



TIME MASTERY



Day 1/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	Journal, Meditate, Write down 10 Goals & 30 Push Ups	✓/
2	Read + Notes on Daily learnings	✓/
3	Analyze Copy and write out the new learnings and powerful tools on a extra daily learnings document for 1h — read it before going to bed	✓/
4	Product research 3x	✓/
5	Store research 3x	✓/
6	Store Improvement	✓/
7	Eat + Coffee	✓/
8	Walk With Dog	✓/
9	Notes erarbeiten von TDK audio (Audio 11 Notes Datei)	✓/
10	FB -Pixel Setup	✓/
11	FB ads manager Setup — business.facebook.com	✓/
12	Workout + Listen To Quran	✓/
13	Research why I'm breathing that heavily in the last week — breath techniques + condition training?	✓/
14	Ernährungsplan suchen 30 min zeit	✓/
15	Einkaufen 30 min zeit	✓/
16	Take specific Notes + present in video for speaking skills → Video nr 7 Notizen https://www.acquisition.com/training/offers	/✗
17	Send OODA LOOP to Andrew	✓/
18	Week list schreiben	✓/

	Task List For The Day - Fill In ALL 20!	✓/✗
19	Daily learnings — read it before going to bed	✓/
20	Affirmationen + Goals + Schlafen	✓/

	 Day Number + Date + Time 
Day Number:	15
Date:	17.07.2023
Start Time:	0600

	 Three Things That I Am Grateful to Have in My Life 
1.	Dass ich noch eltern habe
2.	Dass ich noch hier wohnen und meine Mission machen darf
3.	Dass ich als Mann auf die Welt kam, der sich holt was er will

	 My Top Three Priority Tasks That I WILL Complete 
1.	Notes erarbeiten von TDK audio (Audio 11 Notes Datei)
2.	FB ads manager Setup
3.	Restliche Lektion Notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers

	 My Top Three Goals That I WILL Achieve This Year 
1.	1k- day
2.	Brotherhood
3.	Chick whos able to balance the pressure on me

 Half-An-Hour Plan +
Reflection:

How To Use This:
 My Morning Plan

6 am: Task 	Journal, Meditate, Write down 10 Goals & 30 Push Ups
Intention 	
Reflection 	

6:30 am: Task 	Read + Notes on Daily learnings
Intention 	
Reflection 	

7 am: Task 💰	Read + Notes on Daily learnings
Intention 🔔	
Reflection ✍️	

7:30 am: Task 💰	Analyze Copy and write out the new learnings and powerful tools on a extra daily learnings document for 1h
Intention 🔔	— read it before going to bed
Reflection ✍️	

8 am: Task 💰	Analyze Copy and write out the new learnings and powerful tools on a extra daily learnings document for 1h
Intention 🔔	— read it before going to bed
Reflection ✍️	

8:30 am: Task 💰	Product research 3x + Store research 3x
Intention 🔔	
Reflection ✍️	

9 am: Task \$	Product research 3x + Store research 3x
Intention 🔔	
Reflection ✍️	

9:30 am: Task \$	Store Improvement
Intention 🔔	Mindestens eine sache von einem store klauen auch machen
Reflection ✍️	

10 am: Task \$	Store Improvement
Intention 🔔	
Reflection ✍️	

10:30 am: Task \$	Eat + Coffee
Intention 🔔	
Reflection ✍️	

11 am: Task \$	Walk With Dog
Intention 🔔	
Reflection ✍️	

11:30 am: Task \$	Notes erarbeiten von TDK audio (Audio 11 Notes Datei)
Intention 🔔	
Reflection ✍️	

12 pm: Task \$	Notes erarbeiten von TDK audio (Audio 11 Notes Datei)
Intention 🔔	
Reflection ✍️	

12:30 pm: Task \$	Workout + Listen To Quran
Intention 🔔	
Reflection ✍️	

🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠

✗ What Problem's Did I Face This Morning? ✗

🔑 How Will I Solve These Problems? 🔑

🔪 My Afternoon Plan 🔪

1 pm: Task 💰	Workout + Listen To Quran
Intention 🔔	
Reflection ✍️	

1:30 pm: Task 💰	Workout + Listen To Quran + Shower
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Intention 🔔	
Reflection ✍️	

2 pm: Task 💰	Eat
Intention 🔔	
Reflection ✍️	

2:30 pm: Task 💰	FB -Pixel Setup + FB ads manager Setup — business.facebook.com
Intention 🔔	
Reflection ✍️	

3 pm: Task 💰	Research why I'm breathing that heavily in the last week — breath techniques + condition training?
Intention 🔔	
Reflection ✍️	

3:30 pm: Task \$	Ernährungsplan suchen 30 min zeit
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Einkaufen 30 min zeit
Intention 🔔	Wasser Bananen Erdnussbutter Fleisch Brot Schinken Salat
Reflection ✍️	

