godon God
	Procrastinated by watching the last 20 min of a football match with my family.
Reflection /	Done. After that, I procrastinated by watching the last 20 min of a football match with my family.
10 PM: Task 💃	© Task: <u>HARNESS MY SPEECH</u> © Task: <u>POWER</u> © Task: PATROL THE CHATS
Strategy 🔍	Task: HARNESS MY SPEECH Action Steps: Choose a book or any other text, and read out loud for at least 10 min.
	 Task: POWER Action Steps: Read the Ooda Loop from the day Before to ensure I ACT on it Read my NEW IDENTITY. Read my CONQUEST PLANNER. Imagine my ideal future self for 15 seconds.
	 Task: PATROL THE CHATS Action Steps: Check notifications Keep up to date. Pour good energy into the chats. At least once per day.
	KEEP UP TO DATE WITH THE HOURLY COMMITMENTS
Reflection /	Done.
11 PM: Task 💃	© Task: Analyze Good Copy for 10 mins.
Strategy 🔍	

	☐ Set a desired outcome and plan actions:
	Task: G-WORK SESSION Action Steps:
Reflection /	Done. From 11:40 to 12:40.
12 AM: Task 🖐	⊚ Task: <u>G-WORK SESSION</u>
12 AM: Task 🕌 Strategy 🔍	© Task: G-WORK SESSION © Task: G-WORK SESSION Ø Action Steps: ☐ Set a desired outcome and plan actions: ☐ BASED ON THE LAST CLIENT MEETING, REFINE THE WORK ☐ Pick an attitude: ☐ ABUNDANT CALMNESS ☐ Hydrate, Caffeinate, Get the blood flowing ☐ Remove distractions ☐ Set a timer for 60 mins ☐ Get started ☐ Evaluate afterwards. RESPOND TO WHATSAPP MESSAGES

Reflection /	Done. From 11:40 to 12:40.
1 AM: Task 🖔	© Task: DAILY OODA LOOP G-WORK SESSION © Task: PATROL THE CHATS
Strategy 🔍	Task: DAILY OODA LOOP G-WORK SESSION Action Steps: ☐ Set a desired outcome and plan actions: ☐ Review wins and losses. ☐ How will I improve tomorrow? ☐ Plan the next day accordingly. ② Pick an attitude: ☐ METICULOUS ③ Hydrate, Caffeinate, Get the blood flowing ④ Remove distractions ⑤ Set a timer for 60-90 mins ⑥ Get started ⑦ Evaluate afterward ⑥ Task: PATROL THE CHATS ⑥ Action Steps: ☐ Check notifications ⑥ I Keep up to date. ⑥ Pour good energy into the chats. At least once per day.
Reflection /	Done.



🖿 Twilight's Review 🏬



* What wins did I achieve today? *

- i. **Completed The Daily Checklist**
- ii. **Completed NNs**
- iii. PMC Day 4 completed.
- Did not procrastinate on SM. iv.
- **Great training**
- I won over the bitch voice.

1. He's not OK with how I aikidoed today.



What lessons did I learn today?



- 2. OBSERVE
 - a. Wins
 - **Completed The Daily Checklist** i.
 - ii. **Completed NNs**
 - PMC Day 4 completed. iii.
 - iv. Did not procrastinate on SM.
 - **Great training** V.
 - I won over the bitch voice. vi.
 - 1. He's not OK with how I aikidoed today.
 - b. Losses
 - i. WASTED TOOOOOO MUCH TIME.

3. ORIENT

- a. So today I went shopping in the morning. I would've loved to go in the evening, but the thing is that this shopping center is in the capital city of my island, and I needed my mom to take me and my brother there, and this was the only time she had available to take us there.
- b. After the gym, I had to do some house chores before getting to work, while I was vacuuming the house I noticed that there was a bunch of junk sitting in the bottom of my closet, I had been for such a long time that today I decided to throw it. In the end, it took longer than it should have.
- c. Obviously, I started to work SUPER LATE, but because I refuse to go to sleep a loser, at the very least I completed my NNs.

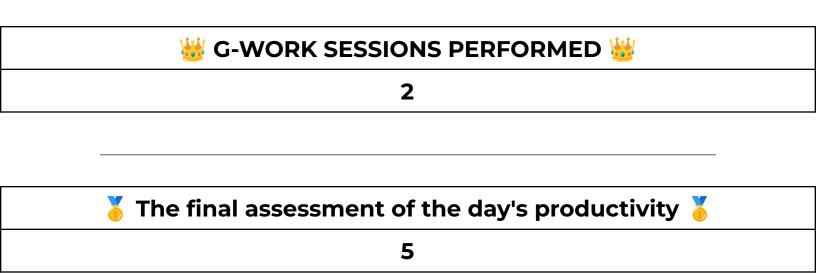
4. DECIDE

- a. DON'T GO OFF PLAN, Check Google Calendar more often throughout the day.
- b. Move quicker.
- c. Get excited at every difficulty you face, it is a test from GOD.

5. ACT

- a. Act.
- b. Receive Feedback.
- c. Refine.
- d. Win.

TIME
 Following my plan, scheduled on Google Calendar. Check it more often throughout the day.
Shat worked well and will be repeated? ☐ What worked well and will be repeated?
1. CALM ABUNDANCE
2. DRESSING WITH NICE CLOTHES TO WORK
3. COFFEE
4. DRINKING LOADS OF WATER TO KILL HEDEACHES
◯ Who are the People I need to connect with? ◯
Fellow Students.
What tasks remain uncompleted
3rd G-WORK SESSION.
♠ What changes do I need to make to my CONQUEST PLAN?
None yet.



Freestyle Thoughts:

(Let your thoughts flow here. No judgment, no boundaries.)

5 means: TERRRIBLE, but NNs got done.