

DAILY DOMINATION

 / 	 Today's Tasks & Steps To Success 
	 Task: <u>PM Challenge Day 4</u>  Action Steps:  BAN LIST.  No porn.  No masturbation.  No sugar/sweeteners. - Ate tomato sauce.  No sm.  No video games.  No drugs.  TO DO LIST  + 7 hours of sleep.  Train.  /  <u>Task of the day</u> 1.  Walk and sit up straight at all times. Like the PROUD MAN YOU ARE. 2.  Eye contact is a must with everybody. 3.  Be decisive. Say what you mean and mean what you say. Know who you are and what you want. 4.  No excuses. Own your mistakes 5.  Keep notes 6.  Maximum LOOXMAXING a.  Shave face in the morning b.  Comb my hair in the morning, and after training. c.  Unibrow clean d.  Mouth hygiene e.  Body odor f.  Shower twice a day.
	 Task: <u>GET ACTIVE - WORK</u>  Action Steps:  Get out of bed  Crank a set of pushups  GRATITUDE Prayer

	 Today's Tasks & Steps To Success 
	 Grooming  Open my computer/phone  Review the plan for the day and all the tasks that need to be done that day
	 Task: <u>GM</u>  Action Steps:  Say GM in the chats.  #hero-gm  #kings-chat  #mindset-and-time  #business-101  #experienced-chat  #rainmaker-chat  #agoge-chat  #100-gws-chat
	 Task: GRATITUDE  Action Steps:  Go to the #🙏gratitude-room and write something I'm grateful for.
	 Task: <u>POWER</u>  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: <u>HARNESS MY SPEECH</u>  Action Steps:  Choose a book or any other text, and read out loud for at least 10 min.
	 Task: <u>PATROL THE CHATS</u>  Action Steps:  Check notifications  Keep up to date.  Pour good energy into the chats. At least once per day.
	 Task: <u>TRAIN</u>  Action Steps:

	 Today's Tasks & Steps To Success 
	 TRAIN ARMS
	🎯 Task: <u>Analyze Good Copy for 10 mins.</u> 🔧 Action Steps: 1 Set a desired outcome and plan actions: 👉 Part 3 - Free Gun John Carlton » Swipe File Breakdown 2 Pick an attitude: 👉 CALMNESS 3 Hydrate, Caffeinate, Get the blood flowing 4 Remove distractions 5 Set a timer for 10 mins 6 Get started 7 Evaluate afterward.
	🎯 Task: <u>G-WORK SESSION</u> 🔧 Action Steps: 1 Set a desired outcome and plan actions: 👉 BASED ON THE LAST CLIENT MEETING, REFINE THE WORK 2 Pick an attitude: 👉 3 Hydrate, Caffeinate, Get the blood flowing 4 Remove distractions 5 Set a timer for 60 mins 6 Get started 7 Evaluate afterwards
	🎯 Task: <u>MPUC</u> 🔧 Action Steps: 🔥 Watch the POWER-UP CALL of the day.
	🎯 Task: <u>LUC'S DAILY LESSONS</u> 🔧 Action Steps: 👂 Listen and react to daily audio lessons.
	🎯 Task: <u>DAILY OODA LOOP G-WORK SESSION</u> 🔧 Action Steps: 1 Set a desired outcome and plan actions: 🏆 Review wins and losses. 🔥 How will I improve tomorrow? 📈 Plan the next day accordingly.

	 Today's Tasks & Steps To Success 
	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

	 Date 
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.

	 Priority Tasks  (These are non-negotiable tasks and must be conquered today!)
1.	PRAYER
2.	DAILY CHECKLIST

3.	2-6 G-WORK SESSIONS ON CLIENT WORK (the more the better)
4.	POUR GOOD ENERGY INTO THE CHATS AT LEAST ONCE PER DAY



Hourly 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 🏆	
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 🏆	
Strategy 🔍	WENT SHOPPING WITH MY BROTHER TO UPGRADE EACHOTHER'S WARDROBE WITH THE MONEY WE'VE MADE THROUGH OUR SKILLS 🎯 Task: GM 🗝️ Action Steps: 👉 Say GM in the chats. ☀️ #hero-gm 👑 #kings-chat 🧠 #mindset-and-time 🏠 #business-101 💬 #experienced-chat 🌧️ #rainmaker-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 🏆	
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 🔍	🎯 Task: <u>TRAIN</u> 🕒 Action Steps: 🏋️ TRAIN ARMS
Reflection ✍️	Not done yet.

4 PM: Task 🏆	🎯 Task: <u>TRAIN</u>
Strategy 🔍	🎯 Task: <u>TRAIN</u> 🕒 Action Steps: 🏋️ TRAIN ARMS GO HOME
Reflection ✍️	Done.

5 PM: Task 🏆	🎯 Task: <u>MPUC</u>
Strategy 🔍	BREAKFAST 🎯 Task: <u>MPUC</u> 🕒 Action Steps: 🔥 Watch the POWER-UP CALL of the day.
Reflection ✍️	Done.

6 PM: Task 🏆	
Strategy 🔍	HOUSE CHORES
Reflection ✍️	

7 PM: Task 🏆	
Strategy 🔍	HOUSE CHORES
Reflection ✍️	

8 PM: Task 🏆	
Strategy 🔍	HOUSE CHORES
Reflection ✍️	

9 PM: Task 🏆	🎯 Task: <u>GET ACTIVE - WORK</u> 🎯 Task: <u>LUC'S DAILY LESSONS</u> 🎯 Task: GRATITUDE
Strategy 🔍	SHOWER 🎯 Task: <u>GET ACTIVE - WORK</u> 🔗 Action Steps: 💻 Open my computer/phone 👉 Review the plan for the day and all the tasks that need to be done that day 🎯 Task: <u>LUC'S DAILY LESSONS</u> 🔗 Action Steps: 👂 Listen and react to daily audio lessons. 🎯 Task: GRATITUDE

	 Action Steps:  Go to the #🙏gratitude-room and write something I'm grateful for. 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: <u>PATROL THE CHATS</u>
Strategy 	 Task: <u>HARNESS MY SPEECH</u>  Action Steps:  Choose a book or any other text, and read out loud for at least 10 min.  Task: <u>POWER</u>  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: <u>PATROL THE CHATS</u>  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: <u>Analyze Good Copy for 10 mins.</u>
Strategy 	 Task: <u>Analyze Good Copy for 10 mins.</u>  Action Steps:

	1 Set a desired outcome and plan actions: 👉 Part 3 - Free Gun John Carlton » Swipe File Breakdown 2 Pick an attitude: 👉 CALMNESS 3 Hydrate, Caffeinate, Get the blood flowing 4 Remove distractions 5 Set a timer for 10 mins 6 Get started 7 Evaluate afterward 🎯 Task: G-WORK SESSION 🔧 Action Steps: 1 Set a desired outcome and plan actions: 👉 BASED ON THE LAST CLIENT MEETING, REFINE THE WORK 2 Pick an attitude: 👉 ABUNDANT CALMNESS 3 Hydrate, Caffeinate, Get the blood flowing 4 Remove distractions 5 Set a timer for 60 mins 6 Get started 7 Evaluate afterwards.
Reflection 🖋️	Done. From 11:40 to 12:40.

12 AM: Task 🏆	🎯 Task: G-WORK SESSION
Strategy 🔍	🎯 Task: G-WORK SESSION 🔧 Action Steps: 1 Set a desired outcome and plan actions: 👉 BASED ON THE LAST CLIENT MEETING, REFINE THE WORK 2 Pick an attitude: 👉 ABUNDANT CALMNESS 3 Hydrate, Caffeinate, Get the blood flowing 4 Remove distractions 5 Set a timer for 60 mins 6 Get started 7 Evaluate afterwards. RESPOND TO WHATSAPP MESSAGES

Reflection 	Done. From 11:40 to 12:40.
1 AM: Task 	 Task: <u>DAILY OODA LOOP G-WORK SESSION</u>  Task: PATROL THE CHATS
Strategy 	 Task: <u>DAILY OODA LOOP G-WORK SESSION</u>  Action Steps: 1] 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  Task: PATROL THE CHATS  Action Steps:  Check notifications  Keep up to date.  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. iv. Did not procrastinate on SM. v. Great training vi. I won over the bitch voice.

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

What lessons did I learn today?

DAILY OODA LOOP

2. OBSERVE

a. Wins

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

What roadblocks did I face?

TIME

 **How will I improve and progress tomorrow?** 

1. Following my plan, scheduled on Google Calendar.
2. Check it more often throughout the day.

 **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.

 **G-WORK SESSIONS PERFORMED** 

2

 **The final assessment of the day's productivity** 

5

Freestyle Thoughts:

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

5 means: TERRRIBLE, but NNs got done.