4:30 pm: Task \$	Restliche Lektion Notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	Restliche Lektion Notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
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Intention 🔔	
Reflection ✍️	

5:30 pm: Task \$	Restliche Lektion Notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	Eat
Intention 🔔	
Reflection ✍️	

6:30 pm: Task \$	Walk with Dog
Intention 🔔	
Reflection ✍️	

7 pm: Task \$	Make OODA LOOP list
Intention 🔔	

Reflection 	
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7:30 pm: Task \$	Send OODA LOOP to Andrew
Intention 	
Reflection 	

8 pm: Task \$	TDK Audio fortsetzen
Intention 	
Reflection 	

8:30 pm: Task \$	TDK Audio fortsetzen
Intention 	
Reflection 	

9 pm: Task \$	TDK Audio fortsetzen
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Intention 🔔	
Reflection ✍️	

9:30 pm: Task \$	Week list schreiben
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	Daily learnings — read it before going to bed
Intention 🔔	
Reflection ✍️	

10:30 pm: Task \$	Affirmationen + Goals + Schlafen
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

 **What Problems Did I Face In The Day?** 

 **How Will I Solve These Problems Tomorrow?** 

 **What Do I Plan To Do Differently Tomorrow?** 

 **What Do I Plan To Do The Same Tomorrow?** 

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

 **What Tasks Were Left Undone?** 

Brain Dump:

Day 2/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	Journal, Meditate, Write down 10 Goals & 30 Push Ups	✓/
2	Read	✓/
3	Analyze Copy	✓/
4	1 Runde Joggen	✓/
5	Product research 3x + Store research 3x	✓/
6	Store Improvement + Sales Letter für Produkt	✓/
7	Eat + Kaffee	✓/
8	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben	✓/
9	FB ads manager Setup — business.facebook.com	✓/
10	Restliche Lektion Notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers	✓/✗
11	Eat	✓/
12	Burpees 100x in unter 8 min	✓/
13	Ecom Ads bearbeiten / Veröffentlichen falls möglich	✓/
14	Workout + Quran	✓/
15	Duschen	✓/
16	Sales Letter für Produkt	✓/✗
17	Bootcamp 2 Copywrite	✓/✗
18	Arno about / Sales Mastery	✓/
19	Daily Notes Lesen + Week List	✓/✗
20	Affirmationen + Goals + Schlafen	✓/✗

	 Day Number + Date + Time 
Day Number:	15
Date:	18.07.2023
Start Time:	0600

	 Three Things That I Am Grateful to Have in My Life 
1.	Dass ich ausdauernd bin
2.	Dass Gott mir einen gesunden körper geschenkt hat, den ich nutzen werde
3.	Dass ich ein dach überm kopf habe

	 My Top Three Priority Tasks That I WILL Complete 
1.	FB ads manager Setup — business.facebook.com
2.	Ecom Ads bearbeiten / Veröffentlichen falls möglich
3.	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben

	 My Top Three Goals That I WILL Achieve This Year 
1.	1k-day
2.	Find Brothers
3.	Eigene Wohnung

✂️ My Morning Plan ✂️

6 am: Task 💰	Journal, Meditate, Write down 10 Goals & 30 Push Ups
Intention 🔔	
Reflection ✍️	

6:30 am: Task 💰	Read
Intention 🔔	
Reflection ✍️	

7 am: Task 💰	Analyze Copy
Intention 🔔	
Reflection ✍️	

7:30 am: Task 💰	Analyze Copy
Intention 🔔	

Reflection 	
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8 am: Task \$	1 Runde Joggen
Intention 	
Reflection 	

8:30 am: Task \$	Product research 2x + Store research 2x
Intention 	
Reflection 	

9 am: Task \$	Store Improvement + Sales Letter für Produkt
Intention 	
Reflection 	

9:30 am: Task \$	Store Improvement + Sales Letter für Produkt
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Intention 🔔	
Reflection ✍️	

10 am: Task 💰	Eat + Kaffee
Intention 🔔	
Reflection ✍️	

10:30 am: Task 💰	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben
Intention 🔔	
Reflection ✍️	

11 am: Task 💰	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben
Intention 🔔	
Reflection ✍️	

11:30 am: Task 💰	FB ads manager Setup — business.facebook.com
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Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	Restliche Lektion Notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
Intention 🔔	
Reflection ✍️	

12:30 pm: Task 💰	Restliche Lektion Notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
Intention 🔔	
Reflection ✍️	

🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠

❌ What Problem's Did I Face This Morning? ❌

🔑 **How Will I Solve These Problems?** 🔑

🔪 **My Afternoon Plan** 🔪

1 pm: Task 💰	Eat
Intention 🔔	
Reflection 🖋️	

1:30 pm: Task 💰	Ecom Ads bearbeiten / Veröffentlichen falls möglich
Intention 🔔	
Reflection 🖋️	

