




TIME MASTERY





Day 1/7:


	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
1	Q1	Prospecting	✓
2	Q1	Analyze the top player 1h	✓
3	Q1	Analyze the Avatar 30min	✓
4	Q1	Speaking lesson 30min x2	✓
5	Q1	100 burpees	✓
6	Q1	Doing a hard workout(back training) 1h	✓
7	Q2	Doing a hard workout(legs training) 1h	✓
8	Q2	Read one chapter	✓
9	Q2	AI tinkering	✓
10	Q2	Running- 2km 30min	✓
11	Q2	Watch daily POWER UP call 10min	✓
12	Q2	Help other students on the campus 1h	✓
13	Q2	Check the announcement channel 5min	✓
14	Q2	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min	✓
15	Q2	Pray the Rosary 30min	✓
16	Q3	Lunch 90min	✓

	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
17	Q3 ▾	Breakfast 30min	✓
18	Q3 ▾	Give a genuine compliment to 3 people	✓
19	Q3 ▾	Family time 1h	✓
20	Q3 ▾	Set the task list for tomorrow 10min	✓

	Day Number + Date + Time 🕒
Day Number:	50
Date:	7.21.2023
Start Time:	Did







	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	My family
2.	church community
3.	God and the hardship that he gives me

	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
1.	Analyze the top player 2h
2.	Pray the Rosary
3.	Doing a hard workout(legs training and abs training)



	🎯 My Top Three Goals That I WILL Achieve This Year 🎯
1.	Get a paying client
2.	Build an unbreakable mindset
3.	Be able to do 100 pushups in a row

 **Half-An-Hour Plan +**
Reflection: 

How To Use This:

 Task:	 Task = Set the task that I intend to complete.
 Intention:	 Intention = What is my step-by-step plan of action to complete this task?
 Reflection:	 Reflection = Did I complete this task? If not, then why?

Example:

9 am: Task 	Chest Workout At The Gym - 1 Hour
Intention 	<ul style="list-style-type: none"> - Warm Up - 100 Push-Ups In 4 Sets Of 25 Reps - 5 Sets x 10 Reps of Bench Press Using 100KG - 3 Sets x 25 Reps of Incline Dumbbell Bench Press Using 35KG

	And so on...
Reflection ✍️	My workout went as planned, and I achieved exactly what I wanted. I also got an idea for a new exercise to try out during my next workout. And so on...

**(Remove any
boxes below that
do not match the
times when you
are awake.)**

My Morning Plan

8 am: Task \$	Breakfast 15min + Running 15min
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Intention 🛎	-Make yourself a sandwich - Wash my face and teeth -2km
Reflection ✍	Did it

8:30 am: Task \$	Morning TRW tasks
Intention 🛎	-Check the announcement channel -Watch daily POWER UP call
Reflection ✍	Did it

9 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🛎	-warm-up -4 different exercises for my ankles and calves
Reflection ✍	Done

9:30 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🛎	4 different exercises for my ankles and calves -stretch
Reflection ✍	Done

10 am: Task \$	Analyze the Avatar 30min
Intention 🔔	What are their biggest desires/ pains...
Reflection ✍️	Did it

10:30 am: Task \$	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Did it

11 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Done

11:30 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups

	-10x5
Reflection ✍️	Done

12 pm: Task 💰	AI tinkering
Intention 🔔	
Reflection ✍️	Done

12:30 pm: Task 💰	Family time 1h
Intention 🔔	
Reflection ✍️	Did it

🎯 **End-Of-Morning Rerport** 🎯

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

I have learned what are my markets fears and dislikes about certain products. I have learned how to speak more clearly.

❌ **What Problems Did I Face This Morning?** ❌

My mind wanted to go into my comfort zone and do what was easy but I defeated that feeling.

🔑 How Will I Solve These Problems? 🔑

I will remember I'm a warrior and I can't live like a normal person.

🗡️ My Afternoon Plan 🗡️

1 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	

1:30 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	

2 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	

2:30 pm: Task \$	Read one chapter
Intention 🔔	
Reflection ✍️	Did it

3 pm: Task \$	Analyze the top player 1h
Intention 🔔	How does he monetize his attention(funnels)
Reflection ✍️	Done

3:30 pm: Task \$	Analyze the top player 1h
Intention 🔔	How does he monetize his attention(funnels)
Reflection ✍️	Done

4 pm: Task \$	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Did it and saw new mistakes I was doing in my speaking.

4:30 pm: Task \$	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Helped some guy with his short-form copy.

