

Day 6/31 - \$0/\$10K Client Revenue

Who You Are Now vs Who You Want to Be

- Now:
 - Slow at, and scared of tackling problems, trying to scoot around them instead of facing them head on.
 - The weak part of my brain sometimes takes over without me realizing. E.g: "lets watch this video whilst eating", instead of helping G's in TRW.
 - Not taking advantage of every second, or treating my time as a scarce resource.
 - Negative self talk
 - Vague with objectives
- Who You Want to Be:
 - I like problems because they are opportunities to grow, even if they are challenging.
 - I love challenges and competition, and I know I will put in more effort than ANYONE else in order to win.
 - The weak part of my brain doesn't exist anymore. It hasn't had a chance to be even heard out in months.
 - I use every second of my time, and put it toward becoming the best version of myself possible.
 - Constant positive affirming self talk.

Your Reason Why

- My 4 grandparents' time is short. They are all 70+ years old. I have to make it in time to make sure I can get them the best 10-20 years of their lives possible. I want to make sure they can fulfill every wish they have ever had before they die.
- I want to be able to save my family from any situation. After my aunt just got breast cancer a month ago (luckily it was discovered early, so she'll make it out alive, no chemo needed), my eyes opened how little there was I could actually do, how helpless I am currently. Sure, we have good, and free healthcare here. But still... The thought that I couldn't get the best experts, the latest science on the job, to give them the maximum chance of survival haunts me. I have to be able to care for them to the maximum level
- I have a duty to god, and I want to make him proud of his creation. I want to show god my resilience and my will through my actions. Through my discipline. By getting up even when I'm at my most tired, by getting that uncomfortable talk done, even when I want to

avoid it, or by doing that extra GWS to reach the deadline, even when I'm dead tired, and supposed to be asleep.

- I work a 9-5 job full of 40-60 year olds who look defeated or complacent, and I go to school, where I'm only fed by constant distractions that are trying to hold me back. "Come to this party bro, it'll be fun", "practice an hour a day for this exam coming next year". It fucking sucks. I have only 1-3 REAL friends there, who I at least share 1 goal with. Tens of fake ones. I hate being surrounded by so much laziness, complacency, distraction, and distracted people. I want real friends. Real brothers. Brothers who share my goals, and my purpose. Brothers who are as dedicated or more dedicated than me. TRW gives me a little bit of that, but I need real life friends who are like that, and I won't find them at school or work. I have to escape. I have to leave school. I have to make enough money to convince my parents to let me quit.
 - I want my family to look at me with pride in their eyes.
 - I want to make everyone I love proud of me, and glad they know me.
 - I want to make everyone who has ever doubted me, or ever been bad to me jealous. I want them to see me drive past in an Aston whilst they're in their \$500 Suzuki shitbox.
 - Pay back my family. They have worked for decades, just so I can live. I have to free them. I have to pay them back. They deserve everything I could ever give them.
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G Work Checklist

- ☒ ~~Set a binary, tangible goal.~~
 - ☒ ~~Pick an attitude~~
 - ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
 - ☒ ~~Remove distractions~~
 - ☒ ~~Set a challenging timer and try to beat it~~
 - ☒ ~~Get started~~
 - ☒ ~~Evaluate afterwards~~
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Day - 30.10.2024

WEEKDAYS:

- ☐ **4:30 am to 5:00 am:**
Wake up, 10 pushups, make bed, cold shower, 1L water, coffee, TRW power-up call & notes.
- ☐ **5:00 am to 6:15 am:**
Work on client projects or securing new clients. (GWS #1)
- ☐ **6:15 am to 6:45 am:**
Meal 1: High-protein, high-calorie breakfast (~1,200-1,400 calories).
- ☐ **6:45 am to 7:00 am:**
Prepare for school.
- ☐ **7:00 am to 3:00 pm:**
School.
- ☐ **3:00 pm to 3:30 pm:**
Meal 2: High-calorie, high-protein lunch (~1,600-1,800 calories).
- ☐ **3:30 pm to 7:00 pm:**
Client work or getting new clients (goal: increasing bank account). (GWS #2 & #3)
- ☐ **7:00 pm to 7:20 pm:**
Helping G's (20 minutes as planned).
- ☐ **7:20 pm to 7:30 pm:**
Snack: Quick protein shake (~400-600 calories).
- ☐ **7:30 pm to 8:00 pm:**
Training—physical and mental sharpening.
- ☐ **8:00 pm to 8:30 pm:**
Preparing for sleep (review the day, stretch, shower, brush teeth, plan for tomorrow).
- ☐ **8:30 pm - ideal bedtime. Sometimes i will be late.:**
Sleep. Put phone with alarm far from bed

GWS Reflection:

What tasks/objectives did I demolish?

- *Don't skip any fields...*
- *All mandatory classes; math, geography, physics, and English*
- *Also managed to write my whole English + math homework in school - GETTING FASTER*

Problems/mistakes encountered?

- *Don't skip any fields...*
- *Slipped on a banana left by my matrix enemies, hit my head, and am now paralyzed*

Solutions to each mistake/problem?

- *Don't skip any fields...*
 - *Kill my matrix enemies next time I see them (if I'm even able to see them)*
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☒ ~~GWS #1~~

☒ ~~Figure out how to use Dobri's github thing~~

☐ Find 100 prospects (Manually, if I don't figure out Dobri's thing)

GWS Reflection:

What tasks/objectives did I demolish?

- *Don't skip any fields...*
- Halfway in, I started getting into the flow, and got things done very efficiently.

Problems/mistakes encountered?

- *Don't skip any fields...*
- First, I found out Dobri's method required paying for lots of different API's, so I did it manually
- First I used yellow pages + an instant data scraper. I then found out those leads were shit and low quality.
- Didn't find enough leads in that niche. Only around 40, once I found a good source. (Only 44 made 100k + a year, and some of those didn't have contact emails.)

Solutions to each mistake/problem?

- *Don't skip any field*
 - 1. Do it manually
 - 2. Use a better source (proff.no), which is what I did in this GWS, or use an industry specific directory (I couldn't find one for landscapers)
 - Have a list of niches & different cities I can try the same niche in ready in case I run out.
 - (**Cities:** Oslo, Bergen, Trondheim, Kristiansand | **Niches:** Use the list from the LBC #5)
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End day review:

Overall problems/mistakes throughout the day?

- I didn't really know what tasks to do. After I got home from school. So I ended up wasting GWS time doing nothing
- I had planned to prepare more for the call, get started on some research, etc.... But I couldn't do that after he said he didn't want to work anymore.

Solutions to each mistake/problem?

- Literally just sit down, ask myself "What is the critical task RIGHT NOW?", and fucking replace the old task with that one.