2 pm: Task 💰	Ecom Ads bearbeiten / Veröffentlichen falls möglich
Intention 🔔	
Reflection 🖋️	

2:30 pm: Task \$	Workout + Quran
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	Workout + Quran
Intention 🔔	
Reflection ✍️	

3:30 pm: Task \$	Workout + Quran
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Burpees 100x in unter 8 min
Intention 🔔	Duschen
Reflection ✍️	

4:30 pm: Task \$	Bootcamp 2 Copywrite
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	Bootcamp 2 Copywrite
Intention 🔔	
Reflection ✍️	

5:30 pm: Task \$	Arno about / Sales Mastery
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	Arno about / Sales Mastery
Intention 🔔	
Reflection ✍️	

6:30 pm: Task \$	Arno about / Sales Mastery
Intention 🔔	
Reflection ✍️	

7 pm: Task \$	Daily Notes Lesen + Week List
Intention 🔔	
Reflection ✍️	

7:30 pm: Task \$	Financial Wizzard
Intention 🔔	
Reflection ✍️	

8 pm: Task \$	Affirmationen + Goals + Schlafen
Intention 🔔	
Reflection ✍️	

8:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	
Intention 🔔	

Reflection 	
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10:30 pm: Task \$	
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Intention 	
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Reflection 	
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 End-Of-The-Day Report:

 What Did I Learn Today? 
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✖ What Problems Did I Face In The Day? ✖

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 How Will I Solve These Problems Tomorrow? 
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NEW **What Do I Plan To Do Differently Tomorrow?** NEW

 **What Do I Plan To Do The Same Tomorrow?** 

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

 **What Tasks Were Left Undone?** 

Brain Dump:

Day 3/7:

Task List For The Day - Fill In ALL 20!

✓/✗

1 Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups

✓/

	Task List For The Day - Fill In ALL 20!	✓/✗
2	Read	✓/
3	Analyze Copy	✓/
4	1 Runde Joggen	/✗
5	Product research 3x + Store research 3x	✓/
6	Store Improvement +/- Sales Page für Produkt	✓/
7	Eat + Kaffee	✓/
8	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben	✓/
9	Ads bearbeiten - spezifischen auftrag geben	✓/
10	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers	✓/
11	Eat	✓/
12	Ads veröffentlichen wenn möglich. Ansonsten eine Fertige Ad in Fb einfügen (NOCH NICHT STARTEN)	/✗
13	Burpees 100x in unter 9 min	✓/
14	Workout + Quran	✓/
15	Duschen	✓/✗
16	Sales Letter übung für Produkt (Rolle)	/✗
17	Emergency meeting	✓/
18	Arno → Financial Wizard	✓/✗
19	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben	✓/✗
20	Affirmationen + Schlafen	✓/✗



Day Number + Date + Time ⌚

Day Number:	17
Date:	19.07.2023
Start Time:	0600

	 Three Things That I Am Grateful to Have in My Life 
1.	Dass meine innere Uhr mich um 5:58 Uhr geweckt hat. Danke Gott.
2.	Dass ich alles habe, was ich brauche, um meine Ziele zu erreichen. Ich kann sehen, ich kann hören, ich kann atmen, ich habe beide Arme und beide Beine. Danke Gott, dass du mich so geschaffen hast.
3.	Dass es meinen eltern offensichtlich gut geht und sie sich verstehen.

	 My Top Three Priority Tasks That I WILL Complete 
1.	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
2.	Ads bearbeiten - spezifischen auftrag geben
3.	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben

	 My Top Three Goals That I WILL Achieve This Year 
1.	1k-Day
2.	Eine Freundin finden die gesundheitliche ziele hat und sich dann um uns beide kümmern kann, wenn ich mich um das Geld kümmere
3.	Eine Bruderschaft, mit der ich Boxen kann, aber auch Businesses abschließen und aufbauen kann.

 **My Morning Plan** 

6 am: Task \$	Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups
Intention 🔔	
Reflection ✍️	

6:30 am: Task \$	Read
Intention 🔔	
Reflection ✍️	

7 am: Task \$	Analyze Copy
Intention 🔔	
Reflection ✍️	

7:30 am: Task \$	Analyze Copy
Intention 🔔	
Reflection ✍️	

8 am: Task 💰	1 Runde Joggen
Intention 🔔	
Reflection ✍️	

8:30 am: Task 💰	Product research 3x + Store research 3x
Intention 🔔	No Fucking Excuses!!!
Reflection ✍️	

9 am: Task 💰	Store Improvement +/- Sales Page für Produkt
Intention 🔔	No Fucking Excuses!!!
Reflection ✍️	

