



🚀 Today's Tasks & Steps To Success 🚀



Task: DAILY CHECKLIST **Action Steps:**

- \odot | 15 secs focus on your ideal future self then review your plans to win that day.
- \boxed{y} | Spend 10 minutes reviewing your notes and/or analyzing good copy from the swipe file or Top Players.
- G-WORK SESSION on client work.
- 🔥 | MPUC.
- 🦍 | Train.
- \swarrow | Review your wins and losses for the day. Plan out your next day accordingly.

	 Task: GET ACTIVE Action Steps: Get out of bed Grooming Prepare a coffee Open my computer Clear my environment Check notifications
V	

V/ ×	🚀 Today's Tasks & Steps To Success 🚀
	♣ Every day for 30 days be thankful for something different. Send it to the #♣ gratitude-room chat.
V	 Task: CLARITY Action Steps:
V	 Task: HARNESS MY SPEECH ØAction Steps:
✓	 Task: POWER Action Steps: ↓ Prayer. ♠ Read the Ooda Loop from the day Before to ensure I ACT on it ☑ Read my CONQUEST PLANNER. ☑ Read my NEW IDENTITY. ● Focus on my ideal future self for 15 seconds.
	 Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES Action Steps: □ Choose a piece of Copy/Content -or- Top Player to analyze/break down. □ Clear my environment □ Visualize myself immersed in the work and how it feels □ Set a timer □ Take notes/or read them □ Write down insights and tactics I could use in my client's work.
	 Task: G-WORK SESSION ON CLIENT WORK Action Steps: Set a clear intention for what I'm going to do: Clear my environment Choose motivating music Visualize myself immersed in the work and how it feels Set a timer Get to work

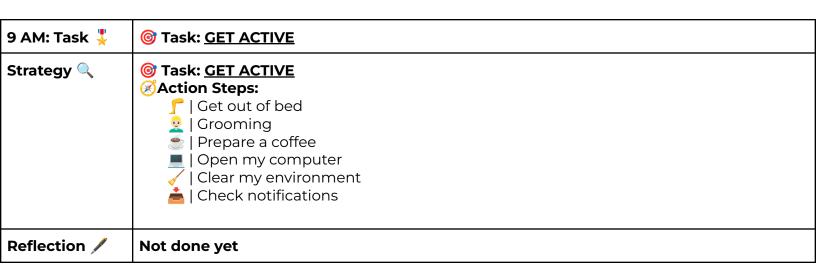
V/ ×	🚀 Today's Tasks & Steps To Success 🚀
	Task: CALL FROM MY MOM'S MENTORSHIP (Instagram monetization) Action Steps: Clear my environment Take notes and write down insights and tactics I could use in my client's work.
✓	
✓	
✓	
X	
~	Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY Action Steps: Daily Conquest. Daily Ooda Loop. Plan out my next day accordingly

	17 Date 17
Date:	29/05/2024

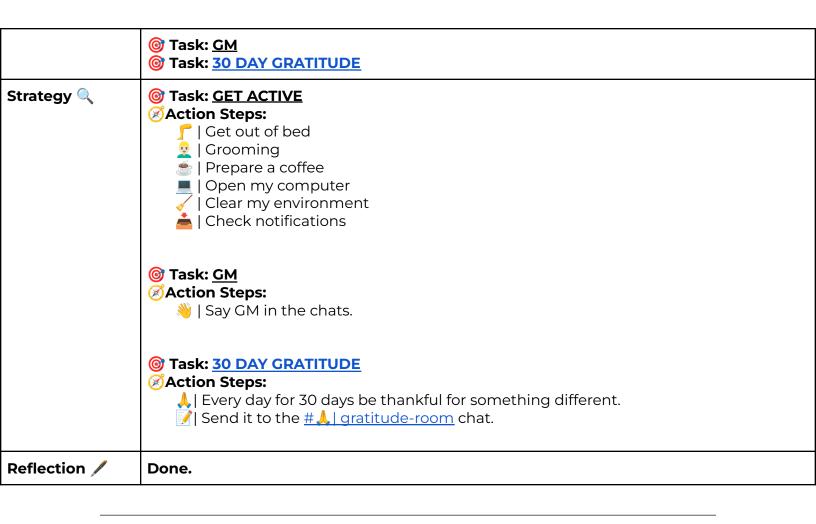
	🌄 3 Blessings I'm Grateful To Have 🙌
1.	Today I'm grateful for the sunny day it is.
2.	I'm grateful for feeling a lot better than yesterday
3.	I'm grateful for being able to work.

