

V/ ×	🚀 Today's Tasks & Steps To Success 🚀	Н?	H!
1. V /X			
2. V/ X	 ⑥ 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. ☑/×			
5. V /X	◎ Task: Normal work※Action Steps: Answering mails, cleaning my email post, dealing with bullshit		
6. ☑/×			
7.			
8. V /X			
9. ☑/X			
10. ☑/×	⑥ Task: Ø 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.	AGOGE
2.	Checklist
3.	

Mourly Commitments & Reflections

Task 🖔	Task: What will I do?
Strategy Q	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

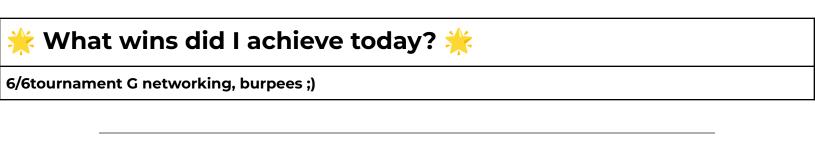
10 AM: Task 💃	tournament
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Strategy 🔍	
Reflection /	Go to tournament and network
11 AM: Task 辈	tournament
Strategy 🔍	
Reflection /	Go to tournament and network
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12 PM: Task 💃	tournament
Strategy 🔍	
Reflection /	Go to tournament and network
1 PM: Task 辈	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
4 PM: Task 🖔	Eat, and g-work
Strategy 🔍	
Reflection /	Eat
5 PM: Task 💃	Notes and work
Strategy 🔍	
Reflection /	Friend time
6 PM: Task 辈	Friend time
Strategy 🔍	
Reflection /	Friend time
7 PM: Task 辈	Friend time
Strategy 🔍	
Reflection /	Friend time
8 PM: Task 💃	Go back and plan day
Strategy 🔍	
Reflection /	PMC NOTES

9 PM: Task 辈	Ending tasks
Strategy 🔍	
Reflection /	Plan day
10 PM: Task 💃	Pack myself
Strategy 🔍	
Reflection /	







₩ What roadblocks did I face? ₩

I must be more organized when seeing friend
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
R What changes do I need to make to my CONQUEST PLAN?
Bigger one!



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5/10 - bro i am on the chess tournament

Freestyle Thoughts:

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