9:30 am: Task 💰	Store Improvement +/- Sales Page für Produkt
Intention 🔔	

Reflection 	
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10 am: Task \$	Eat + Kaffee
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Intention 	
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Reflection 	
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10:30 am: Task \$	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben
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Intention 	
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Reflection 	
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11 am: Task \$	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben
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Intention 	
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Reflection 	
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11:30 am: Task \$	Ads bearbeiten - spezifischen auftrag geben
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Intention 	
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Reflection ✍️	
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12 pm: Task 💰	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
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Intention 🔔	
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Reflection ✍️	
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12:30 pm: Task 💰	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
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Intention 🔔	
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Reflection ✍️	
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🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠

❌ What Problem's Did I Face This Morning? ❌
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🔑 **How Will I Solve These Problems?** 🔑

🔪 **My Afternoon Plan** 🔪

1 pm: Task 💰	Burpees 100x in unter 9 min + Workout + Quran
Intention 🔔	
Reflection ✍️	

1:30 pm: Task 💰	Workout + Quran
Intention 🔔	
Reflection ✍️	

2 pm: Task 💰	Workout + Quran
Intention 🔔	
Reflection ✍️	

2:30 pm: Task \$	Duschen
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	Ads veröffentlichen wenn möglich. Ansonsten eine Fertige Ad in Fb einfügen (NOCH NICHT STARTEN)
Intention 🔔	
Reflection ✍️	

3:30 pm: Task \$	Sales Letter übung für Produkt (Rolle)
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Sales Letter übung für Produkt (Rolle)
Intention 🔔	
Reflection ✍️	

4:30 pm: Task \$	Sales Letter übung für Produkt (Rolle)
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	Emergency meeting
Intention 🔔	
Reflection ✍️	

5:30 pm: Task \$	Emergency meeting
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	Eat
Intention 🔔	
Reflection ✍️	

6:30 pm: Task 💰	Arno → Financial Wizzard
Intention 🔔	
Reflection ✍️	

7 pm: Task 💰	Arno → Financial Wizzard
Intention 🔔	
Reflection ✍️	

7:30 pm: Task 💰	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben
Intention 🔔	
Reflection ✍️	

8 pm: Task 💰	Schlafen + affirmationen
Intention 🔔	
Reflection ✍️	

8:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10:30 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

❌ **What Problems Did I Face In The Day?** ❌

🔑 **How Will I Solve These Problems Tomorrow?** 🔑

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

 **What Do I Plan To Do The Same Tomorrow?** 

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

 **What Tasks Were Left Undone?** 

Brain Dump:

Day 4/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups	✓/
2	Read	✓/
3	Analyze Copy	✓/

	Task List For The Day - Fill In ALL 20!	✓/✗
4	Zielsetzung weiter erarbeiten nr 5	✓/
5	Store Improvement +/- Sales Page für Produkt	✓/
6	Eat + Kaffee	✓/
7	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben	✓/
8	Hund laufen	✓/
9	Ads bearbeiten - spezifischen auftrag geben	✓/
10	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers	✓/✗
11	Eat	✓/
12	Ads veröffentlichen wenn möglich. Ansonsten eine Fertige Ad in Fb einfügen (NOCH NICHT STARTEN)	✓/
13	Burpees 100x in unter 9 min	✓/
14	Workout + Quran	✓/
15	Duschen	✓/
16	Sales Letter übung für Produkt (Rolle)	✓/✗
17	Ads Checken + Facebook einrichten dass die ads bereit sind	✓/
18	Essen	✓/
19	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben	✓/
20	Affirmationen + Schlafen	✓/

	 Day Number + Date + Time 
Day Number:	18
Date:	20.07.2023

Start Time:	0600
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	 Three Things That I Am Grateful to Have in My Life 
1.	Dass ich von Gott einen natürlichen Charm geschenkt bekommen habe, der Frauen jedes alters magisch anzieht
2.	Dass ich gesund bin, um zu erreichen, wofür ich bestimmt bin. Und dafür danke ich Gott
3.	Dass ich die Chance habe, mich jeden Tag zu verbessern, danke Mama, danke Papa, dass ihr mich noch nicht rausgeworfen habt.

