

DAILY DOMINATION

	 Today's Tasks & Steps To Success 	H?	H!
1. 	 Task: AGOGE  Action Steps: 200 burpees, watch call, do assignment, daily checklist		
2. 	 Task: Daily Checklist  Action Steps: Watch PMC, G-work session, Imagine ideal me and review plans, 10min of reviewing notes, 200 burpees, Plan day		
3. 	 Task: Day planning  Action Steps: At 9PM plan day		
4. 	 Task: Tournament  Action Steps: Smash it		
5. 	 Task: Normal work  Action Steps: Answering mails, cleaning my email post, dealing with bullshit		
6. 	 Task:  Action Steps:		
7. 	 Task:  Action Steps:		
8. 	 Task:  Action Steps:		
9. 	 Task:  Action Steps:		
10. 	 Task:  Action Steps:		

	 3 Blessings I'm Grateful To Have 
1.	TRW
2.	Right direction
3.	Health

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

9 AM: Task  ★	Imagine ideal me and review plans Burpees and go to tournament
Strategy 	
Reflection 	Good burpees session shower and go out

10 AM: Task  ★	tournament
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Strategy 🔍	
Reflection ✍️	Go to tournament and network

11 AM: Task 🏆	tournament
Strategy 🔍	
Reflection ✍️	Go to tournament and network

12 PM: Task 🏆	tournament
Strategy 🔍	
Reflection ✍️	Go to tournament and network

1 PM: Task 🏆	tournament
Strategy 🔍	
Reflection ✍️	Go to tournament and network

2 PM: Task 🏆	tournament
Strategy 🔍	
Reflection ✍️	Go to tournament and network

3 PM: Task 🏆	tournament
Strategy 🔍	

Reflection 	Go to tournament and network
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4 PM: Task 	Eat, and g-work
Strategy 	
Reflection 	Eat

5 PM: Task 	Notes and work
Strategy 	
Reflection 	Friend time

6 PM: Task 	Friend time
Strategy 	
Reflection 	Friend time

7 PM: Task 	Friend time
Strategy 	
Reflection 	Friend time

8 PM: Task 	Go back and plan day
Strategy 	
Reflection 	PMC NOTES

9 PM: Task 🏆	Ending tasks
Strategy 🔍	
Reflection ✍️	Plan day

10 PM: Task 🏆	Pack myself
Strategy 🔍	
Reflection ✍️	



Twilight's Review



🌟 What wins did I achieve today? 🌟
6/6tournament G networking, burpees ;)

📖 What lessons did I learn today? 📖
It's hard to work while goodfriend is near

🚧 What roadblocks did I face? 🚧

I must be more organized when seeing friend

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

Full focus + undying will to win

 **What worked well and will be repeated?** 

Facebook ad

 **Who are the People I need to connect with?** 

COUNCIL

 **What tasks remain uncompleted** 

SHORTS

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

Bigger one!

🏆 The final assessment of the day's productivity 🏆

5/10 - bro i am on the chess tournament

Freestyle Thoughts:

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