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

🏅 Hourly Commitments & Reflections 🏅



10 AM: Task 🖔 🏻 🎯 Task: <u>GET ACTIVE</u>



11 AM: Task 🖔	© Task: CLARITY © Task: CALL FROM MY MOM'S MENTORSHIP (Instagram monetization)
Strategy 🔍	 Task: CLARITY Action Steps: Review the plan for the day and all the tasks that need to be done that day Decide which one to start with. Task: CALL FROM MY MOM'S MENTORSHIP (Instagram monetization) Action Steps: Clear my environment Take notes and write down insights and tactics I could use in my client's work.
Reflection /	Not done yet.

12 PM: Task 辈	⊚ Task: CALL FROM MY MOM'S MENTORSHIP (Instagram monetization)
Strategy 🔍	
Reflection /	Done.
	·
1 PM: Task 💃	
Strategy 🔍	
Reflection /	procrastinated
2 PM: Task 辈	
Strategy 🔍	
Reflection /	procrastinated
3 PM: Task 💃	
Strategy 🔍	
Reflection /	procrastinated
_	
4 PM: Task 🟅	⊚ Task: MPUC
Strategy 🔍	
Reflection 🖊	Done.
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5 PM: Task 💃	◎ Task: TRAIN
Strategy 🔍	© Task: TRAIN ⊗ Action Steps: ↑ TRAIN
Reflection /	Done. Still recovering from food intoxication so I just went on a little 30-minute walk.

6 PM: Task 辈	⑥ Task: HARNESS MY SPEECH ⑥ Task: POWER
Strategy Q	 Task: HARNESS MY SPEECH Action Steps:
Reflection /	

7 PM: Task 💃	⊚ Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u>
Strategy 🔍	Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES Action Steps: □ Choose a piece of Copy/Content -or- Top Player to analyze/break down. Part 1 - Free Gun John Carlton » Swipe File Breakdown □ Clear my environment □ Visualize myself immersed in the work and how it feels □ Set a timer □ Take notes/or read them

	6 Write down insights and tactics I could use in my client's work.
Reflection /	Done.
8 PM: Task 辈	⊚ Task: <u>G-WORK SESSION ON CLIENT WORK</u>
Strategy 🔍	 Task: G-WORK SESSION ON CLIENT WORK Action Steps: Set a clear intention for what I'm going to do:
Reflection /	Done.
9 PM: Task 辈	DINNER
Strategy 🔍	DINNER 1. Cook 2. Eat 3. Clean
Reflection /	Done.
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10 PM: Task 💃	
Strategy 🔍	
Reflection /	procrastinated
11 PM: Task 辈	
	•

Strategy 🔍	
Reflection /	procrastinated
12 AM: Task 💃	Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY
Strategy 🔍	Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY
Reflection /	Done.



🖿 Twilight's Review 🏬





- i. **Completed the Daily Checklist**
- ii. **Completed NNs**

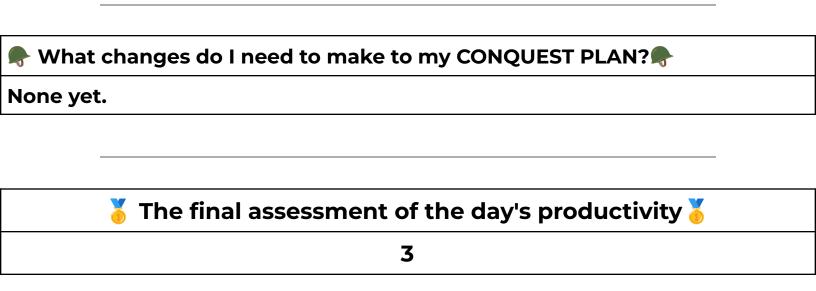
DAILY OODA LOOP

- 2. OBSERVE
 - a. Wins
 - i. **Completed the Daily Checklist**

What lessons did I learn today?

- **Completed NNs** ii.
- b. Losses
 - i. Didn't complete every task
 - ii. **Procrastinated a lot**
- 3. ORIENT
 - a. Today I procrastinated because I didn't have the balls to confront myself for acting weak.
 - I already know how to gain ground over my lower self, and today I didn't had the balls to do it, I admit it.

 4. DECIDE a. Tomorrow whenever I feel like skipping the work I'l use the tactics shared by Professor Andrew (which have worked for me in the past) to defeat my lower self. 5. ACT a. Act b. Recieve Feedback c. Refine. 	
₩ What roadblocks did I face? ₩	
WEAK MENTALITY AND SELF TALK	
By getting everything right from the moment I wake up so I guarantee the momentum for going up.	
➡ What worked well and will be repeated? ➡	
•••	
≥ Who are the People I need to connect with? ≥	
Fellow Students	
★ What tasks remain uncompleted ★	
© Task: <u>UPLOAD CONTENT TO SOCIAL MEDIA</u>	



Freestyle Thoughts:

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