	 My Top Three Priority Tasks That I WILL Complete 
1.	Analyze Copy
2.	Ads veröffentlichen wenn möglich. Ansonsten eine Fertige Ad in Fb einfügen (NOCH NICHT STARTEN)
3.	Sales Letter übung für Produkt (Rolle)

	 My Top Three Goals That I WILL Achieve This Year 
1.	1k-day
2.	Eigene wohnung
3.	Frau und Freunde

My Morning Plan

6 am: Task 💰	Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups
Intention 🔔	
Reflection ✍️	

6:30 am: Task 💰	Read
Intention 🔔	
Reflection ✍️	

7 am: Task 💰	Analyze Copy
Intention 🔔	
Reflection ✍️	

7:30 am: Task 💰	
Intention 🔔	
Reflection ✍️	

8 am: Task \$	Analyze Copy
Intention 🔔	
Reflection ✍️	

8:30 am: Task \$	Zielsetzung weiter erarbeiten nr 5
Intention 🔔	
Reflection ✍️	

9 am: Task \$	Store Improvement +/- Sales Page für Produkt
Intention 🔔	
Reflection ✍️	

9:30 am: Task \$	Eat + Kaffee
Intention 🔔	
Reflection ✍️	

10 am: Task 💰	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben
Intention 🔔	
Reflection ✍️	

10:30 am: Task 💰	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben
Intention 🔔	
Reflection ✍️	

11 am: Task 💰	Hund laufen
Intention 🔔	
Reflection ✍️	

11:30 am: Task 💰	Ads bearbeiten - spezifischen auftrag geben
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
Intention 🔔	
Reflection ✍️	

12:30 pm: Task 💰	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
Intention 🔔	
Reflection ✍️	

🎯 End-Of-Morning Rerport 🎯

🧠 **What Did I Learn This Morning?** 🧠

❌ **What Problem's Did I Face This Morning?** ❌

🔑 **How Will I Solve These Problems?** 🔑

My Afternoon Plan

1 pm: Task 💰	Eat
Intention 🔔	
Reflection ✍️	

1:30 pm: Task 💰	Ads Checken + Facebook einrichten dass die ads bereit sind
Intention 🔔	
Reflection ✍️	

2 pm: Task 💰	Ads veröffentlichen wenn möglich. Ansonsten eine Fertige Ad in Fb einfügen (NOCH NICHT STARTEN)
Intention 🔔	
Reflection ✍️	

2:30 pm: Task 💰	Burpees 100x in unter 9 min
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Intention 🔔	
Reflection ✍️	

3 pm: Task 💰	Workout + Quran
Intention 🔔	
Reflection ✍️	

3:30 pm: Task 💰	Workout + Quran
Intention 🔔	
Reflection ✍️	

4 pm: Task 💰	Workout + Quran
Intention 🔔	
Reflection ✍️	

4:30 pm: Task \$	Duschen
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	Sales Letter übung für Produkt (Rolle)
Intention 🔔	
Reflection ✍️	

5:30 pm: Task \$	Sales Letter übung für Produkt (Rolle)
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	Essen
Intention 🔔	
Reflection ✍️	

6:30 pm: Task \$	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben
Intention 🔔	
Reflection ✍️	

7 pm: Task \$	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben
Intention 🔔	
Reflection ✍️	

7:30 pm: Task \$	Affirmationen + Schlafen
Intention 🔔	
Reflection ✍️	

8 pm: Task \$	
Intention 🔔	
Reflection ✍️	

8:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10:30 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

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❌ **What Problems Did I Face In The Day?** ❌

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🔑 **How Will I Solve These Problems Tomorrow?** 🔑

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NEW **What Do I Plan To Do Differently Tomorrow?** NEW

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 **What Do I Plan To Do The Same Tomorrow?** 

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

 **What Tasks Were Left Undone?** 

Brain Dump:

Day 5/7:

	Task List For The Day - Fill In ALL 20!	 / 
1	Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups	 /
2	Read	 /
3	Analyze Copy	 /
4	Zielsetzung weiter erarbeiten nr 6	 /

	Task List For The Day - Fill In ALL 20!	✓/✗
5	Store Improvement +/- Sales Page für Produkt (übung)	✓/
6	Eat + Kaffee	✓/
7	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben	✓/
8	Hund laufen	✓/
9	Fb Ads hochladen - Pixel checken/ Pixel zum laufen bringen	✓/
10	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers	✓/✗
11	Legendary Copywriter interview (Carlton?) + tony robbins	✓/
12	Burpees 100x in unter 9 min	✓/
13	Workout + Quran	✓/
14	Duschen	✓/
15	Sales Letter übung für Produkt (Rolle)	✓/✗
16	Essen	✓/
17	Product research 3x + Store research 3x	✓/✗
18	Store Setup	✓/
19	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben	✓/
20	Affirmationen + Schlafen	✓/

	 Day Number + Date + Time 
Day Number:	19
Date:	21.07
Start Time:	2023

	 Three Things That I Am Grateful to Have in My Life 
1.	Die möglichkeiten dieser Zeit die mir zu meinem Vorteil zur verfügung stehen
2.	Dass ich Träumen kann und damit nachrichten bekomme
3.	Dass ich meine Vision verfolge und den Mut habe, das durchzuziehen. Danke Gott für diese Gelegenheit.

