

V/ ×	🚀 Today's Tasks & Steps To Success 🚀
1. 🚺/💢	⊚ Task: ⊗ Action Steps:
2. 🗸/🗙	⊚ Task: ⊗ Action Steps:
3. V/ ×	⊚ Task: ⊗ Action Steps:
4. V / X	⊚ Task: ⊗ Action Steps:
5. V/ X	⊚ Task: ⊗ Action Steps:
6. //	⊚ Task: ⊗ Action Steps:
7. V/ X	⊚ Task: ⊗ Action Steps:
8. 🔽/💢	⊚ Task: ⊗ Action Steps:
9. 🔽/💢	⊚ Task: ⊗ Action Steps:
10. 🔽/💢	⊚ Task: ⊗Action Steps:

	17 Date 17
Date:	

	🌄 3 Blessings I'm Grateful To Have 🙌
1.	
2.	
3.	

	J 3 Priority Tasks (These are non-negotiable tasks and must be conquered today!)
1.	
2.	
3.	



Mourly Commitments & Reflections



Task 🖔	Task: What will I do?
Strategy 🔍	Strategy: How will I do it, step-by-step action?
Reflection /	Reflection: Was the task finished? If not, why & what stopped me and how will I fix it?

(Fill in as you go & remove the hours you are asleep.)

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1 AM: Task 辈		
Strategy 🔍		
Reflection /		
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2 AM: Task 辈		
Strategy 🔍		
Reflection /		
		-
3 AM: Task 辈		
Strategy 🔍		
Reflection /		
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4 AM: Task 辈			
Strategy 🔍			
Reflection /			
5 AM: Task 辈			
Strategy 🔍			
Reflection /			
6 AM: Task 辈			
Strategy 🔍			
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7 AM: Task 辈			
Strategy 🔍			
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8 AM: Task 辈			
Strategy 🔍			
Reflection /			
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9 AM: Task 辈		
Strategy 🔍		
Reflection /		
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10 AM: Task 💃		
Strategy 🔍		
Reflection /		
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11 AM: Task 辈		
Strategy 🔍		
Reflection /		
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12 PM: Task 辈		
Strategy 🔍		
Reflection /		
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l PM: Task 🖐		
Strategy 🔍		
Reflection /		

2 PM: Task 辈			
Strategy 🔍			
Reflection /			
3 PM: Task 🖔			
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5 PM: Task 辈			
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6 PM: Task 辈			
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7 PM: Task 💃			
Strategy 🔍			
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8 PM: Task 辈			
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Reflection /			
9 PM: Task 辈			
Strategy 🔍			
Reflection /			
10 PM: Task 辈			
Strategy 🔍			
Reflection /			
11 PM: Task 🖔			
Strategy 🔍			
Reflection /			



🌇 Twilight's Review 🌇



△What did I produce today?△

Checklist:

- 200 really slow pushups I took breaks
- took and add my spin to a video for my client, posted a meme for them, posted their testimonial
- -Prayed my prayers
- -read guran
- -reviewed my plans
- -analyzed copy for 10 minutes
- -watched the PUC of the day
- -checked my notifications for the patrol

Basically the checklist and islamic stuff

#Honorable, strong, and brave actions?#

Done my prayers

- Read quran
- Gone to masjid
- Trained when my mind was just
- Finished my checklist
- Apologized for my mother
- Thanked my mother
- Team work with brother to bring back internet as family time and work in one time
- Admitted it is my fault

🌟 What wins did I achieve today? 🌟

-Checklist

-done my prayers + gone to masjid + read quran: islamic stuff

📘 What lessons did I learn today? 📘

-It is all your fault no one's else fault, you can't fix their problem after what happened, you can only learn

-PUC: Train- bruh

- the reason why you're so fatigued and you can't focus is that you don't have a clear plan in your mindask yourself what is my goals, why is it important, what is the next step moving forward to keep your mind awake and stop sleeping
- There is multiple ways to get internet when you're broke: 1- ask a close person to charge it to you 2-work in the street and make some cash then buy it
- do an entire ooda loop as a plan and forget about the conquest planner: fix your problems in order instead of prioritizing, you're first ever problem is the boot camp then the agoge then the UA then miracle week
- listen to your mom- realized it isn't her fault the root cause for what happened is mainly you, so treat her good, she amplified the problem which you started but it is your fault
- -open up your your phone and turn silence off
- -speak for yourself good don't insult yourself, lie to yourself some captains do it, YOURE THE MOST INTELLIGENT PERSON ON THE PLANET

🚧 Cowardly actions 🚧

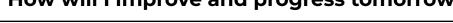
- Ruined the family connection on accident
- Took rests between each 10 slow pushups counting to 100
- Got my mom angrier on purpose this morning

🚧 What roadblocks did I face? 🚧

- Yesterday's mistake
- Internet connection
- Plan for the day a bit
- dizziness/fatigue/headache
- Extremely sore broken body
- Time management a bit



How will I improve and progress tomorrow?



- -do the start days tasks
- -attend your events and prayers
- finish your checklist
- Ask the long 2 questions
- make a OODA LOOP plan istead of conquest, combined with a powerful "WHY" and review it
- if the first thing in that plan is refollowing the beginner bootcamp then do it- Just expecting



🔄 What worked well and will be repeated? 🔄



- prayers
- start day tasks
- checklist
- headache medicine was a good idea
- Showing gratitude and love and apologizing
- taking high responsibility for my mistake
- brother teamwork
- 8h sleep

Who are the People I need to connect with? ✓

- father
- if your other family wants to hear from you then do
- -Dobri
- sufian sayed G
- students

📌 What tasks remain uncompleted 📌
- Go to a coffee shop only probably
♠ What changes do I need to make to my CONQUEST PLAN? ♠
- Forgeet that thing and only do it when you restart the agoge when you finish "following" the bootcamp steps
🥇 The final assessment of the day's productivity 🥇
6/10 nah not really
What new copywriting/influence insight did I learn today?
N/A
Top question/challenge
Hay my bady is sariously damaged; my two logs can barely walk my

- Hey my body is seriously damaged: my two legs can barely walk, my arms can no longer carry me when I train, So I started doing pushups instead of burpees and still it isn't benefical I feel high intense pain in my body and I don't know what to do, so I wanted to ask should I lower the intensity of my workout or keep pushing harder if my body is just broken?

Freestyle Thoughts:

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