5 pm: Task \$	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Helped some guy with his short-form copy

5:30 pm: Task \$	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min
Intention 🔔	-Hard OODA loop on day
Reflection ✍️	OODA looped it

6 pm: Task \$	Prospecting
Intention 🔔	Finding the prospect
Reflection ✍️	Did it

6:30 pm: Task \$	Prospecting
Intention 🔔	Making the free value
Reflection ✍️	Did it

7 pm: Task \$	Prospecting
Intention 🔔	Frothing an outreach
Reflection ✍️	Done

7:30 pm: Task \$	Prospecting
Intention 🔔	-Making my outreach and FV better by using AI -Sending it to the prospect
Reflection ✍️	Did it

8 pm: Task \$	Set the task list for tomorrow
Intention 🔔	-All of the tasks
Reflection ✍️	Done

8:30 pm: Task \$	Pray the Rosary 30min
Intention 🔔	-praying
Reflection ✍️	Done

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	

End-Of-The-Day Report:

What Did I Learn Today?

I learned how to speak more clearly. I learned how to help businesses in my niche. I learned how to research markets more and how to make myself a greater copywriter by using The Real World material and AI.

What Problems Did I Face In The Day?

My mind wanted to go into my comfort zone and do what was easy but I defeated that feeling.

🔑 How Will I Solve These Problems Tomorrow? 🔑

I will remember I'm a warrior and I can't live like a normal person.

NEW What Do I Plan To Do Differently Tomorrow? NEW

I will try to put myself as much as I can out of my comfort zone.

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

I will do all of my tasks.

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

No one

📝 What Tasks Were Left Undone? 📝

None

Brain Dump:

Question on my mind: "If another person

wishes to outperform me, what would they do to win?"

My answer:

They would put themselves out of their comfort zone as much as they can. They would go through as much pain as they can in a day to forge themselves into greater warriors.

And I shall do just that.

I am a warrior with his mind as his sword and his pride as his shield.

The strongest and sharpest weapon in the world coupled with the unbreakable defense.



I say what I mean and I mean what I say.


This is the way.



Day 2/7:



	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
1	Q1	Prospecting	✓
2	Q1	Analyze the top player 1h	✓
3	Q1	Analyze the Avatar 30min	✓
4	Q1	Speaking lesson 30min x2	✓
5	Q1	100 burpees	✓
6	Q1	Doing a hard workout(back training) 1h	✓
7	Q2	Doing a hard workout(legs training) 1h	✓
8	Q2	Read one chapter	✓
9	Q2	AI tinkering	✓
10	Q2	Running- 2km 30min	✓
11	Q2	Watch daily POWER UP call 10min	✓

	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
12	Q2 ▾	Help other students on the campus 1h	✓
13	Q2 ▾	Check the announcement channel 5min	✓
14	Q2 ▾	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min	✓
15	Q2 ▾	Pray the Rosary 30min	✓
16	Q3 ▾	Lunch 90min	✓
17	Q3 ▾	Breakfast 30min	✓
18	Q3 ▾	Give a genuine compliment to 3 people	✓
19	Q3 ▾	Family time 1h	✓
20	Q3 ▾	Set the task list for tomorrow 10min	✓

	17 July Day Number + Date + Time 
Day Number:	51
Date:	7.23.2023
Start Time:	8:00

	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	My family
2.	church community
3.	God and the hardship that he gives me

 My Top Three Priority Tasks That I WILL Complete 
1. Analyze the top player 2h
2. Pray the Rosary
3. Doing a hard workout(legs training and abs training)

 My Top Three Goals That I WILL Achieve This Year 
1. Get a paying client
2. Build an unbreakable mindset
3. Be able to do 100 pushups in a row

**(Remove any
boxes below that
do not match the
times when you**

are awake.)

✂️ **My Morning Plan** ✂️

8 am: Task 💰	Breakfast 15min + Running 15min
Intention 🔔	-Make yourself a sandwich - Wash my face and teeth -2km
Reflection ✍️	Did it

8:30 am: Task 💰	Morning TRW tasks
Intention 🔔	-Check the announcement channel -Watch daily POWER UP call
Reflection ✍️	Did it

9 am: Task 💰	Doing a hard workout(legs training) 1h
Intention 🔔	-warm-up -4 different exercises for my ankles and calves

Reflection ✍️	Did it
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9:30 am: Task \$	Doing a hard workout(legs training) 1h
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Intention 🔔	4 different exercises for my ankles and calves -stretch
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Reflection ✍️	Did it
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10 am: Task \$	Analyze the Avatar 30min
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Intention 🔔	What are their biggest desires/ pains...
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Reflection ✍️	Did it
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10:30 am: Task \$	Speaking lesson 30min
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Intention 🔔	Recording myself speaking and trying to improve the flow
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Reflection ✍️	Did it
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11 am: Task \$	Doing a hard workout(back training) 1h
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Intention 🛎	-50 pull-ups -10x5
Reflection ✍	Did it

11:30 am: Task \$	Doing a hard workout(back training) 1h
Intention 🛎	-50 pull-ups -10x5
Reflection ✍	Did it

12 pm: Task \$	AI tinkering
Intention 🛎	
Reflection ✍	Did it

12:30 pm: Task \$	Family time 1h
Intention 🛎	
Reflection ✍	Did it

🎯 End-Of-Morning Report 🎯

🧠 What Did I Learn This Morning? 🧠

I have learned what are my biggest mistakes in speaking. I learned how to plan out my writing of the copy. I learned what are my market dream outcome and their deep desires.