	 My Top Three Priority Tasks That I WILL Complete 
1.	Fb Ads hochladen - Pixel checken/ Pixel zum laufen bringen
2.	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
3.	Legendary Copywriter interview (Carlton?) + tony robbins

	 My Top Three Goals That I WILL Achieve This Year 
1.	Eine Freundin besorgen, die einen Plan von Gesundheit hat und darauf achtet.
2.	1k - Day
3.	Eigene Wohnung

My Morning Plan

6 am: Task 💰	Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups
Intention 🔔	
Reflection ✍️	

6:30 am: Task 💰	Read
Intention 🔔	
Reflection ✍️	

7 am: Task 💰	Analyze Copy
Intention 🔔	
Reflection ✍️	

7:30 am: Task 💰	Analyze Copy
Intention 🔔	
Reflection ✍️	

8 am: Task 💰	Zielsetzung weiter erarbeiten nr 6
Intention 🔔	
Reflection ✍️	

8:30 am: Task 💰	TDK AUDIO CONTINUE
Intention 🔔	
Reflection ✍️	

9 am: Task 💰	Store Improvement +/- Sales Page für Produkt (übung)
Intention 🔔	
Reflection ✍️	

9:30 am: Task 💰	Eat + Kaffee
Intention 🔔	
Reflection ✍️	

10 am: Task 💰	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben
Intention 🔔	
Reflection ✍️	

10:30 am: Task 💰	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) Liste schreiben
Intention 🔔	
Reflection ✍️	

11 am: Task 💰	Hund laufen
Intention 🔔	
Reflection ✍️	

11:30 am: Task 💰	Fb Ads hochladen - Pixel checken/ Pixel zum laufen bringen
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
Intention 🔔	
Reflection ✍️	

12:30 pm: Task 💰	10 min notieren + Präsentieren → Video nr 7 Notizen https://www.acquisition.com/training/offers
Intention 🔔	
Reflection ✍️	

🎯 End-Of-Morning Rerport 🎯

🧠 **What Did I Learn This Morning?** 🧠

✗ **What Problem's Did I Face This Morning?** ✗

🔑 **How Will I Solve These Problems?** 🔑

✂️ My Afternoon Plan ✂️

1 pm: Task 💰	Legendary Copywriter interview (Carlton?) + tony robbins
Intention 🔔	
Reflection ✍️	

1:30 pm: Task 💰	Legendary Copywriter interview (Carlton?) + tony robbins
Intention 🔔	
Reflection ✍️	

2 pm: Task 💰	Burpees 100x in unter 9 min
Intention 🔔	
Reflection ✍️	

2:30 pm: Task 💰	Workout + Quran
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Intention 🔔	
Reflection ✍️	

3 pm: Task 💰	Workout + Quran
Intention 🔔	
Reflection ✍️	

3:30 pm: Task 💰	Workout + Quran
Intention 🔔	
Reflection ✍️	

4 pm: Task 💰	Duschen
Intention 🔔	
Reflection ✍️	

4:30 pm: Task \$	Sales Letter übung für Produkt (Rolle)
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	Sales Letter übung für Produkt (Rolle)
Intention 🔔	
Reflection ✍️	

5:30 pm: Task \$	Essen
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	PUC
Intention 🔔	
Reflection ✍️	

6:30 pm: Task 	Product research 3x + Store research 3x
Intention 	
Reflection 	

7 pm: Task 	Product research 3x + Store research 3x + Setup store
Intention 	
Reflection 	

7:30 pm: Task 	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben
Intention 	
Reflection 	

8 pm: Task 	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben
Intention 	
Reflection 	

8:30 pm: Task \$	Affirmationen + Schlafen
Intention 🔔	
Reflection ✍️	

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	

9:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10:30 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

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❌ **What Problems Did I Face In The Day?** ❌

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🔑 **How Will I Solve These Problems Tomorrow?** 🔑

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NEW **What Do I Plan To Do Differently Tomorrow?** NEW

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 **What Do I Plan To Do The Same Tomorrow?** 

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

 **What Tasks Were Left Undone?** 

Brain Dump:

Day 6/7:

	Task List For The Day - Fill In ALL 20!	 / 
1	Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups	 / 
2	Read	 / 
3	Analyze Copy	 / 
4	Zielsetzung weiter erarbeiten nr 7	 / 

	Task List For The Day - Fill In ALL 20!	✓/✗
5	Follow steps in Email Shopify/ Meta setup	✓/✗
6	Eat + Kaffee	✓/✗
7	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) →Liste schreiben	✓/✗
8	Hund laufen	✓/✗
9	Fb Ads hochladen mit Voice- AI hinterlegen	✓/✗
10	TDK Audio fortsetzen + notes	✓/✗
11	Legendary Copywriter interview	✓/✗
12	Burpees 100x in unter 9 min	✓/✗
13	Workout	✓/✗
14	Duschen	✓/✗
15	30 Min Lesen	✓/✗
16	Essen	✓/✗
17	Fb Ads veröffentlichen wenn möglich	✓/✗
18	Hund Laufen	✓/✗
19	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben	✓/✗
20	Affirmationen + Schlafen	✓/✗

