

Tasks That Will Be Done!

- **[Task List]** 

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)
1. 	Start-Day ▾	Ice cold shower
2. 	Start-Day ▾	100 pushups
3. 	Start-Day ▾	Check/ message platoon
4. 	Start-Day ▾	Meditate
5. 	Start-Day ▾	Do everything necessary for Mark
6. 	Mid-Day ▾	Read Think And Grow Rich
7. 	Mid-Day ▾	Post on IG (Discovered that my account was just deleted. I will just be focusing on client acquisition right now, anyway.)
8. 	Mid-Day ▾	Buy Upwork connects if necessary; send proposals and respond to any landed gigs
9. 	Mid-Day ▾	Crypto sections
10. 	Mid-Day ▾	Platoon reviews
11. 	End-Day ▾	End day at 300 pushups
12. 	End-Day ▾	All food tracked; hit protein goal. Vitamins/ micro-supps taken.
13. 	End-Day ▾	Daily check-in
14. 	End-Day ▾	Rewrite outreach template and gather 10 prospects
15. 	End-Day ▾	Plan out tomorrow in timestamps

Tiger Day Plan + Reflection

Day Number: 68

Date: 2/27/23

Start Of The Day Time: 6 am

🙏	🙏 3 Things That I Am Excited To Have/ Do In The Future 🙏
1.	I am excited to have every moment of my day be filled with fulfilling activity.
2.	I am excited to have full control over and contentment with my sexual energy.
3.	I am excited to have replaced my gas station job with this marketing job.

Hour-by-hour **tracking:**

**[Track + Measure and analyze =
Improvement]**

\$ Task:	\$ Task = What Task Do You Intend To Complete This Hour?
🖋️ Reflection:	🖋️ Reflection = Did You Complete This Hour's task? If Not, Why? How did it go?

My 5 Tigerisms

1. Act With No Limits To Your Abilities

2. Stay Motherfing Hard***

3. Every Word And Thought Counts

Tiger Day Plan + Reflection

4. Stay high energy

5. I Am The Best Copywriter In The World

\$ 4 am: Task \$	sleep
Reflection	

\$ 5 am: Task \$	sleep
Reflection	

\$ 6 am: Task \$	wake up, cold shower
Reflection	

\$ 7 am: Task \$	start working
Reflection	

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\$ 8 am: Task \$	working
✎ Reflection ✎	

\$ 9 am: Task \$	stop, make breakfast and eat
✎ Reflection ✎	computer had to update

\$ 10 am: Task \$	eating breakfast and watching Tate, back to work again
✎ Reflection ✎	

\$ 11 am: Task \$	working again
✎ Reflection ✎	

\$ 12 am: Task \$	finish working, start watching crypto
✎ Reflection ✎	

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\$ 1 pm: Task \$	Blade runner
 Reflection 	

\$ 2 pm: Task \$	blade runner
 Reflection 	

\$ 3 pm: Task \$	blade runner
 Reflection 	

\$ 4 pm: Task \$	revise mark's work
 Reflection 	

\$ 5 pm: Task \$	read Think and Grow Rich, write some short copy
 Reflection 	

\$ 6 pm: Task \$	crypto campus
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Tiger Day Plan + Reflection

 Reflection 	
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\$ 7 pm: Task \$	Get ready to come back home
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 Reflection 	
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\$ 8 pm: Task \$	Get back home, get ready for bed and load everything up
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 Reflection 	
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\$ 9 pm: Task \$	Family duties, start rewriting template and do pushups
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 Reflection 	
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\$ 10 pm: Task \$	Rewriting template and small prospect gathering
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 Reflection 	
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\$ 11 pm: Task \$	sleep
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Tiger Day Plan + Reflection

✍️ **Reflection** ✍️



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

I learned that at my lowest, I learn the most. I also learned that every single day must be a test that is to be passed. There is no "I've made it" in the life of a hustler.

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

I plan to really grind, as I'll be allowed to do that again.

NEW **What Do I Also Plan To Do Differently Tomorrow?** NEW

I plan to get some good rolls in at BJJ.

📱 **Who Do I Need To Update, Contact, Ask A Question To, And/ or Share Feedback With?** 💬

Send to accountability

📝 **What Tasks Were Left Undone?** 📝

None besides the IG post, as i found out my account has been shadow-deleted.

BRAIN DUMP: