





























DAILY DOMINATION

 	 Today's Tasks & Steps To Success 
1.  	 Task:  Action Steps:
2.  	 Task:  Action Steps:
3.  	 Task:  Action Steps:
4.  	 Task:  Action Steps:
5.  	 Task:  Action Steps:
6.  	 Task:  Action Steps:
7.  	 Task:  Action Steps:
8.  	 Task:  Action Steps:
9.  	 Task:  Action Steps:
10.  	 Task:  Action Steps:

	<div><div>July 17</div><div>Date</div><div>July 17</div></div>
Date:	

	<div> 3 Blessings I'm Grateful To Have </div>
1.	
2.	
3.	

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



Hourly 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.)

1 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

2 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

3 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

4 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

5 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

6 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

7 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

8 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

9 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

10 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

11 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

12 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

1 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

2 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

3 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

4 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

5 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

6 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

7 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

8 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

9 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

10 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

11 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

12 AM: 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 quran
- 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 mind- ask 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 instead 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

- 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 beneficial 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.)