	 Day Number + Date + Time 
Day Number:	20
Date:	22.07.2023
Start Time:	0600

	 Three Things That I Am Grateful to Have in My Life 
1.	Den unerschütterlichen Glauben an Gott.
2.	Meine Sprachgewandtheit
3.	Meine Familie

	 My Top Three Priority Tasks That I WILL Complete 
1.	Follow steps in Email Shopify/ Meta setup
2.	Fb Ads veröffentlichen wenn möglich
3.	TDK Audio fortsetzen + notes

	 My Top Three Goals That I WILL Achieve This Year 
1.	1k-Day
2.	Eigene Wohnung
3.	Gyn OP dann Boxen und brüder finden

My Morning Plan

6 am: Task \$	Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups
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Intention 🔔	
Reflection ✍️	

6:30 am: Task 💰	Read
Intention 🔔	
Reflection ✍️	

7 am: Task 💰	Analyze Copy
Intention 🔔	
Reflection ✍️	

7:30 am: Task 💰	Analyze Copy
Intention 🔔	
Reflection ✍️	

8 am: Task 💰	Zielsetzung weiter erarbeiten nr 7
Intention 🔔	

Reflection 	
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8:30 am: Task \$	Follow steps in Email Shopify/ Meta setup
Intention 	
Reflection 	

9 am: Task \$	Follow steps in Email Shopify/ Meta setup
Intention 	
Reflection 	

9:30 am: Task \$	Eat + Kaffee
Intention 	
Reflection 	

10 am: Task \$	Notes erarbeiten von TDK audio (Audio 11 Notes Datei)
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	→ Liste schreiben
Intention 🔔	
Reflection ✍️	

10:30 am: Task \$	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) → Liste schreiben
Intention 🔔	
Reflection ✍️	

11 am: Task \$	Hund laufen
Intention 🔔	
Reflection ✍️	

11:30 am: Task \$	Fb Ads hochladen mit Voice- AI hinterlegen
Intention 🔔	
Reflection ✍️	

12 pm: Task 💰	Fb Ads hochladen mit Voice- AI hinterlegen
Intention 🔔	
Reflection ✍️	

12:30 pm: Task 💰	Essen
Intention 🔔	
Reflection ✍️	

🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠

❌ What Problem's Did I Face This Morning? ❌

🔑 How Will I Solve These Problems? 🔑

🔪 My Afternoon Plan 🔪

1 pm: Task 💰	TDK Audio fortsetzen + notes
Intention 🔔	
Reflection ✍️	

1:30 pm: Task 💰	Legendary Copywriter interview
Intention 🔔	
Reflection ✍️	

2 pm: Task 💰	Legendary Copywriter interview
Intention 🔔	
Reflection ✍️	

2:30 pm: Task 💰	Burpees 100x in unter 9 min
Intention 🔔	
Reflection ✍️	

3 pm: Task \$	Workout
Intention 🔔	
Reflection ✍️	

3:30 pm: Task \$	Workout
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	Workout
Intention 🔔	
Reflection ✍️	

4:30 pm: Task \$	Duschen
Intention 🔔	

Reflection 	
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5 pm: Task \$	30 Min Lesen
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Intention 	
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Reflection 	
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5:30 pm: Task \$	Essen
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Intention 	
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Reflection 	
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6 pm: Task \$	Fb Ads veröffentlichen wenn möglich
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Intention 	
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Reflection 	
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6:30 pm: Task \$	Fb Ads veröffentlichen wenn möglich
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Intention 	
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Reflection 	
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7 pm: Task \$	Hund Laufen
Intention 	
Reflection 	

7:30 pm: Task \$	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben
Intention 	
Reflection 	

8 pm: Task \$	Affirmationen + Schlafen
Intention 	
Reflection 	

8:30 pm: Task \$	
Intention 	

Reflection 	
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9 pm: Task \$	
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Intention 	
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Reflection 	
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9:30 pm: Task \$	
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Intention 	
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Reflection 	
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10 pm: Task \$	
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Intention 	
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Reflection 	
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10:30 pm: Task \$	
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Intention 🛎️	
Reflection ✍️	

End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

✗ **What Problems Did I Face In The Day?** ✗

🔑 **How Will I Solve These Problems Tomorrow?** 🔑

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

♻️ **What Do I Plan To Do The Same Tomorrow?** ♻️

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

 **What Tasks Were Left Undone?** 

Brain Dump:

Day 7/7:

