

DAILY DOMINATION

 	 Today's Tasks & Steps To Success 
1. 	 Task: Copy analysis  Action Steps: Finish analyzing "His Secret Obsession"
2. 	 Task: Watch the PUC  Action Steps: Listen to Andrew in TRW, understand and apply the concept he explains
3. 	 Task: Train  Action Steps: Play soccer at the event at school + Train for the L sit at home
4. 	 Task: Dream 100 approach  Action Steps: Time to contact at least 3 people in the DMs. Interact with the current one of course
5. 	 Task: Focus on my future me  Action Steps: read the Agoge identity document in the morning and at night
6.  	 Task: Read the Bible + execute daily prayer  Action Steps: Open the Bible app on my phone, read a chapter, and understand it. Pray before going to bed: repent for all my sins and be grateful
7. 	 Task: Help at least one G in the chats  Action Steps: Try to help a G in TRW with a question he has
8. 	 Task: Chess  Action Steps: Play at least one game of chess

	July 17 Date July 17
Date:	30th of April 2024

	 3 Blessings I'm Grateful To Have 
1.	Eyesight
2.	Hearing
3.	Ability to talk

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

	 What challenges/Roadblocks am I gonna face tomorrow? 
1.	Morning is taken by a school sporting event
2.	
3.	

	 What reward awaits me if I complete everything? 
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Reward:	Sleep, I am tired
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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?

6 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

7 AM: Task 🏆	Wake up, focus on future me
Strategy 🔍	
Reflection ✍️	

8 AM: Task 🏆	Sport event with school
Strategy 🔍	
Reflection ✍️	

9 AM: Task 🏆	Sport event with school
Strategy 🔍	
Reflection ✍️	

10 AM: Task 🏆	Sport event with school
Strategy 🔍	
Reflection ✍️	

11 AM: Task 🏆	Sport event with school
Strategy 🔍	
Reflection ✍️	

12 PM: Task 🏆	Sport event with school
Strategy 🔍	
Reflection ✍️	

1 PM: Task 🏆	Lunch, family, needs, transportation, rest
Strategy 🔍	
Reflection ✍️	

2 PM: Task 🏆	Lunch, family, needs, transportation, rest
Strategy 🔍	
Reflection ✍️	

3 PM: Task 🏆	Lunch, family, needs, transportation, rest
Strategy 🔍	
Reflection ✍️	

4 PM: Task 🏆	Train✅
Strategy 🔍	
Reflection ✍️	

5 PM: Task 🏆	PUC✅
Strategy 🔍	
Reflection ✍️	

6 PM: Task 🏆	Dream 100 + finish His secret obsession❌
Strategy 🔍	
Reflection ✍️	

7 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

8 PM: Task 🏆	Review the day, plan the next one, read the Bible, focus on the future me❌
Strategy 🔍	Use this doc to review and plan Read Agoge's new identity document Post in the accountability roster Read the Bible
Reflection ✍️	

9 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

10 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

11 PM: Task 🌟	
Strategy 🔍	
Reflection ✍️	



Twilight's Review



🌟 What wins did I achieve today? 🌟

Training and PUC

❌ What battles did I lose today? ❌

Checklist not completed

📘 What lessons did I learn today? 📘

🚧 What roadblocks did I face? 🚧

Extreme sleepiness



How will I improve and progress tomorrow?



What worked well and will be repeated?



Who are the People I need to connect with?



What tasks remain uncompleted



Finishing copy analysis

Dream 100 approach

Chess

Helping one G in the chats



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



🏆 The final assessment of the day's productivity 🏆

1/10 I acted like a bitch

Freestyle Thoughts:

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