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	 <b>Today's Tasks &amp; Steps To Success</b> 
	<p> <b>Task: <u>GET ACTIVE - WORK</u></b></p> <p> <b>Action Steps:</b></p> <ul style="list-style-type: none"> <li>   Open my computer/phone</li> <li>   Review the plan for the day and all the tasks that need to be done that day</li> </ul>
	<p> <b>Task: <u>GM</u></b></p> <p> <b>Action Steps:</b></p> <ul style="list-style-type: none"> <li>   Say GM in the chats.</li> <li>   <a href="#">#hero-gm</a></li> <li>   <a href="#">#kings-chat</a></li> <li>   <a href="#">#mindset-and-time</a></li> <li>   <a href="#">#business-101</a></li> <li>   <a href="#">#experienced-chat</a></li> <li>   <a href="#">#rainmaker-chat</a></li> <li>   <a href="#">#agoge-chat</a></li> <li>   <a href="#">#100-gws-chat</a></li> </ul>
	<p> <b>Task: <u>G-WORK SESSION</u></b></p> <p> <b>Action Steps:</b></p> <ol style="list-style-type: none"> <li>   Set a desired outcome and plan actions:             <ul style="list-style-type: none"> <li>   <b>PREPARE A POST FOR MY CLIENT</b></li> </ul> </li> <li>   Pick an attitude:             <ul style="list-style-type: none"> <li>   <b>CONTROLLED SPEED</b></li> </ul> </li> <li>   Hydrate, Caffeinate, Get the blood flowing</li> <li>   Remove distractions</li> <li>   Set a timer for 60-90 mins</li> <li>   Get started</li> <li>   Evaluate afterwards</li> </ol>
	<p> <b>Task: <u>TRAIN</u></b></p> <p> <b>Action Steps:</b></p> <ul style="list-style-type: none"> <li>   <b>TRAIN DID ABOUT 1:30 CARDIO (18 km)</b></li> </ul>
	<p> <b>Task: <u>PATROL THE CHATS</u></b></p> <p> <b>Action Steps:</b></p> <ul style="list-style-type: none"> <li>   Check notifications</li> <li>   Keep up to date.</li> <li>   Pour good energy into the chats. At least once per day.</li> </ul>

	 <b>Today's Tasks &amp; Steps To Success</b> 
	<p>🎯 <b>Task: <u>Analyze Good Copy for 10 mins.</u></b></p> <p>🔧 <b>Action Steps:</b></p> <ol style="list-style-type: none"> <li>1   Set a desired outcome and plan actions: 👉   <b>Part 3 - Free Gun John Carlton » Swipe File Breakdown</b></li> <li>2   Pick an attitude: 👉   <b>ABUNDANCE</b></li> <li>3   Hydrate, Caffeinate, Get the blood flowing</li> <li>4   Remove distractions</li> <li>5   Set a timer for <b>10 mins</b></li> <li>6   Get started</li> <li>7   Evaluate afterward</li> </ol>
	<p>🎯 <b>Task: <u>MPUC</u></b></p> <p>🔧 <b>Action Steps:</b></p> <p>🔥   Watch the POWER-UP CALL of the day.</p>
	<p>🎯 <b>Task: <u>DAILY OODA LOOP G-WORK SESSION</u></b></p> <p>🔧 <b>Action Steps:</b></p> <ol style="list-style-type: none"> <li>1   Set a desired outcome and plan actions: 🏆   <b>Review wins and losses.</b> 🚀   <b>How will I improve tomorrow?</b> 📈   <b>Plan the next day accordingly.</b></li> <li>2   Pick an attitude: 👉   <b>METICULOUS</b></li> <li>3   Hydrate, Caffeinate, Get the blood flowing</li> <li>4   Remove distractions</li> <li>5   Set a timer for <b>30-60 mins</b></li> <li>6   Get started</li> <li>7   Evaluate afterward</li> </ol>

	<div> <div> <div>July</div> <div>17</div> </div> <div><b>Date</b></div> <div> <div>July</div> <div>17</div> </div> </div>
<b>Date:</b>	<b>29/06/2024</b>

	 <b>3 Blessings I'm Grateful To Have</b> 
1.	Today I'm grateful that my bike broke while I was riding on the bike trail and not on the the highway.
2.	I'm grateful for being able to celebrate the birthday of my best friend from childhood.
3.	I'm grateful that his mom brought me home after the incident.

	 <b>Priority Tasks</b>  (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



# THIS IS HOW I SPENT MY TIME







# Twilight's Review




## What lessons did I learn today?

### DAILY OODA LOOP

- 1. OBSERVE
  - a. Wins
    - i. Completed the Daily Checklist
    - ii. Completed my NNs
    - iii. PREPARED A POST FOR MY CLIENT
    - iv. Helped my friend move very heavy furniture in his mom's Villa.
    - v. Defeated the bitch voice
  - b. Cowardly actions
    - i. Woke up late
- 2. ORIENT
  - a. For the past few days, I've not been giving my best due to some personal problems, and thankfully today's MPUC helped me realize how stupid it was to solve it and defeat the bitch voice.
  - b. I've also realized that I've been putting unnecessary stress on myself, with a bunch of garbage tasks that weren't moving the needle forward.
- 3. DECIDE
  - a. When facing stressing SHIT.
    - i. Write it down on pen and paper, and make it specific, make it tangible.
  - b. Ask myself:
    - i. Is this gonna help me to achieve my next objective even in the slightest?
- 4. ACT

## What wins did I achieve today?

- i. Completed the Daily Checklist
- ii. Completed my NNs
- iii. PREPARED A POST FOR MY CLIENT
- iv. Helped my friend move very heavy furniture in his mom's Villa.
- v. Defeated the bitch voice

 <b>Cowardly actions</b> 
vi.    Woke up late



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 <b>What roadblocks did I face?</b> 
TIME - waking up late Unexpected THINGS like having to help my friend out



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 <b>How will I improve and progress tomorrow?</b> 
By focusing on the things that move the needle forward the most, THE DAILY CHECKLIST.


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 <b>What worked well and will be repeated?</b> 
Address stress factors and make them tangible, and specific. LOADS of caffeine to AIKIDO tiredness (I have to be careful with this one.



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 <b>Who are the People I need to connect with?</b> 
Myself. Fellow Students.

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 <b>What tasks remain uncompleted</b> 
NONE.



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 What changes do I need to make to my CONQUEST PLAN? 
None yet.

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 G-WORK SESSIONS PERFORMED 
2

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 The final assessment of the day's productivity 
6

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**Freestyle Thoughts:**  
(Let your thoughts flow here. No judgment, no boundaries.)