	Task List For The Day - Fill In ALL 20!	 / 
1	Journal, Meditate, Write down 10 Goals + 10 standard goals auf papier & 30 Push Ups	 /
2	Read	 / 
3	Analyze Copy	 / 
4	Zielsetzung weiter erarbeiten nr 7	 / 
5	Essen + Kaffee	 /
6	AI — rewe produkt	 /
7	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) →Liste schreiben (mein leitfaden)	 / 

	Task List For The Day - Fill In ALL 20!	✓/✗
8	Hund laufen	✓/✗
9	TDK Audio fortsetzen + notes	✓/✗
10	Essen	✓/
11	Legendary Copywriter interview	✓/✗
12	Burpees 100x in unter 9 min	✓/✗
13	Workout	✓/✗
14	Duschen	✓/✗
15	Canva — Sprechblase rewe	✓/✗
16	AI— versuche	✓/
17	Bootcamp 2	✓/✗
18	TRW / TATE / ARNO	✓/
19	Daily Notes Lesen + Week List + 10 Standard goals aufschreiben	✓/
20	Affirmationen + Schlafen	✓/

	 Day Number + Date + Time 
Day Number:	21
Date:	23.07.2023
Start Time:	0900

	 Three Things That I Am Grateful to Have in My Life 
1.	Für meine Denkweise und die Zeichen, die Gott mir im Schlaf gibt.

2.	Für meine Ideen und meine Kraft
3.	Dankbar, dass ich so ein guter mensch geworden bin

	 My Top Three Priority Tasks That I WILL Complete 
1.	AI — rewe produkt
2.	Notes erarbeiten von TDK audio (Audio 11 Notes Datei) → Liste schreiben (mein leitfaden)
3.	Canva — Sprechblase rewe

	 My Top Three Goals That I WILL Achieve This Year 
1.	1k-day
2.	Freundin
3.	Bruderschaft

My Morning Plan

6 am: Task \$	
Intention 	
Reflection 	

6:30 am: Task \$	
Intention 🔔	
Reflection ✍️	

7 am: Task \$	
Intention 🔔	
Reflection ✍️	

7:30 am: Task \$	
Intention 🔔	
Reflection ✍️	

8 am: Task \$	
Intention 🔔	
Reflection ✍️	

8:30 am: Task \$	
Intention 🔔	
Reflection ✍️	

9 am: Task \$	
Intention 🔔	
Reflection ✍️	

9:30 am: Task \$	
Intention 🔔	
Reflection ✍️	

10 am: Task \$	
Intention 🔔	
Reflection ✍️	

10:30 am: Task \$	
Intention 🔔	
Reflection ✍️	

11 am: Task \$	
Intention 🔔	
Reflection ✍️	

11:30 am: Task \$	
Intention 🔔	
Reflection ✍️	

12 pm: Task \$	
Intention 🔔	
Reflection ✍️	

12:30 pm: Task 💰	
Intention 🔔	
Reflection ✍️	

🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠

❌ What Problem's Did I Face This Morning? ❌

🔑 How Will I Solve These Problems? 🔑

🔪 My Afternoon Plan 🔪

1 pm: Task 💰	
Intention 🔔	

Reflection 	
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1:30 pm: Task \$	
Intention 	
Reflection 	

2 pm: Task \$	
Intention 	
Reflection 	

2:30 pm: Task \$	
Intention 	
Reflection 	

3 pm: Task \$	
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Intention 🔔	
Reflection ✍️	

3:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

4 pm: Task \$	
Intention 🔔	
Reflection ✍️	

4:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

5 pm: Task \$	
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Intention 🔔	
Reflection ✍️	

5:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

6 pm: Task \$	
Intention 🔔	
Reflection ✍️	

6:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

7 pm: Task \$	
Intention 🔔	

Reflection 	
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7:30 pm: Task \$	
Intention 	
Reflection 	

8 pm: Task \$	
Intention 	
Reflection 	

8:30 pm: Task \$	
Intention 	
Reflection 	

9 pm: Task \$	
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Intention 🔔	
Reflection ✍️	

9:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10 pm: Task \$	
Intention 🔔	
Reflection ✍️	

10:30 pm: Task \$	
Intention 🔔	
Reflection ✍️	

 **End-Of-The-Day Report:** 

 **What Did I Learn Today?** 

 **What Problems Did I Face In The Day?** 

 **How Will I Solve These Problems Tomorrow?** 

 **What Do I Plan To Do Differently Tomorrow?** 

 **What Do I Plan To Do The Same Tomorrow?** 

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

 **What Tasks Were Left Undone?** 

Brain Dump:

End Of Week Report:

 **What Did I Learn This Week?** 

 **What Problems Did I Face This Week?** 

 **How Will I Solve These Problems Next Week?** 

 **What Do I Plan To Do Differently Next Week?** 

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 What Do I Plan To Do The Same Next Week? 

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 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 
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 What Tasks Were Left Undone? 

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Brain Dump: