

Lessons:

- Keep fucking going. Push every day no matter what.
- As a man, no one cares about what you do. You either perform or not.
- The world is still as beautiful as it always was

Wins:

- Might got myself another client project (e-commerce store creation, design and project management)
- Sorted stuff out with my girl
- Fixed stuff in my family, reconnected with my mum and my dad, now they're okay with me being a marketer and support me
- Fixed my grades
- Strengthened the relationships with people in my life
- Was sick for 2 days and still got my non-negotiables done
- Started to gain momentum and hopped on a massive upward spiral in my life
- Gained more followers on X than last week
- My client (and people in his company) told me multiple times that I'm a great guy, that he likes to work with me and that I'm a great guy and that I've got results
- I've had a massive breakthrough again

Action steps:

- ☒ ~~Use timers for my work sessions (time each task), never work longer than 1 hour in one sitting, take strictly 15 minute breaks — not shorter, not longer~~
- ☒ ~~Get 30 mins sun daily — non negotiable~~
- ☒ ~~Drink 4l of water daily — non negotiable — I downloaded a water tracking app~~
- ☒ ~~Submit the video ad for review in the copy Aikido squad~~
- ☐ Submit the whole project in the copy Aikido squad
- ☒ ~~Throw the most epic houseparty ever~~
- ☒ ~~Go on a date with my girl~~
- ☒ ~~Take creatine every day~~
- ☒ ~~Acc it at school — schedule study sessions~~
- ☒ ~~Eat 3 — 4 meals a day~~
- ☐ Let my geography teacher re-test me
- ☐ Create the chem presentation
- ☐ Catch up with the marketing materials within the BIAB - schedule
- ☐ Finish The landing page for BIAB
- ☐ Create the thank you page for BIAB
- ☐ Do 100 comments on X/day
- ☐ send the materials to Marco and Michal
- ☒ ~~Create a new Facebook ad for my client~~

- ☒ ~~Review my current video ad~~
- ☐ Catch up with the content in a box
- ☐ Catch up with the SOPs and other materials in the BIAB program
- ☐ Create the presentation for biology
- ☒ ~~Get all the other schoolwork done~~

Daily checklist:

- 7/7

Top-challenge:

- Crush it in all areas of life.