






















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 and send the sheet to TG
4. 	Start-Day ▾	Meditate
5. 	Start-Day ▾	Live call
6. 	Start-Day ▾	Practice driving a lot
7.  / 	Start-Day ▾	Work for Mark
8. 	Mid-Day ▾	Plan out 2nd website for client
9. 	Mid-Day ▾	Write the next 10 FV's
10. 	Mid-Day ▾	Check up on my platoon's challenge progress
11. 	Mid-Day ▾	Send Upwork proposals
12. 	Mid-Day ▾	Read Kyle Milligan's copy and break it down
13. 	Mid-Day ▾	Read about money/ Listen to DotCom Secrets/ study business tactics
14. 	End-Day ▾	Platoon reviews, or 1 random review
15.  / 	End-Day ▾	End the day at 300 pushups- 200
15. 	End-Day ▾	All food tracked; hit protein goal. Vitamins/ micro-supps taken.
16. 	End-Day ▾	Daily check-in and send the sheet to TG, TRW, and Platoon
17. 	End-Day ▾	Lifted - bicep ab
18. 	End-Day ▾	NO useless content at all, in any form (Watched 2 minutes of facebook before realizing)

Tiger Day Plan + Reflection

Day Number: 81

Date: 3/12/23

Start Of The Day Time: 5 am

	 3 Things That I Am Excited To Have/ Do In The Future 
1.	I am excited to get some very nice sleep tonight
2.	I am excited to be making all of my money from clients
3.	I am excited to hire the first contractor

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 \$	wake up, cold shower, pushups, turn everything on.
✎ Reflection ✎	

\$ 6 am: Task \$	Set up everything to send emails, call
✎ Reflection ✎	

\$ 7 am: Task \$	on the call, leave for the org
✎ Reflection ✎	

Tiger Day Plan + Reflection

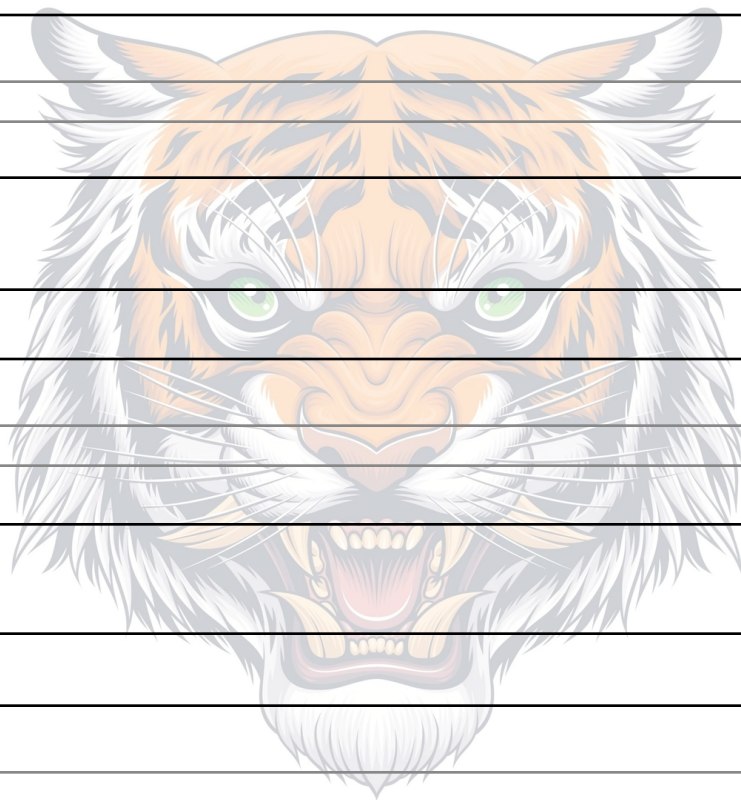
\$ 8 am: Task \$	driving training and breakfast
✎ Reflection ✎	

\$ 9 am: Task \$	driving, upwork proposals
✎ Reflection ✎	

\$ 10 am: Task \$	driving
✎ Reflection ✎	

\$ 11 am: Task \$	driving
✎ Reflection ✎	

\$ 12 am: Task \$	org
✎ Reflection ✎	



Tiger Day Plan + Reflection

\$ 1 pm: Task \$	org
✎ Reflection ✎	

\$ 2 pm: Task \$	org, plan out second website
✎ Reflection ✎	


\$ 3 pm: Task \$	org
✎ Reflection ✎	

\$ 4 pm: Task \$	org, kyle milligan copy
✎ Reflection ✎	



\$ 5 pm: Task \$	org, watched business mastery
✎ Reflection ✎	

\$ 6 pm: Task \$	org, platoon review
-------------------------	----------------------------

Tiger Day Plan + Reflection

 Reflection 	
---	--

\$ 7 pm: Task \$	get home, eat
-------------------------	----------------------

 Reflection 	
---	--



\$ 8 pm: Task \$	Messaging people and meditating for a bit
-------------------------	--

 Reflection 	
---	--

\$ 9 pm: Task \$	Work for mark
-------------------------	----------------------

 Reflection 	
---	--

\$ 10 pm: Task \$	Work for mark
--------------------------	----------------------

 Reflection 	
---	--

\$ 11 pm: Task \$	Finish work for mark and SLUMP
--------------------------	---------------------------------------

Tiger Day Plan + Reflection

✍️ Reflection ✍️



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

I learned that sometimes things genuinely cannot get done.

NEW What Do I Plan To Do Differently Tomorrow? NEW

I plan to get everything done and make some money

🔥 Was today treated with a War Mode mentality? 🔥

Yes absolutely

📝 What Tasks Were Left Undone? 📝

(Lift, make FV's, send emails that I never sent) All of these couldn't be done. Fully busy all day and going sleepless would be dumb.

BRAIN DUMP: