























DAILY DOMINATION

 	 Today's Tasks & Steps To Success 
1. 	 Task: engineer contract work until 11 AM  Action Steps:
2. 	 Task: AGOGE Tasks  Action Steps: 100 burpees / copywriting checklist
3. 	 Task: G-Work on website for my client  Action Steps: Work on the pictures, privacy & cookies content
4. 	 Task: Daily copywriting checklist  Action Steps: 15 sec self reflection / PUC (watching yesterday PUC because of Time Zone difference) / notes review / G-Session / Train / Wins / Loss review

	<div> <div>July 17</div> <div>Date</div> <div>July 17</div> </div>
Date:	20.04.2024

	<div>  <div>3 Blessings I'm Grateful To Have</div>  </div>
1.	A working body
2.	An understanding girlfriend
3.	A plan

	<div> <div>  <div>3 Priority Tasks</div>  </div> <div> <div>(These are non-negotiable tasks and must be conquered today!)</div> </div> </div>
1.	AGOGÉ Assignments
2.	Copywriting Checklist
3.	G-work on my client's website



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?

1 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

2 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

3 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

4 AM: Task 🏆	
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Strategy 🔍	
Reflection ✍️	

5 AM: Task 🏆	100 Burpees
Strategy 🔍	As fast as possible
Reflection ✍️	Better results

6 AM: Task 🏆	Road to shipyard for my engineer contract work (rare that I have to to this on Saturday
Strategy 🔍	
Reflection ✍️	

7 AM: Task 🏆	Engineer contract work
Strategy 🔍	
Reflection ✍️	

8 AM: Task 🏆	Engineer contract work
Strategy 🔍	
Reflection ✍️	

9 AM: Task 🏆	Engineer contract work
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Strategy 🔍	
Reflection ✍️	

10 AM: Task 🏆	Engineer contract work
Strategy 🔍	
Reflection ✍️	

11 AM: Task 🏆	Drive back
Strategy 🔍	
Reflection ✍️	

12 PM: Task 🏆	G-work
Strategy 🔍	
Reflection ✍️	Good progress on pictures

1 PM: Task 🏆	Lunch
Strategy 🔍	
Reflection ✍️	

2 PM: Task 🏆	G-work
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Strategy 🔍	
Reflection ✎	Website pictures done

3 PM: Task 🏆	G-work
Strategy 🔍	
Reflection ✎	Progress on privacy content for website, cookies left to do and other legal requirements for a website in France

4 PM: Task 🏆	Copywriting checklist
Strategy 🔍	
Reflection ✎	All done

5 PM: Task 🏆	
Strategy 🔍	
Reflection ✎	

6 PM: Task 🏆	Daily domination document
Strategy 🔍	
Reflection ✎	

7 PM: Task 🏆	
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Strategy 🔍	
Reflection ✍️	

8 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

9 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

10 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

11 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

12 AM: Task 🏆	
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Strategy 🔍	
Reflection ✍️	



Twilight's Review



🌟 What wins did I achieve today? 🌟

For a Saturday I was able to mix contract work and client work

📖 What lessons did I learn today? 📖

The importance of being comfortable mixing different kind of work

🚧 What roadblocks did I face? 🚧

It was possible that I would have to do contract work the whole day

💡 How will I improve and progress tomorrow? 💡



Allocate the whole day to my business

🔄 What worked well and will be repeated? 🔄

Time management

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

My free client's prospects to work on their websites for perhaps my first paying project

 **What tasks remain uncompleted** 

None from what I planned

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

None for now, I will reflect on it further tomorrow and Sunday during OODA LOOP

 **The final assessment of the day's productivity** 

Good overall, had to stop early to prepare for a dinner with my girlfriend's family

Freestyle Thoughts:

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

I need to publish the website as soon as possible to continue growing my business