❌ What Problems Did I Face This Morning? ❌

I had problems with concentration when I started to work.

🔑 How Will I Solve These Problems? 🔑

I will play binaural beats and try to focus more.

🔪 My Afternoon Plan 🔪

1 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	

1:30 pm: Task 💰	Lunch 90min
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Intention 🛎	
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Reflection ✍	
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2 pm: Task \$	Lunch 90min
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Intention 🛎	
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Reflection ✍	
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2:30 pm: Task \$	Read one chapter
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Intention 🛎	
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Reflection ✍	Did it
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3 pm: Task \$	Analyze the top player 1h
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Intention 🛎	How does he monetize his attention(funnels)
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Reflection ✍	Did it
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3:30 pm: Task \$	Analyze the top player 1h
Intention 🛎	How does he monetize his attention(funnels)
Reflection ✍	Did it

4 pm: Task \$	Speaking lesson 30min
Intention 🛎	Recording myself speaking and trying to improve the flow
Reflection ✍	Did it

4:30 pm: Task \$	Help other students on the campus 1h
Intention 🛎	-Help their copy
Reflection ✍	Did it

5 pm: Task \$	Help other students on the campus 1h
Intention 🛎	-Help their copy
Reflection ✍	Did it

5:30 pm: Task \$	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min
Intention 🔔	-Hard OODA loop on day
Reflection ✍️	Did it

6 pm: Task \$	Prospecting
Intention 🔔	Finding the prospect
Reflection ✍️	Did it

6:30 pm: Task \$	Prospecting
Intention 🔔	Making the free value
Reflection ✍️	Did it

7 pm: Task \$	Prospecting
Intention 🔔	Frothing an outreach
Reflection ✍️	Did it

7:30 pm: Task \$	Prospecting
Intention 🔔	-Making my outreach and FV better by using AI -Sending it to the prospect
Reflection ✍️	Did it

8 pm: Task \$	Set the task list for tomorrow
Intention 🔔	-All of the tasks
Reflection ✍️	Did it

8:30 pm: Task \$	Pray the Rosary 30min
Intention 🔔	-praying
Reflection ✍️	Did it

9 pm: Task \$	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



What Did I Learn This Morning?

I have learned what my biggest mistakes are in speaking. I learned how to plan out my writing of the copy. I learned what my market dream outcome is and their deep desires. I learned how to write an interesting sales page. I learned that I write FV too slowly.

What Problems Did I Face This Morning?

I had problems with concentration when I started to work. I write my FV too slow

How Will I Solve These Problems?

I will play binaural beats and try to focus more. I will treat my work sections as a meditation and every time my thoughts wander I will just shift my focus to work again and after some time I will become undistractable.

What Do I Plan To Do Differently Tomorrow?

I will try harder to focus and work on my focus by working like meditating.

What Do I Plan To Do The Same Tomorrow?

I will do all of my tasks and try to get the most out of them.

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

No one

 **What Tasks Were Left Undone?** 

None

Brain Dump:

Question on my mind: "If another person wishes to outperform me, what would they do to win?"

My answer: They would focus better by using binaural beats more and treating the work section like focused training. And I shall do just that.

I am a warrior with his mind as his sword and his pride as his shield.

**The strongest and sharpest weapon
in the world coupled with the
unbreakable defense.**



**I say what I mean and I mean what I
say.**

This is the Aeon way.

Day 3/7:




	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
1	Q1	Prospecting	✓
2	Q1	Analyze the top player 1h	✓
3	Q1	Analyze the Avatar 30min	✓
4	Q1	Speaking lesson 30min x2	✓
5	Q1	100 push ups	✓
6	Q1	Doing a hard workout(back training) 1h	✓
7	Q2	Doing a hard workout(legs training) 1h	✓




