

120-Day Warrior's Journal

<u>PRIO</u>	<u>STATUS</u>	<u>TASK</u>
1 ▾	✓	Push Workout
1 ▾	✓	Remake personal website
1 ▾	✓	Spending 3 hours with family
1 ▾	✓	Create avatar and conduct high-level research on chosen sub-niche
1 ▾	✓	Create a separate document analyzing the top players
1 ▾	✓	2 hours of UGC Campus (note: didn't do 2 hours, but did Day 1)
1 ▾	✗	Refresh memory with 30 minutes of Andrew's lessons
1 ▾	✓	225 knuckle pushups - changed to Pull Workout 💪
2 ▾	✓	High quality walk with good thoughts
2 ▾	✓	Less than 30 mins on phone at home
2 ▾	✓	Get better at Bing AI
3 ▾	✓	Clean room
3 ▾	✓	3 min shower after gym

DAY: 2/120

DATE: 2023/04/19




WAKE UP: 7:30am

WHAT IS THIS?

My pledge to 120 days of hard work and complete dedication to start making money online.

Every 7th day will be WAR DAY, 4 hours of sleep, followed by 20 hours of SHEER DOMINANCE.

GOALS

-  Land my first client (day 30) ❌
-  Make my first 1000\$ (day 60) ❌
-  2000\$/month income (day 120) ❌

QUOTES

 A goal without a plan is just a dream 

 No plan survives first contact with the enemy 

 Be the gladiator in the arena, not the spectator 

 Be like water - unbreakable, constant, flowing 

DAILY PLAN

7am 🕒 PLAN 💡	Wake up, coffee, gym
REFLECTION 🔍	Took me 25 minutes to get into the gym, took my time drinking coffee and thinking about stuff.

8am 🕒 PLAN 💡	Push workout
REFLECTION 🔍	Bench press (135lbs), Decline Kaz press (60lbs), Cable fly (40lbs), Single arm tricep extension (25lbs), Incline dumbbell press (35lbs), Overhead barbell press (55lbs)

9am 🕒 PLAN 💡	Finish workout, 3 min shower, make smoothie, 30 mins of UGC while drinking
REFLECTION 🔍	Got back, ate food instead of smoothie, went out with family

10am 🕒 PLAN 💡	Begin research and avatar work for sub-niche
REFLECTION 🔍	Out

11am 🕒 PLAN 💡	Out with family
REFLECTION 🔍	Out

12pm 🕒 PLAN 💡	Out
REFLECTION 🔍	Out

1pm 🕒 PLAN 💡	Out
REFLECTION 🔍	Out

2pm 🕒 PLAN 💡	Coffee, then continue research and avatar work
REFLECTION 🔍	Back at 2:40pm, my day got delayed just like yesterday. Started UGC lessons

3pm 🕒 PLAN 💡	Redesign personal website quickly, then UGC lessons for 30 mins
REFLECTION 🔍	Watched and took note of UGC day 0 + 1 material, going out to record myself, practicing camera speaking skills.

4pm ⌚ **PLAN** 💡

Continue research and finish avatar

REFLECTION 🔍

Came back, procrastinated by looking around in TRW, left at 4:30pm, went out again with family.

5pm ⌚ **PLAN** 💡

UGC lessons 30mins, then walk 30 mins

REFLECTION 🔍

Out

6pm ⌚ **PLAN** 💡

Start research on big players in market and analyze

REFLECTION 🔍

Back at 6:30pm, super delayed day now, beginning initial research on my sub-niche. Ended up discovering another sub-niche (was researching sunglasses, found out about blue light glasses, working on this for the next few days instead)

7pm ⌚ **PLAN** 💡

Continue analysis

REFLECTION 🔍

Continued research, found top players, started analysis, will create avatar later. Updating my plan from 8pm and added 2 more hours tonight, will extend my day and update plans.

8pm 🕒 PLAN 💡	Continue research on market (top players & avatar)
REFLECTION 🔍	Started analysis of top player

9pm 🕒 PLAN 💡	Continue research, head to 2nd gym session at 9:30pm
REFLECTION 🔍	Finished analysis, made rough outline for avatar

10pm 🕒 PLAN 💡	Pull workout
REFLECTION 🔍	T bar row (115lbs), EZ bar curl (60lbs), Weighted pull ups (20lbs), Hammer curl (30lbs), Cable cross pulls (15lbs), Seated rows (105lbs)

11pm 🕒 PLAN 💡	Continue research, take final coffee
REFLECTION 🔍	Came back from gym, made smoothie, took a shit, shower'd, no work done.

12am 🕒 PLAN 💡	Redesign personal website, start learning how to use Wix
REFLECTION 🔍	Done

1am 🕒 PLAN 💡	Finish research: top player analysis and avatar complete, additional research document complete.
REFLECTION 🔍	Finished avatar pretty quickly, going to move to my 2am plan and sleep right after.

2am 🕒 PLAN 💡	Finish what needs to be done, complete this document, plan tomorrow, sleep
REFLECTION 🔍	Went to bed at 1:45am

REVIEW

✓Greatest successes✓
Despite being out for around <u>seven</u> hours (instead of my calculated 3), I finished all my tasks except one: watch Andrew’s lessons. Honestly, I didn’t feel the need anyway, my copywriting work has been going fine, and I had little extra time anyway. 2 workouts, push in morning and pull at night, is another

big win for me. I truly pushed myself today.

Biggest failures

Had some moments of procrastination. Didn't spend ANY time on my phone or social media, but was literally just sitting doing nothing or going through TRW aimlessly for maybe one hour total today.

Feel like my avatar was a bit rushed, however I do believe it fits my sub-niche, and at the end of the day it won't affect my outreach that much, and I have a general idea of the needs of the market. I will further research this tomorrow though.

What I must change

Like always, at times I am "afraid" of leaping straight into my work. Again, like always, the moment I start my work I'm set, and can work for endless hours if uninterrupted. Unfortunately, with my family visiting, interruptions are inevitable for the time being.

Final thoughts

I want to sleep :) Solid day, not much work done, but tomorrow I will be free all day to work endlessly, looking forward to waking up.