


# DAILY DOMINATION




## Today's Tasks & Steps To Success



### Task: DAILY CHECKLIST Action Steps:


 | 15 secs focus on your ideal future self then review your plans to win that day.

 | 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.

 | 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



### Task: GM











































#### Action Steps:

-  | Say GM in the chats.






### Task: 30 DAY GRATITUDE




#### Action Steps:

	<div data-bbox="479 205 1344 262">  <b>Today's Tasks &amp; Steps To Success</b>  </div>
	<div data-bbox="264 289 1154 361">    Every day for 30 days be thankful for something different.     Send it to the <a href="#">#🙏   gratitude-room</a> chat.         </div>
	<div data-bbox="207 426 1414 569">  <b>Task: <u>CLARITY</u></b>   <b>Action Steps:</b>  <div data-bbox="264 497 1414 569">    Review the plan for the day and all the tasks that need to be done that day     Decide which one to start with.         </div> </div>
	<div data-bbox="207 632 1334 741">  <b>Task: <u>HARNESS MY SPEECH</u></b>   <b>Action Steps:</b>  <div data-bbox="264 703 1334 741">    Choose a book or any other text, and read out loud for at least 10 min.         </div> </div>
	<div data-bbox="207 804 1227 1058">  <b>Task: <u>POWER</u></b>   <b>Action Steps:</b>  <div data-bbox="264 875 1227 1058">    Prayer.     Read the <a href="#">Ooda Loop</a> from the day Before to ensure I ACT on it     Read my <a href="#">CONQUEST PLANNER</a>.     Read my <a href="#">NEW IDENTITY</a>.     Focus on my ideal future self for 15 seconds.         </div> </div>
	<div data-bbox="207 1123 1330 1444">  <b>Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u></b>   <b>Action Steps:</b>  <div data-bbox="248 1194 1330 1444"> <div data-bbox="248 1194 1330 1230">    Choose a piece of Copy/Content -or- Top Player to analyze/break down.             </div> <div data-bbox="248 1266 1219 1444"> <div data-bbox="248 1266 634 1302">   Clear my environment</div> <div data-bbox="248 1302 1104 1337">   Visualize myself immersed in the work and how it feels</div> <div data-bbox="248 1337 469 1373">   Set a timer</div> <div data-bbox="248 1373 660 1409">   Take notes/or read them</div> <div data-bbox="248 1409 1219 1444">   Write down insights and tactics I could use in my client's work.</div> </div> </div> </div>
	<div data-bbox="207 1509 1109 1829">  <b>Task: <u>G-WORK SESSION ON CLIENT WORK</u></b>   <b>Action Steps:</b>  <div data-bbox="248 1581 1109 1829"> <div data-bbox="248 1581 959 1617">   Set a clear intention for what I'm going to do:             </div> <div data-bbox="248 1652 1109 1829"> <div data-bbox="248 1652 634 1688">   Clear my environment</div> <div data-bbox="248 1688 682 1724">   Choose motivating music</div> <div data-bbox="248 1724 1109 1759">   Visualize myself immersed in the work and how it feels</div> <div data-bbox="248 1759 469 1795">   Set a timer</div> <div data-bbox="248 1795 479 1829">   Get to work</div> </div> </div> </div>













<div>✓/✗</div>	<div>🚀 Today's Tasks &amp; Steps To Success 🚀</div>
<div>✓</div>	<div>🎯 Task: <b>CALL FROM MY MOM'S MENTORSHIP (Instagram monetization)</b></div> <div>🌀 Action Steps:</div> <div>🧹   Clear my environment</div> <div>📝   Take notes and write down insights and tactics I could use in my client's work.</div>
<div>✓</div>	<div>🎯 Task: <b>MPUC</b></div> <div>🌀 Action Steps:</div> <div>🔥   Watch the POWER-UP CALL of the day.</div>
<div>✓</div>	<div>🎯 Task: <b>LUC'S DAILY LESSONS</b></div> <div>🌀 Action Steps:</div> <div>👂   Listen and react to daily audio lessons.</div>
<div>✓</div>	<div>🎯 Task: <b>TRAIN</b></div> <div>🌀 Action Steps:</div> <div>🐘   TRAIN</div>
<div>✗</div>	<div>🎯 Task: <b>UPLOAD CONTENT TO <u>SOCIAL MEDIA</u></b></div> <div>🌀 Action Steps:</div> <div>🚀   Upload to social media - what I'm doing throughout the day.</div>
<div>✓</div>	<div>🎯 Task: <b>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</b></div> <div>🌀 Action Steps:</div> <div>🛡️   Daily Conquest.</div> <div>📝   Daily Ooda Loop.</div> <div>📅 17   Plan out my next day accordingly</div>