	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
8	Q2 ▾	Read one chapter	✓
9	Q2 ▾	AI tinkering	✓
10	Q2 ▾	Church	✓
11	Q2 ▾	Watch daily POWER UP call 10min	✓
12	Q2 ▾	Help other students on the campus 1h	✓
13	Q2 ▾	Check the announcement channel 5min	✓
14	Q2 ▾	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min	✓
15	Q2 ▾	Pray the Rosary 30min	✓
16	Q3 ▾	Lunch 90min	✓
17	Q3 ▾	Breakfast 30min	✓
18	Q3 ▾	Give a genuine compliment to 3 people	✓
19	Q3 ▾	Family time 1h	✓
20	Q3 ▾	Set the task list for tomorrow 10min	✓

	Day Number + Date + Time 
Day Number:	52
Date:	7.23.2023
Start Time:	8:00

 **Three Things That I Am Grateful to Have in My Life** 

1.	My family
2.	church community
3.	God and the hardship that he gives me

	 My Top Three Priority Tasks That I WILL Complete 
1.	Analyze the top player 1h
2.	Pray the Rosary
3.	Doing outreach + free value 90min

	 My Top Three Goals That I WILL Achieve This Year 
1.	Get a paying client
2.	Build an unbreakable mindset
3.	Be able to do 100 pushups in a row

(Remove any

boxes below that

do not match the

**times when you
are awake.)**

✂ My Morning Plan ✂

8 am: Task \$	Breakfast 15min +Morning TRW tasks
Intention 🔔	<ul style="list-style-type: none"> -Make yourself a sandwich - Wash my face and teeth -Check the announcement channel -Watch daily POWER UP call
Reflection ✍	Did it

8:30 am: Task \$	Curch
Intention 🔔	
Reflection ✍	Did it

9 am: Task \$	Curch
Intention 🔔	
Reflection ✍️	Did it

9:30 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	4 different exercises for my ankles and calves -stretch
Reflection ✍️	Done

10 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	-warm-up -4 different exercises for my ankles and calves
Reflection ✍️	Done

10:30 am: Task \$	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Dod it

11 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Did ot

11:30 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Did it

12 pm: Task \$	AI tinkering
Intention 🔔	
Reflection ✍️	Done

12:30 pm: Task \$	Family time 1h
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Intention 🛎️	
Reflection ✍️	Done

🎯 **End-Of-Morning Rerport** 🎯

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

I learned about Christianity by listened the priest. I minemised my acset abit.

✗ **What Problems Did I Face This Morning?** ✗

I was really, really frustrated by my bad internet. So I have used my anger to do the best workout in weeks.

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

I will try to focus on work and not on anger.

🔪 **My Afternoon Plan** 🔪

1 pm: Task 💰	Lunch 90min
Intention 🛎️	
Reflection ✍️	Did it

1:30 pm: Task \$	Lunch 90min
Intention 🔔	
Reflection ✍️	Did it

2 pm: Task \$	Analyzing the avatar
Intention 🔔	
Reflection ✍️	Done

2:30 pm: Task \$	Read one chapter
Intention 🔔	
Reflection ✍️	Done

3 pm: Task \$	Analyze the top player 1h
Intention 🔔	How does he monetize his attention(funnels)
Reflection ✍️	Done

3:30 pm: Task \$	Analyze the top player 1h
Intention 🔔	How does he monetize his attention(funnels)
Reflection ✍️	Done

4 pm: Task \$	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Did it

4:30 pm: Task \$	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Did it

5 pm: Task \$	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Did it

5:30 pm: Task \$	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min
Intention 🔔	-Hard OODA loop on day
Reflection ✍️	Done

6 pm: Task \$	Prospecting
Intention 🔔	Finding the prospect
Reflection ✍️	Done

6:30 pm: Task \$	Prospecting
Intention 🔔	Making the free value
Reflection ✍️	Done

7 pm: Task \$	Prospecting
Intention 🔔	Frothing an outreach
Reflection ✍️	Did it

7:30 pm: Task \$	Prospecting
Intention 🔔	-Making my outreach and FV better by using AI -Sending it to the prospect
Reflection ✍️	Did it

8 pm: Task \$	Set the task list for tomorrow
Intention 🔔	-All of the tasks
Reflection ✍️	Done

8:30 pm: Task \$	Pray the Rosary 30min
Intention 🔔	-praying
Reflection ✍️	Donea

End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

I learned how to speak with less of the ascent. I learned how to practice my focus better. I learned how to persuade people to do what I want them to do. I learned how to write a better sales page. I learned how to OODAloop more clearly and faster. I learned about Christianity by listened to the priest.

✗ What Problems Did I Face This Day? ✗

I was really, really frustrated by my bad internet. So I have used my anger to do the best workout in weeks.

🔑 How Will I Solve These Problems? 🔑

I will try to focus on work and not on anger.

NEW What Do I Plan To Do Differently Tomorrow? NEW

I will focus on my tasks more and not on my internet. If I'm angry, I will do the workout to put it out of my system

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

I will do all of the tasks.

