





























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:



Date



Date: 2024-04-19



3 Blessings I'm Grateful To Have



1. Family and friends
2. Food on the table
3. A place to live in rent free



3 Priority Tasks



(These are non-negotiable tasks and must be conquered today!)

1. Burpies
2. 1 Newsletter made
3. Trw TASKS



Hourly Commitments & Reflections



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

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

1 AM: Task 🏆	sleep
Strategy 🔍	
Reflection ✍️	

2 AM: Task 🏆	sleep
Strategy 🔍	
Reflection ✍️	

3 AM: Task 🏆	sleep
Strategy 🔍	
Reflection ✍️	

4 AM: Task 🏆	sleep
Strategy 🔍	
Reflection ✍️	

5 AM: Task 🏆	sleep
Strategy 🔍	
Reflection ✍️	

6 AM: Task 🏆	Wake up
Strategy 🔍	Go do hygiene, wake up the brain
Reflection ✍️	I can do it much faster then i did today, Today i took around one full our to do soo

7 AM: Task 🏆	Review the agoge tasks
Strategy 🔍	
Reflection ✍️	I think i did this as fast as i humanly could

8 AM: Task 🏆	Do the agoge tasks
Strategy 🔍	Start doing think as i do them
Reflection ✍️	Don't hesitate to start, looking at other people to check how you do this is not really important

9 AM: Task 🏆	Do the agoge tasks
Strategy 🔍	
Reflection ✍️	My friend came over so this hour was wasted, we made coffee, smoked, and i started telling him he should do one.

10 AM: Task 🏆	Do the agoge tasks
Strategy 🔍	
Reflection ✍️	Finally started to work on them again

11 AM: Task 🏆	Do the agoge tasks
Strategy 🔍	
Reflection ✍️	Finished the other tasks and started doing burpees, After that we went to the gym

12 PM: Task 🏆	Go to the gym
Strategy 🔍	Do a killer work out like always (Chest and arms)
Reflection ✍️	I did a killer workour

1 PM: Task 🏆	Still in the gym
Strategy 🔍	Doing the killer workout for chest and arms
Reflection ✍️	After the work out i had 0 energy

2 PM: Task 🏆	Back from the gym time to eat and start working
Strategy 🔍	Eat something fast and start working
Reflection ✍️	I ate something fast but my client called me, and my schedule had to be changed

3 PM: Task 🏆	Moved the meeting with the client from tomorrow to now
Strategy 🔍	Go meet with the client and fix their problem + get paid
Reflection ✍️	We met and i fixed the problem they were having with the instagram account

4 PM: Task 🏆	Getting back home and starting to work
Strategy 🔍	Just don't waste time and come back faster
Reflection ✍️	We talked for like an hour just about random stuff, next time im going to keep it more professional and not waste time.

5 PM: Task 🏆	Got back from the client - working on the newsletter
Strategy 🔍	Start doing research
Reflection ✍️	Didn't do it, instead i ate food and talked with my gf

6 PM: Task 🏆	Working on the newsletter
Strategy 🔍	Use chat gpt to help speed up the process

Reflection 	The power up call started and i went to watch it
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7 PM: Task 	Reviewing the newsletter and putting it in the template
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Strategy 	Flnd a good template, make it fit with the photos and text.
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Reflection 	Did not do it again. Instead I went to finnish writing this
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8 PM: Task 	Join the call
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Strategy 	Listen, learn, apply information.
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Reflection 	
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9 PM: Task 	The call normally finished 21:30 so after that im off to sleep
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Strategy 	
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Reflection 	
--	--

10 PM: Task 	sleep
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Strategy 	
--	--

Reflection 	
--	--

11 PM: Task 	sleep
---	-------

Strategy 	
--	--

Reflection 	
12 AM: Task 	sleep
Strategy 	
Reflection 	



Twilight's Review



 **What wins did I achieve today?** 

New burpies pr, got paid 250eur

 **What lessons did I learn today?** 

Time management is extremely hard, you might plan stuff you want to do and need to do. But it only takes 1 emergency thing to kick you off balance.

 **What roadblocks did I face?** 

Time management

 **How will I improve and progress tomorrow?** 

I will make a plan a day before rather than from the morning, and I will try to stick to that plan

 What worked well and will be repeated? 

Gym session, and burpies,

 Who are the People I need to connect with? 

My father, I need his help with one thing

 What tasks remain uncompleted 

Making a newsletter

 What changes do I need to make to my CONQUEST PLAN? 

At this very moment I'm not sure. I will leave it as it is for now.

 The final assessment of the day's productivity 

Freestyle Thoughts:

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