<div>📅</div>	<div> <div>July 17</div> <div>Date</div> <div>July 17</div> </div>
<div>Date:</div>	<div>29/05/2024</div>

	 <b>3 Blessings I'm Grateful To Have</b> 
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.

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

## Hourly Commitments & Reflections

9 AM: Task 	 Task: <u>GET ACTIVE</u>
Strategy 	 Task: <u>GET ACTIVE</u>  Action Steps: <ul style="list-style-type: none"> <li>   Get out of bed</li> <li>   Grooming</li> <li>   Prepare a coffee</li> <li>   Open my computer</li> <li>   Clear my environment</li> <li>   Check notifications</li> </ul>
Reflection 	Not done yet

10 AM: Task 	 Task: <u>GET ACTIVE</u>
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	<p>🎯 Task: <u>GM</u></p> <p>🎯 Task: <u>30 DAY GRATITUDE</u></p>
Strategy 🔍	<p>🎯 Task: <u>GET ACTIVE</u></p> <p>🕒 Action Steps:</p> <ul style="list-style-type: none"> <li>🛏️   Get out of bed</li> <li>🧑   Grooming</li> <li>☕   Prepare a coffee</li> <li>💻   Open my computer</li> <li>🧹   Clear my environment</li> <li>📱   Check notifications</li> </ul> <p>🎯 Task: <u>GM</u></p> <p>🕒 Action Steps:</p> <ul style="list-style-type: none"> <li>👋   Say GM in the chats.</li> </ul> <p>🎯 Task: <u>30 DAY GRATITUDE</u></p> <p>🕒 Action Steps:</p> <ul style="list-style-type: none"> <li>🙏   Every day for 30 days be thankful for something different.</li> <li>📝   Send it to the #🙏   <a href="#">gratitude-room</a> chat.</li> </ul>
Reflection 🖋️	Done.

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11 AM: Task 🏆	<p>🎯 Task: <u>CLARITY</u></p> <p>🎯 Task: <u>CALL FROM MY MOM'S MENTORSHIP (Instagram monetization)</u></p>
Strategy 🔍	<p>🎯 Task: <u>CLARITY</u></p> <p>🕒 Action Steps:</p> <ul style="list-style-type: none"> <li>📅   Review the plan for the day and all the tasks that need to be done that day</li> <li>🧑   Decide which one to start with.</li> </ul> <p>🎯 Task: <u>CALL FROM MY MOM'S MENTORSHIP (Instagram monetization)</u></p> <p>🕒 Action Steps:</p> <ul style="list-style-type: none"> <li>🧹   Clear my environment</li> <li>📝   Take notes and write down insights and tactics I could use in my client's work.</li> </ul>
Reflection 🖋️	Not done yet.

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12 PM: Task 🏆	🎯 Task: <u>CALL FROM MY MOM'S MENTORSHIP (Instagram monetization)</u>
Strategy 🔍	🎯 Task: <u>CALL FROM MY MOM'S MENTORSHIP (Instagram monetization)</u> 🗨️ Action Steps: 🧹   Clear my environment 📝   Take notes and write down insights and tactics I could use in my client's work.
Reflection 🖋️	Done.

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1 PM: Task 🏆	
Strategy 🔍	
Reflection 🖋️	procrastinated

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2 PM: Task 🏆	
Strategy 🔍	
Reflection 🖋️	procrastinated

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3 PM: Task 🏆	
Strategy 🔍	
Reflection 🖋️	procrastinated

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4 PM: Task 🏆	🎯 Task: <u>MPUC</u>
Strategy 🔍	🎯 Task: <u>MPUC</u> 🗨️ Action Steps: 🔥   Watch the POWER-UP CALL of the day.
Reflection 🖋️	Done.