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

No one

None

Brain Dump:

Question on my mind: "If another person wishes to outperform me, what would they do to win?"

My answer: They would work on perfecting their focus and they would not give in to the feeling of anger. And that is what I will do tomorrow.

I am a warrior with his mind as his sword and his pride as his shield.

The strongest and sharpest weapon in the world coupled with the unbreakable defense.


I say what I mean and I mean what I say.


This is the Aeon way.

Day 4/7:

	<u>Priority</u>	Task List For The Day - Fill In ALL 20!	✓/✗
1	Q1	Prospecting	✓
2	Q1	Analyze the top player 1h	✓
3	Q1	Analyze the Avatar 30min	✓
4	Q1	Speaking lesson 30min x2	✓
5	Q1	100 push-ups	✓
6	Q1	Doing a hard workout(back training) 1h	✓
7	Q2	Doing a hard workout(legs training) 1h	✓
8	Q2	Read one chapter	✓
9	Q2	AI tinkering	✓
10	Q2	Running- 2km 30min	✓
11	Q2	Watch daily POWER UP call 10min	✓
12	Q2	Help other students on the campus 1h	✓
13	Q2	Check the announcement channel 5min	✓




	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
14	Q2 ▾	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min	✓
15	Q2 ▾	Pray the Rosary 30min	✓
16	Q3 ▾	Lunch 90min	✓
17	Q3 ▾	Breakfast 30min	✓
18	Q3 ▾	Give a genuine compliment to 3 people	✓
19	Q3 ▾	Family time 1h	✓
20	Q3 ▾	Set the task list for tomorrow 10min	✓

	17 July Day Number + Date + Time 🕒
Day Number:	53
Date:	7.24.2023
Start Time:	8:00

	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	My family
2.	church community
3.	God and the hardship that he gives me

	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
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1.	Analyze the top player 1h
2.	Pray the Rosary
3.	Doing outreach + free value 90min

	 My Top Three Goals That I WILL Achieve This Year 
1.	Get a paying client
2.	Build an unbreakable mindset
3.	Be able to do 100 pushups in a row

**(Remove any
boxes below that
do not match the
times when you
are awake.)**

✂️ My Morning Plan ✂️

8 am: Task 💰	Breakfast 15min + Running 15min
Intention 🔔	-Make yourself a sandwich - Wash my face and teeth -2km
Reflection ✍️	Did it

8:30 am: Task 💰	Morning TRW tasks
Intention 🔔	-Check the announcement channel -Watch daily POWER UP call
Reflection ✍️	Did it

9 am: Task 💰	Doing a hard workout(legs training) 1h
Intention 🔔	-warm-up -4 different exercises for my ankles and calves
Reflection ✍️	Did it

9:30 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	4 different exercises for my ankles and calves -stretch
Reflection ✍️	Did it

10 am: Task \$	Analyze the Avatar 30min
Intention 🔔	What are their biggest desires/ pains...
Reflection ✍️	Did it

10:30 am: Task \$	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Did it

11 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Did it

11:30 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Did it

12 pm: Task \$	AI tinkering
Intention 🔔	
Reflection ✍️	Did it

12:30 pm: Task \$	Family time 1h
Intention 🔔	
Reflection ✍️	Did it

🎯 **End-Of-Morning Rerport** 🎯

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

I learned what new mistakes I am doing in speaking. I have gone deeper into my

market's emotions and why they buy products like this.

✗ What Problems Did I Face This Morning? ✗

There were no mistakes

🔑 How Will I Solve These Problems? 🔑

—

My Afternoon Plan

1 pm: Task \$	Lunch 90min
Intention 🔔	
Reflection ✍️	

1:30 pm: Task \$	Lunch 90min
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	Lunch 90min
Intention 🔔	
Reflection ✍️	

2:30 pm: Task \$	Read one chapter
Intention 🔔	
Reflection ✍️	Did it

3 pm: Task \$	Analyze the top player 1h
Intention 🔔	How does he monetize his attention(funnels)
Reflection ✍️	Did it

3:30 pm: Task \$	Analyze the top player 1h
Intention 🔔	How does he monetize his attention(funnels)
Reflection ✍️	Did it

4 pm: Task \$	Speaking lesson 30min
Intention 🛎	Recording myself speaking and trying to improve the flow
Reflection ✍	Did it

4:30 pm: Task \$	Help other students on the campus 1h
Intention 🛎	-Help their copy
Reflection ✍	Did it

5 pm: Task \$	Help other students on the campus 1h
Intention 🛎	-Help their copy
Reflection ✍	Did it

5:30 pm: Task \$	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min
Intention 🛎	-Hard OODA loop on day
Reflection ✍	Did it

