

DAY #6 ASSIGNMENTS - Handling The Unknowns

MENTAL - Apply methods taught in the call to address the unknowns and assumptions on the way toward your current checkpoints in your material. Share your experiences in # shield | agoge-chat.

Goal: I aim to establish waking up at 4 am as an automatic habit, unleashing a series of positive events and creating a "domino effect," which empowers me to commence each day positively. Initially, I had planned to gradually adjust my bedtime and waking time by 30 minutes each day until reaching a bedtime of 9:00 pm and a wake-up time of 4 am. However, Professor Andrew introduced a new challenge, requiring me to wake up at 4 am for the rest of the program, a test of discipline and resilience. This unexpected curveball emphasized the importance of expecting the unexpected and being adaptable. It also accelerated my planned progress, demonstrating the power of increased effort. I appreciate the challenge, as it has cut my goal timeline in half. I will continue waking up at 4 am and focusing on expanded outreach efforts. Reflecting on the TRW program, while the initial motivation was to generate income, the experience highlighted the significance of building a contact list of business owners. This prompted me to reevaluate my approach, acknowledging that I had used my involvement in a cleaning business with my mom as an excuse for complacency.

I'm revisiting the Conquest Planner to tackle a new goal: expanding customer outreach for my cleaning business. As a startup, I've relied on door-to-door efforts, bringing in some customers. However, I'm eager to broaden our reach online. I've set up a Facebook page and am working on a website. How can I effectively increase the visibility of my cleaning business, reaching out to a broader online audience?