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5 PM: Task 🏆	🎯 Task: <u>TRAIN</u>
Strategy 🔍	🎯 Task: <u>TRAIN</u> 🗨️ Action Steps: 🐘   TRAIN
Reflection ✍️	Done. Still recovering from food intoxication so I just went on a little 30-minute walk.

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6 PM: Task 🏆	🎯 Task: <u>HARNESS MY SPEECH</u> 🎯 Task: <u>POWER</u>
Strategy 🔍	🎯 Task: <u>HARNESS MY SPEECH</u> 🗨️ Action Steps: 📖   Choose a book or any other text, and read out loud for at least 10 min.  🎯 Task: <u>POWER</u> 🗨️ Action Steps: 🙏   Prayer. 👤   Read the <a href="#">Ooda Loop</a> from the day Before to ensure I ACT on it 📖   Read my <a href="#">CONQUEST PLANNER</a> . 📖   Read my <a href="#">NEW IDENTITY</a> . 👁️   Focus on my ideal future self for 15 seconds.
Reflection ✍️	

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7 PM: Task 🏆	🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u>
Strategy 🔍	🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u> 🗨️ Action Steps: 1   Choose a piece of Copy/Content -or- Top Player to analyze/break down. 👉   <b>Part 1 - Free Gun John Carlton » Swipe File Breakdown</b> 2   Clear my environment 3   Visualize myself immersed in the work and how it feels 4   Set a timer 5   Take notes/or read them

	6   Write down insights and tactics I could use in my client's work.
Reflection ✎	Done.

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8 PM: Task 🏆	🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u>
Strategy 🔍	🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u> 🕒 Action Steps: 1   Set a clear intention for what I'm going to do: 👉   <b>Revision + refine process for an existing video script for my client.</b> 2   Clear my environment 3   Choose motivating music 4   Visualize myself immersed in the work and how it feels 5   Set a timer 6   Get to work
Reflection ✎	Done.

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9 PM: Task 🏆	DINNER
Strategy 🔍	DINNER 1. Cook 2. Eat 3. Clean
Reflection ✎	Done.

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10 PM: Task 🏆	
Strategy 🔍	
Reflection ✎	procrastinated

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11 PM: Task 🏆	
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Strategy 🔍	
Reflection ✍️	procrastinated

12 AM: Task 🏆	🎯 Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u>
Strategy 🔍	🎯 Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u> 🗨️ Action Steps: 🛡️   Daily Conquest. 📝   Daily Ooda Loop. 📅 17   Plan out my next day accordingly
Reflection ✍️	Done.



# Twilight's Review



🌟 What wins did I achieve today? 🌟
i. Completed the Daily Checklist ii. Completed NNs

📖 What lessons did I learn today? 📖
<b>DAILY OODA LOOP</b> <b>2. OBSERVE</b> a. Wins <ul style="list-style-type: none"> <li>i. Completed the Daily Checklist</li> <li>ii. Completed NNs</li> </ul> b. Losses <ul style="list-style-type: none"> <li>i. Didn't complete every task</li> <li>ii. Procrastinated a lot</li> </ul> <b>3. ORIENT</b> <ul style="list-style-type: none"> <li>a. Today I procrastinated because I didn't have the balls to confront myself for acting weak.               <ul style="list-style-type: none"> <li>i. 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.</li> </ul> </li> </ul>

4. DECIDE

- a. Tomorrow whenever I feel like skipping the work I'll 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.

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 **What roadblocks did I face?** 

**WEAK MENTALITY AND SELF TALK**

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 **How will I improve and progress tomorrow?** 

By getting everything right from the moment I wake up so I guarantee the momentum for going up.

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 **What worked well and will be repeated?** 

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 **Who are the People I need to connect with?** 

**Fellow Students**

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 **What tasks remain uncompleted** 

 **Task: UPLOAD CONTENT TO [SOCIAL MEDIA](#)**

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

None yet.

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 The final assessment of the day's productivity 

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# Freestyle Thoughts:

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