6 pm: Task \$	Prospecting
Intention 🔔	Finding the prospect
Reflection ✍️	Did it

6:30 pm: Task \$	Prospecting
Intention 🔔	Making the free value
Reflection ✍️	Did it

7 pm: Task \$	Prospecting
Intention 🔔	Making an outreach
Reflection ✍️	Did it

7:30 pm: Task \$	Prospecting
Intention 🔔	-Making my outreach and FV better by using AI -Sending it to the prospect
Reflection ✍️	Did it

8 pm: Task 💰	Set the task list for tomorrow
Intention 🔔	-All of the tasks
Reflection ✍️	Did it

8:30 pm: Task 💰	Pray the Rosary 30min
Intention 🔔	-praying
Reflection ✍️	Did it

End-Of-The-Day Report:

🧠 What Did I Learn This Day? 🧠

I learned how to make FV faster but with the same quality. I have learned how to research top players better.

✖️ What Problems Did I Face This Day? ✖️

No problems

🔑 How Will I Solve These Problems? 🔑

—

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

I will do tasks try to do tasks even with better precision.

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

I will do all of the tasks

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

No one

 **What Tasks Were Left Undone?** 

none

Brain Dump:

Question on my mind: "If another person wishes to outperform me, what would they do to win?"

My answer:

They would strive in pain and every time it gets hard they would be happy and wouldn't want to rest but to do another task. And I shall do just that.

I am a warrior with his mind as his sword and his pride as his shield.



The strongest and sharpest weapon in the world coupled with the unbreakable defense.


I say what I mean and I mean what I say.


This is the Aeon way.


Day 5/7:

	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
1	Q1	Prospecting	✓
2	Q1	Analyze the top player 1h	✓
3	Q1	Analyze the Avatar 30min	✓
4	Q1	Speaking lesson 30min x2	✓
5	Q1	100 push-ups	✓
6	Q1	Doing a hard workout(abs training) 1h	✓
7	Q2	Doing a hard workout(legs training) 1h	✓
8	Q2	Read one chapter	✓
9	Q2	AI tinkering	✓
10	Q2	Running- 2km 30min	✓
11	Q2	Watch daily POWER UP call 10min	✓
12	Q2	Help other students on the campus 1h	✓
13	Q2	Check the announcement channel 5min	✓
14	Q2	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min	✓
15	Q2	Pray the Rosary 30min	✓
16	Q3	Lunch 90min	✓
17	Q3	Breakfast 30min	✓
18	Q3	Give a genuine compliment to 3 people	✓
19	Q3	Family time 1h	✓

	17 Day Number + Date + Time 
Day Number:	54
Date:	7.25.2023
Start Time:	8:00

	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	My family
2.	church community
3.	God and the hardship that he gives me

	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
1.	Analyze the top player 1h
2.	Pray the Rosary
3.	Call a potential client

	🎯 My Top Three Goals That I WILL Achieve This Year 🎯
1.	Get a paying client
2.	Build an unbreakable mindset
3.	Be able to do 100 pushups in a row

**(Remove any
boxes below that
do not match the
times when you
are awake.)**

My Morning Plan

8 am: Task 💰	Breakfast 15min + Running 15min
Intention 🔔	-Make yourself a sandwich - Wash my face and teeth -2km
Reflection ✍️	Did it

8:30 am: Task \$	Morning TRW tasks
Intention 🔔	-Check the announcement channel -Watch daily POWER UP call
Reflection ✍️	Did it

9 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	-warm-up -4 different exercises for my ankles and calves
Reflection ✍️	Did it

9:30 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	4 different exercises for my ankles and calves -stretch
Reflection ✍️	Did it

10 am: Task \$	Analyze the Avatar 30min
Intention 🔔	What are their biggest desires/ pains...
Reflection ✍️	Did it

10:30 am: Task \$	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Did it

11 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Did it

11:30 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Did it

12 pm: Task 💰	AI tinkering
Intention 🔔	
Reflection ✍️	Did it

12:30 pm: Task 💰	Family time 1h
Intention 🔔	
Reflection ✍️	Did it

🎯 **End-Of-Morning Rerport** 🎯

🧠 What Did I Learn This Morning? 🧠

I learned what mistakes am I doing in speaking. I learned how to not be a copywriting geek.

✗ What Problems Did I Face This Morning? ✗

Didn't have any problem

🔑 How Will I Solve These Problems? 🔑

—

🔪 My Afternoon Plan 🔪

1 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	Did it

1:30 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	Did it

2 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	Did it

2:30 pm: Task 💰	Read one chapter
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Intention 🔔	
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Reflection ✍️	Did it
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3 pm: Task 💰	Analyze the top player 1h
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Intention 🔔	How does he monetize his attention(funnels)
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Reflection ✍️	Did it
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3:30 pm: Task 💰	Analyze the top player 1h
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Intention 🔔	How does he monetize his attention(funnels)
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Reflection ✍️	Did it
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4 pm: Task 💰	Speaking lesson 30min
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Intention 🔔	Recording myself speaking and trying to improve the flow
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Reflection ✍️	Did it
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4:30 pm: Task \$	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Did it

5 pm: Task \$	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Did it

5:30 pm: Task \$	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min
Intention 🔔	-Hard OODA loop on day
Reflection ✍️	Did it

6 pm: Task \$	Prospecting
Intention 🔔	Finding the prospect
Reflection ✍️	Did it

6:30 pm: Task \$	Prospecting
Intention 🔔	Making the free value
Reflection ✍️	Did it

7 pm: Task \$	Prospecting
Intention 🔔	Frothing an outreach
Reflection ✍️	Did it

7:30 pm: Task \$	Prospecting
Intention 🔔	-Making my outreach and FV better by using AI -Sending it to the prospect
Reflection ✍️	Did it

8 pm: Task \$	Set the task list for tomorrow
Intention 🔔	-All of the tasks
Reflection ✍️	Did it

8:30 pm: Task \$	Pray the Rosary 30min
Intention 🔔	-praying
Reflection ✍️	Did it

End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

I learned how to write a faster sales page.

❌ **What Problems Did I Face This Day?** ❌

I feel like I could do more if I would just not have as many distractions around me.

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

I will try to find some place were I'm alone and can work without distractions.

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

I will work on some distraction-free environment.

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

I will do all of my tasks.

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

No one

📝 What Tasks Were Left Undone? 📝

none

Brain Dump:

Question on my mind: "If another person wishes to outperform me, what would they do to win?"

My answer:

They would reduce distractions in their environment as much as they can.

And I will do just that.


I know that the Aeon clan doesn't exist anymore but I thought we could still hold each other accountable so


that we can grow together into great copy G's.


Day 6/7:


	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
1	Q1	Prospecting	✓
2	Q1	Analyze the top player 1h	✓
3	Q1	Analyze the Avatar 30min	✓
4	Q1	Speaking lesson 30min x2	✓
5	Q1	100 push-ups	✓
6	Q1	Doing a hard workout(back training) 1h	✓
7	Q2	Doing a hard workout(legs training) 1h	✓
8	Q2	Read one chapter	✓
9	Q2	AI tinkering	✓
10	Q2	Running- 2km 30min	✓
11	Q2	Watch daily POWER UP call 10min	✓
12	Q2	Help other students on the campus 1h	✓
13	Q2	Check the announcement channel 5min	✓
14	Q2	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min	✓
15	Q2	Pray the Rosary 30min	✓
16	Q3	Lunch 90min	✓

17	Q3 ▾	Breakfast 30min	✓
18	Q3 ▾	Give a genuine compliment to 3 people	✓
19	Q3 ▾	Family time 1h	✓
20	Q3 ▾	Set the task list for tomorrow 10min	✓

	17^{July} Day Number + Date + Time 🕒
Day Number:	55
Date:	7.26.2023
Start Time:	8:00

	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	My family
2.	church community
3.	God and the hardship that he gives me

	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
1.	Analyze the top player 1h
2.	Pray the Rosary
3.	Doing outreach + free value 90min

	🎯 My Top Three Goals That I WILL Achieve This Year 🎯
1.	Get a paying client
2.	Build an unbreakable mindset
3.	Be able to do 100 pushups in a row

**(Remove any
boxes below that
do not match the
times when you
are awake.)**

 **My Morning Plan** 

8 am: Task \$	Breakfast 15min + Running 15min
Intention 🔔	-Make yourself a sandwich - Wash my face and teeth -2km
Reflection ✍️	Did it

8:30 am: Task \$	Morning TRW tasks
Intention 🔔	-Check the announcement channel -Watch daily POWER UP call
Reflection ✍️	Did it

9 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	-warm-up -4 different exercises for my ankles and calves
Reflection ✍️	Did it

9:30 am: Task \$	Doing a hard workout(legs training) 1h
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Intention 🛎	4 different exercises for my ankles and calves -stretch
Reflection ✍	Did it

10 am: Task 💰	Analyze the Avatar 30min
Intention 🛎	What are their biggest desires/ pains...
Reflection ✍	Did it

10:30 am: Task 💰	Speaking lesson 30min
Intention 🛎	Recording myself speaking and trying to improve the flow
Reflection ✍	Did it

11 am: Task 💰	Doing a hard workout(back training) 1h
Intention 🛎	-50 pull-ups -10x5
Reflection ✍	Did it

11:30 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Did it

12 pm: Task \$	AI tinkering
Intention 🔔	
Reflection ✍️	Did it

12:30 pm: Task \$	Family time 1h
Intention 🔔	
Reflection ✍️	Did it

🎯 **End-Of-Morning Rerport** 🎯

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

I have researched how Andrew speaks and tried to replicate it while recording. I Learned how to improve my copy with ChatGPT.

