



The Flawless Conqueror

The Hardening of A Diamond Mind

The Diamond Mind Project: **Evolution 2**

There are **rules** to this task list, the rules cannot be broken nor compromised, **they are as follows:**

- A) You are to wake up at the designated time every morning on the dot, no exceptions.
- B) You are to complete EVERY task, resulting in the missing of one, is a failure for the day, no exceptions.

There are terms and conditions to the 2 core rules, **they are as followed:**

- 1) If you wake up even a minute later than the designated time, you have failed the day.
- 2) Every task, every day, will be completed in sequential order. If a task is missed, once again, you have failed the day and you cannot try again or continue until tomorrow. You can get ahead of your task list, this is allowed.
- 3) (NEW) You have 5 min in-between each task, separate from your buffer time.

Every second counts.

Today, we conquer.

Knowone else matters, you are competing with yourself only.

Version 2 Updates:

Updates based on actual data from participants meant to improve your output.

- When you're seeking to achieve a goal, make sure you **add a reward**, (this prevents you from burning out and outdoing yourself, DON'T REMOVE THE JOY)
- Your tasks **NEED** to be directly correlating with your growth, meaning, the entire point of this task list is to get you from where you are now... to where you need to be. Drop the unessential bullshit, do the tedious tasks, and watch your life change.
- This tasklist goes deeper than what you imagine, this teaches you a solid foundation of strategy and adaptation and prepares you for the next challenge. **Plan ahead bro.**

- The task list is yours to arrange, but I'll be providing you with a plethora of design sections that I created and tested, that are **not only effective, but fun**.

SEE THE v2 BONUS ELEMENTS:

The **Default Hard-Mode Challenge** That Comes With This List.

The challenge is simple...

Decrease wake up time by **30 min** until satisfied or you've achieved a minimum of **6 hours** of sleep.

- 1) **Don't miss a single task.**
- 2) **Pick your tasks carefully and plan your time accordingly.**
- 3) **Execute each task with vile precision and focus.**
- 4) **Tools are available during this challenge: alarms, reminders, etc.**
- 5) **If an obstacle presents itself, this changes nothing. You're still expected to perform and go above and beyond to achieve this.**
- 6) **If you somehow manage to get ahead of time, you earned it to do as you wish.**

You are to attain 7 days of FLAWLESS delivery.

Now, where things get tricky...

✓ **Hardmode Challenge Buff:** You are allotted **ONLY 45 min** of unexpected buffer time and is to be kept on a stopwatch - insert buff time into task list for what it was for.

✗ **Hardmode Challenge Nerf:** If you miss but one task, and or go over the 45 min mark, the timer resets regardless if you are 6 days in.

✂ **Hardmode Challenge Neutralizer:** You are allowed to change at most 2 tasks, but you have to keep the same time limit and remove **20 min off of buffer time for each use.**

Do You Accept or Decline?

A Calculated Risk? Or The Comfort Zone?

Play To Your Strengths? Or Stay Stagnant?

Adapt? Or Stay Still?

Win It All? Or Lose It All?

You're Up...

To initiate this hard mode challenge:

Please fill in the box below:

☐

To Mark Each Successful Day Add A “🏆” Next To The Corresponding Day.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7:

Good luck.

Eisenhower Matrix:

Important and urgent is highlighted in green

Important and not urgent is highlighted in yellow

Not important and urgent is highlighted in blue

Not important and not urgent is highlighted in red

(Version 1: Day 1 actual) (Date 25/12/2023)

HM Challenge From the 24th to the 1st

-
- ☐ 3:00 to 3:07 | **Get out of bed, self talk and 15 Push-Ups.**
 - ☐ 3:07 to 3:14 | **Brush teeth, freezing shower, get dressed for RUN**
 - ☐ 3:14 to 3:47 | **RUN 3.5km**
 - ☐ 3:47 to 3:57 | take bath + Wudu + get dressed
 - ☐ 3:57 to 4:02 | Self-motivation (remind self of goals + courageous things i did)
 - ☐ 4:02 to 4:10 | Watch this [video](#)

- ☐ 4:10 to 5:10 | اصول الثلاث (learn from sheikh salih al fawzans explanation: <https://www.youtube.com/playlist?list=PL3523jgHxjka1yl2vqg0vFL-Lz3irZb31> and don't forget to note down and apply the knowledge that was learned. Here is the recitation of the book: <https://www.youtube.com/watch?v=nbXmvJcg7tE>)
- ☐ 5:10 to 5:30 | tahajjud (3 rak3as)
- ☐ 5:30 to 6:20 | call everyone for fajr + listen to athan + pray fajr sunnah + make dua + read 4 pages of tafsir (on laptop) + fajr salah
- ☐ 6:20 to 6:40 | morning dhikr
- ☐ 6:40 to 9:40 | Revise at least 2 pages Quran. And also revise the 8 pages before it.
- ☐ 9:40 to 9:50 | pray shurooq
- ☐ 9:50 to 9:52 | 20 PUSH UPS
- ☐ 9:52 to 10:22 | Finish CW daily checklist (excluding client G-work session)(For top player copy review: [Clayton-Makepeace](#))
- ☐ 10:22 to 11:00 | Listen to daily CA lesson + Watch, and note down (on notebook) andrews vid on long form copy
- ☐ 11:00 to 11:40 | Sleep (= laydown)
- ☐ 11:40 to 11:50 | Wake up dua + 20 Tempo Push-ups + go to the bathroom + self-motivation (if there is time)
- ☐ 11:50 to 12:15 | Study [Charlies Review](#) of Gary halberts letter (Arrange the new skills you've acquired in a Google doc)
- ☐ 12:15 to 1:00 | Listen to athan + sunnah + dhuhr prayer + sunnah
- ☐ 1:00 to 1:02 | 20 push-ups
- ☐ 1:02 to 1:32 | Find one Top player sales page that achieved exactly what you want to achieve in your sales page
- ☐ 1:32 to 2:02 | Write the copy for the sales page

