






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(see link)5km run and 80 upright row press
2. ✓/✗	1✗2✓	I+U	20-40 uploaded prospects
3. ✓/✗	1✗2✓	I+U	20 cold emails, 20 cold calls + follow up emails with offer
4. ✓/✗	Day 2/3 2✓	I+U	Reflect, reset, plan Ocean
5. ✓/✗	2✗	N.I.+U	Maybe Homework and school
6. ✓/✗	2✗	I+U	Make 3 fv and send
7. ✓/✗	Day 3/3 3✓	I+U	Reflect, reset, plan 100 pushups
8. ✓/✗	3✗	I+U	Break down Pro Copy and peer copy
9. ✓/✗	3✗	I+U	Boxing
10. ✓/✗	Day 4/3 or fillers 4✓	I+U	Reflect, reset, plan
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. ✓/✗	2✓	I+U	mindset:(mindset vids, resources, MPU, Tate vids)
13. ✓/✗	2✓	I+U	Write one copy

Tiger Day Plan + Reflection

	DAY/3	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)
14.  /X			FCG
15.  /X	1 		Research my niches and build an avatar

Set Number:47

Date:feb 16

Start Of The Day - Time:5am

	 3 Things That I Am Excited To Have In The Future? 
1.	6months of conquering the ocean
2.	an unstoppable team of killers with 10k/month results
3.	location freedom

	 3 Things That I'll Do To Guarantee Progress Today? 
1.	wake up early and run
2.	ooda loop constantly
3.	work fasted and caffienated

 **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 🔔	5am wake up, 5km run, 80 upright row press, check bank balance and wins
✍️ Reflection ✍️	

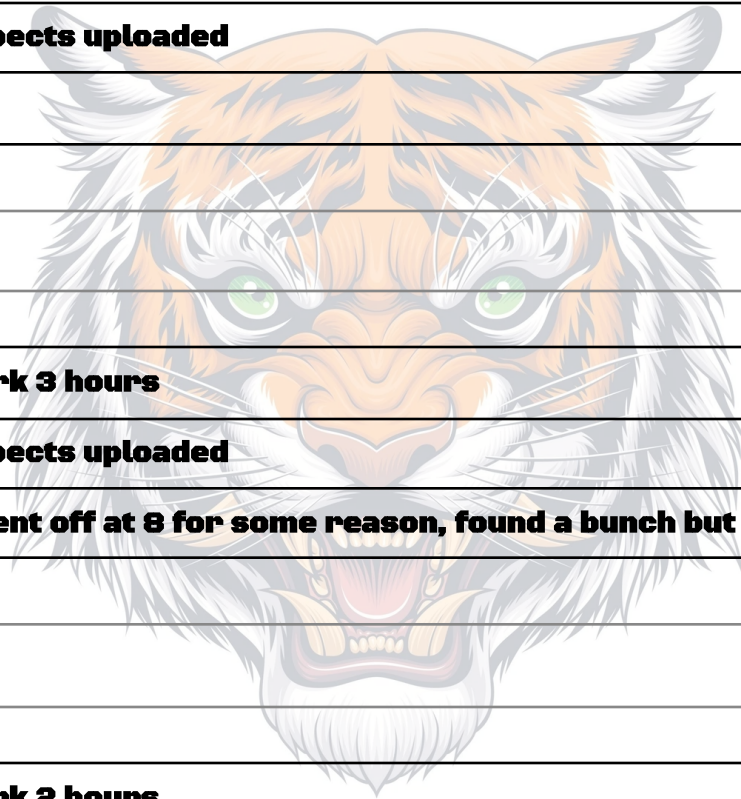
Tiger Day Plan + Reflection

\$ 6 am: Task \$	deep work 3 hours
🔔 Intention 🔔	30 prospects uploaded
✍️ Reflection ✍️	

\$ 7 am: Task \$	deep work 3 hours
🔔 Intention 🔔	30 prospects uploaded
✍️ Reflection ✍️	

\$ 8 am: Task \$	deep work 3 hours
🔔 Intention 🔔	30 prospects uploaded
✍️ Reflection ✍️	alarm went off at 8 for some reason, found a bunch but none uploaded

\$ 9 am: Task \$	deep work 2 hours
🔔 Intention 🔔	20+ cold calls with a tweaked offer
✍️ Reflection ✍️	Did research for an hour to learn about shitty jobs for my offer



Tiger Day Plan + Reflection

\$ 10 am: Task \$	deep work 2 hours
🔔 Intention 🔔	20+ cold calls with a tweaked offer
✍️ Reflection ✍️	Was a bit slow then starting feeling REALLY sick

DAY 2 STARTS NOW

\$ 11 am: Task \$	Reflect and plan https://docs.google.com/document/d/1aeIrbS2J9rW74smiOoGcr70flpN8b003FLZeLYHhr2Y/edit?usp=sharing
🔔 Intention 🔔	reflect, 100 pushups and go to ocean then shower
✍️ Reflection ✍️	Was doing cold calls, got a semi prospective rsnponse

\$ 12 pm: Task \$	shadows 30
🔔 Intention 🔔	test cold email outreach, send any cold call emails
✍️ Reflection ✍️	Did cold calls much slower because I felt very nauseous, and like I'd been hit by a truck

\$ 1 pm: Task \$	school(stay for lesson)
🔔 Intention 🔔	if not at lesson, come home and make 10 looms to send as fv and 5 written fv
✍️ Reflection ✍️	Went to ocean, conuerde the fuck out of it, did not refelect.

Tiger Day Plan + Reflection

\$ 2 pm: Task \$	school(stay for lesson)
🔔 Intention 🔔	if not at lesson, come home and make 10 looms to send as fv and 5 written fv
✍️ Reflection ✍️	

\$ 3 pm: Task \$	school(stay for lesson)
🔔 Intention 🔔	if not at lesson, come home and make 10 looms to send as fv and 5 written fv
✍️ Reflection ✍️	Was prospecting until 5

\$ 4 pm: Task \$	school(stay for lesson)
🔔 Intention 🔔	if not at lesson, come home and make 10 looms to send as fv and 5 written fv
✍️ Reflection ✍️	Was prospecting until 5

DAY 3 STARTS NOW 

\$ 5 pm: Task \$	Reflect and plan https://docs.google.com/document/d/1aeIrbS2J9rW74smi0oGcr7OfpN8b003FLZelYHhr2Y/edit?usp=sharing
🔔 Intention 🔔	reflect, 100 bb squats, review 2 peer copis and boxing
✍️ Reflection ✍️	At this point roughly, I absolutely stopped tracking my day until 11pm

Tiger Day Plan + Reflection

\$ 6 pm: Task \$	Deep work
🔔 Intention 🔔	prospecting
✍️ Reflection ✍️	Cooked dinner for the next week ish, and slowly prospected

\$ 7 pm: Task \$	Prospecting and eat
🔔 Intention 🔔	come home, eat
✍️ Reflection ✍️	Was planning on reviewing copy while I ate, but I watched a luke belmar money making video instead

\$ 8 pm: Task \$	shadows
🔔 Intention 🔔	catch up and send any fv unsent
✍️ Reflection ✍️	From here to 10 i was working on outreach and planning out my fv

\$ 9 pm: Task \$	Deep work 90 mins
🔔 Intention 🔔	Make website for flush flow
✍️ Reflection ✍️	From here to 10 i was working on outreach and planning out my fv

Tiger Day Plan + Reflection

\$ 10 pm: Task \$	Deep 30 30
🔔 Intention 🔔	Work on website and then plan 9 ig posts
✍️ Reflection ✍️	Did the ig posts, and around 3 ish I was working on a funnel for flush flow

DAY 4(SLEEP) STARTS NOW

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

\$ 12 am: Task \$	sleep
🔔 Intention 🔔	read and sleep
✍️ 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 ✍️	

Tiger Day Plan + Reflection



End-Of-The-Day Report

1/3:

What Did I Learn Today?

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

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

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

Points out of 9?

Tiger Day Plan + Reflection



End-Of-The-Day Report

2/3:



 **What Did I Learn Today?** 


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

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

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

 **Points out of 18?** 

Tiger Day Plan + Reflection



End-Of-The-Day Report

3/3:



 **What Did I Learn Today?** 

 **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?** 

 **Points out of 27?** 



End-Of-The-Day Report

Tiger Day Plan + Reflection

WAR MODE(optional)

4/3: 

 **What Did I Learn Today?** 

That I need to be speaking outloud more, and that I can't at this stage in my discipline have my phone around me when working or have IG on my phoen


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

Wake up at 5am for real and write out copy by hand, review copy

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

Lot's of good ol outreach, and get good prospects

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

Accountability chats

 **Points total?** 

27

Grand reflection(AFTER ALL 3):

Tiger Day Plan + Reflection

 Which day was the most productive? 

2

 Which day was the least productive? 

1

 Estimated time wasted in total? 

2

 Top 3 wins from this set? 

1. Conquered the shit out of the ocean

2. 20 cold calls

3. Found a free funnel building site

 Biggest recurring weakness from this set? 

GOing on IG and not keeping track with my day

 Biggest/Most important lesson learned this set? 

I can still pushthrough the tough times but I should get rest when I'm sick

 Points out of 45? 

27

 **BRAIN DUMP**  **end of set:**

Tiger Day Plan + Reflection

I'm FUCKING PISSED OFF I missed boxing, I wish I would've just gone, but I know that if I got everyone sick I would feel a lot worse than I currently do.

In two days it'll be sparring day!