







Tasks That Will Be Done!

✓ [Task List] ✗ - Important + Urgent (3 points), Not Important + Urgent (2 points), Important + Not Urgent (1.5 points)

	DAY/3	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)
1. ✓/✗	Day 1/3 1✗	I+U	Morning routine(5km run) and 100 pushups
2. ✓/✗	1✗	I+U	20-40 uploaded prospects
3. ✓/✗	1✗	I+U	40 cold calls + follow up emails with offer, at least 10 cold emails
4. ✓/✗	1✓	I+U	Create avatar for prospect and target market
5. ✓/✗	Day 2/3 2✓	I+U	Reflect, reset, adjust and Ocean 100 pushups
6. ✓/✗	2✓	I+U	Make 5 fv (draft 5, polish and send 5)
7. ✓/✗	2✗	I+U	Make 20 looms(send 20)
8. ✓/✗	3✓	I+U	Review session(Break down Pro Copy and review 3 peer copy)
9. ✓/✗	Day 3/3 3✓	I+U	Reflect, reset, adjust 100 pushups
10. ✓/✗	2✓	I+U	Boxing
11. ✓/✗	3✓	I+U	OODA LOOP MY MONEY IN PROCESS(outreach, offer, channels,plan a website and ig/ twitter profil, free value, lead magnets, ai)
12. ✓/✗	3✓	I+U	Read 10-20 pages of dotcom/expert secrets
13. ✓/✗	Day 4/3 or fillers 4✓	I+U	Reflect, reset, adjust

Tiger Day Plan + Reflection




	DAY/3	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)
14.  / 			Shadows(Revise old notes/take new notes/take new lessons/30 mins in resources/set up google home)
15.  / 			Draw/plan story

Set Number:56

Date: feb 25

Start Of The Day - Time:

	 3 Things That I Am Excited To Have In The Future? 
1.	A fat cigar
2.	A killer story
3.	A castle for me and my brother

	 3 Things That I'll Do To Guarantee Progress Today? 
1.	fast
2.	Stay active
3.	Talk out loud

 **Hour-by-hour**
tracking: 

Tiger Day Plan + Reflection

[Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That You Intend To Complete This Hour?
🔔 Intention:	🔔 Intention = What Is Your Plan Of Action To Complete This Task For This Hour?
✍️ Reflection:	✍️ Reflection = Did You Complete This Task For This Hour? If Not, Then Why?

5 Tigerisms

1. I Act With No Limits To My Abilities

2. Be All That I Can Be

3. Every Word And Thought Is Hypnosis

4. I'm Enthusiastic

5. I Am The Best Copywriter Is In The World

DAY 1 STARTS NOW 

\$ 5 am: Task \$	Morning routine https://docs.google.com/document/d/1aeIrbS2J9rW74smiOoGcr70flpN8b003FLZeLYHhr2Y/edit?usp=sharing
🔔 Intention 🔔	
✍️ Reflection ✍️	

Tiger Day Plan + Reflection

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

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

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

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



Tiger Day Plan + Reflection

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

DAY 2 STARTS NOW

\$ 11 am: Task \$	Reflect and plan https://docs.google.com/document/d/1aeIrbS2J9rW74smiOoGcr70flpN8b003FLZelYHhr2Y/edit?usp=sharing
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 12 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 1 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

Tiger Day Plan + Reflection

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

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

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

DAY 3 STARTS NOW 

\$ 5 pm: Task \$	Reflect and plan https://docs.google.com/document/d/1aeIrbS2J9rW74smiOoGcr70flpN8b003FLZelYHhr2Y/edit?usp=sharing
🔔 Intention 🔔	
✍️ Reflection ✍️	

Tiger Day Plan + Reflection

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

\$ 7 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

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

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

Tiger Day Plan + Reflection

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

DAY 4(SLEEP) STARTS NOW 

\$ 11 pm: Task \$	Reflect and plan https://docs.google.com/document/d/1aeIrbS2J9rW74smiOoGcr7OfpN8b003FLZeLYHhr2Y/edit?usp=sharing
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 12 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 1 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

Tiger Day Plan + Reflection

\$ 2 am: Task \$

🔔 Intention 🔔

✍️ Reflection ✍️

\$ 3 am: Task \$

🔔 Intention 🔔

✍️ Reflection ✍️

\$ 4 am: Task \$

🔔 Intention 🔔

✍️ Reflection ✍️

Grand reflection:

🌊 War mode yes or no? 🌊

no

🌊 Which day was the most productive? 🌊

2

Tiger Day Plan + Reflection

 Which day was the least productive? 

1

 Estimated time wasted in total? 

1

 Top 3 wins from this set? 

1. Working on a new kind of fv

2. Did better at boxing

3. Conquer the sea

 Biggest recurring weakness from this set? 

Not moving fast enough

 Biggest/Most important lesson learned this set? 

Doing less can help you do more

 Points out of 45? 

36

 **BRAIN DUMP**  end of set(**How I will improve my next set**):

I will start the day with a win and have that energy carry over into the rest of my day