- ☐ 2:02 to 2:12 | Eat lunch
- ☐ 2:12 to 3:02 | REVIEW THE COPY USING THE WINNERS WRITING PROCCSS (hard blue notebook)
- ☐ 3:02 to 3:05 | Max tempo push-ups
- ☐ 3:05 to 3:12 | 100 squats (record it)
- ☐ 3:08 to 4:05 | wudu + listen to athan + salah + evening dhikr
- ☐ 4:05 to 5:10 | Post 4x posts on IG/FB (3 AI, and one is client work)
- ☐ 5:10 to 5: 25 | spend time with family
- ☐ 5:25 to 6:00 | wudu + sunnah + salah + sunnah
- ☐ 6:00 to 6:50 | Eat + find people selling furniture and not having that much success and offer to sell it for them (IMPOTANT)
- ☐ 6:50 to 7:50 | wudu + salah + sunnah
- ☐ 7:50 to 8:00 | OODA Loop on the day (might take longer)
- ☐ 8:00 to 8:20 | ATTEND MPUC
- ☐ 8:20 to 9:00 | Continue OODA LOOP + self talk 3mins + Go absorb how Andrew breaks down the “do you have the courage to make a million dollars” copy. DO NOT CONSUME...ABSORB THE KNOWLEDGE, AND ATTACH IT TO YOUR BRAIN (arrange the new skills you’ve acquired in a [Google doc](#))
- ☐ 9:00 to 9:30 | Free time (if all the goals were completed on time)
- ☐ 9:30 to 10:00 | Get ready for bed + say before sleeping dua + Himalayan salt under your tongue (on bed by 9:45)

/45 Tasks Completed - Level 1 complete.

[xx/45] min of buffer remains.

V2 Bonus Elements

Section 1: Dailies Board

Put this into a sectioned time in your schedule, to provide a solid foundation of tasks that you need to do before anything, opening up time for more important tasks.



☐ 1) 3.5km run	☐ 4) BREAK DOWN COPY AND THEN PUT IT BACK TOGETHER	☐
☐ 2) seek knowledge with full focus	☐ 5) Apply your copywriting toolbox techniques into your copy	☐
☐ 3) Revise quran	☐ 6) PERFORM END OF DAY OODA LOOP	☐

Section 2: Bounty Board

Put this into a sectioned time in your schedule, to provide a solid foundation of tasks that are specific, and need to get done at some point.

✂️ BOUNTIES ✂️

☐ TASK		☐ COLD CALL SHEET
		☐ 100 PROSPECTS
		☐ Explore another niche - Go back to with current skill-set

☐	☐	
☐		
☐	☐	☐

	☐ Create Spec Work Website Portfolio piece with pitch -	
	☐	☐
☒	☐	☐ Write Another 5 Blog Posts

APPROVED | LIST IS GETTING MORE PERCISE

Section 3: Wins & Losses

Calculate your wins and losses everyday.

What are my **wins** and **losses**?

[illegible]

Section 4: End of Day Review

Review your end of day through these questions daily.

End-Of-Day Review

 **Battles Conquered: Tasks that I conquered today**

 **Wins and Losses: Wins and losses conquered for my last name throughout the day**

 **Remaining Buffer Time: Time I have left over from my sacred 45 minutes allotted to AIKIDO against unforeseen Matrix Attacks**

 **Today's Learnings: Wisdom or lessons learned from the day**

 **Victories Celebrated: Accomplishments and successes of the day**

 **Stumbles Along the Way: Points of difficulty or mistakes made.**

 **Tomorrow's Illuminations: Plan how to improve and progress the next day.**

 **Consistencies to Keep: Recognize what worked well and should be repeated.**

 **Communications: Identifying individuals to connect with.**

DID I MAKE GOD LOVE ME MORE TODAY?

AM I PROUD OF MYSELF FOR HOW THIS DAY WENT AND CAN I SLEEP WELL TONIGHT?

Section 5: Weekly Goals

Weekly target markers that you achieve on a weekly basis.

Weekly Goals

Make Abdullah Post 3 posts per day on the RENOV8 Instagram/Facebook
Get fairly quick at writing copy for FB/IG ads
<u>Get the Renov8 website design done</u>
Get Push-ups to 25, and run to 3.5km
Post 50 (low quality blogs), and 3 (quality blogs) to the renov8 website
Make money through flipping

Section 6: High-Value-Tasks

The tasks that take you from where you are, to where YOU want to go.



To get me from where I am, to where I want to go.

T1: Complete revising 5 jazz (with 0 mistakes) following the technique 0/100 pages

T2: complete TFCC at least once before Jan1 0/7 days in a row

T3: Write 100 pieces of copy (following the writers process) 0/100

T4: Take Renov8 to ultra success in 5 months (150k AED/month)