✗What Problems Did I Face This Morning?✗

I didn't have any problems.

🔑How Will I Solve These Problems?🔑

🔪My Afternoon Plan🔪

1 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	Did it

1:30 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	Did it

2 pm: Task 💰	Lunch 90min
Intention 🔔	

Reflection ✍️	Did it
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2:30 pm: Task \$	Read one chapter
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Intention 🔔	
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Reflection ✍️	Did it
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3 pm: Task \$	Analyze the top player 1h
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Intention 🔔	How does he monetize his attention(funnels)
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Reflection ✍️	I have found two good prospects so I have outreached to two people and replaced research of top player for it.
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3:30 pm: Task \$	Analyze the top player 1h
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Intention 🔔	How does he monetize his attention(funnels)
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Reflection ✍️	I have found two good prospects so I have outreached to two people and replaced research of the top player for it.
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4 pm: Task \$	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Did it

4:30 pm: Task \$	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Did it

5 pm: Task \$	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Did it

5:30 pm: Task \$	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min
Intention 🔔	-Hard OODA loop on day
Reflection ✍️	Did it

6 pm: Task \$	Prospecting
Intention 🔔	Finding the prospect
Reflection ✍️	Did it

6:30 pm: Task \$	Prospecting
Intention 🔔	Making the free value
Reflection ✍️	Did it

7 pm: Task \$	Prospecting
Intention 🔔	Frothing an outreach
Reflection ✍️	Did it

7:30 pm: Task \$	Prospecting
Intention 🔔	-Making my outreach and FV better by using AI -Sending it to the prospect
Reflection ✍️	Did it

8 pm: Task 💰	Set the task list for tomorrow
Intention 🔔	-All of the tasks
Reflection ✍️	Did it

8:30 pm: Task 💰	Pray the Rosary 30min
Intention 🔔	-praying
Reflection ✍️	I have found two good prospects so I have outreached to two people and replaced research of top player for it.

End-Of-The-Day Report:

🧠 What Did I Learn Today? 🧠
I have researched how Andrew speaks and tried to replicate it while recording. I learned how to improve my copy with ChatGPT. I learned how to write faster sales pages.

✗ What Problems Did I Face In The Day? ✗
None

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

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

I will do my research on the top player and try to prospect for two businesses while doing all of the tasks.

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

I will crush every task in front of me and try to be better with every task I do.

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

No one

 **What Tasks Were Left Undone?** 

none

Brain Dump:

Question on my mind: "If another person wishes to outperform me, what would they do to win?"



My answer: They would remove all distractions and work like terminators. Not stopping until they are done with everything. And I will do just that.



Hrvoje P. —Soon great copywriter



Day 7/7:



	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
1	Q1	Prospecting	✓
2	Q1	Analyze the top player 1h	✓
3	Q1	Analyze the Avatar 30min	✓
4	Q1	Speaking lesson 30 min x2	✓
5	Q1	100 push-ups	✓
6	Q1	Doing a hard workout(abs training) 1h	✓
7	Q2	Doing a hard workout(legs training) 1h	✓
8	Q2	Read one chapter	✓
9	Q2	AI tinkering	✓
10	Q2	Running- 2km 30min	✓
11	Q2	Watch daily POWER UP call 10min	✓

	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
12	Q2	Help other students on the campus 1h	✓
13	Q2	Check the announcement channel 5min	✓
14	Q2	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min	✓
15	Q2	Pray the Rosary 30min	✓
16	Q3	Lunch 90min	✓
17	Q3	Breakfast 30min	✓
18	Q3	Give a genuine compliment to 3 people	✓
19	Q3	Family time 1h	✓
20	Q3	Set the task list for tomorrow 10min	✓

	Day Number + Date + Time 
Day Number:	56
Date:	7.27.2023
Start Time:	8:00

	Three Things That I Am Grateful to Have in My Life 
1.	My family
2.	church community
3.	God and the hardship that he gives me

 My Top Three Priority Tasks That I WILL Complete 
1. Analyze the top player 1h
2. Pray the Rosary
3. Doing outreach + free value 90min

 My Top Three Goals That I WILL Achieve This Year 
1. Get a paying client
2. Build an unbreakable mindset
3. Be able to do 100 pushups in a row

**(Remove any
boxes below that
do not match the
times when you**

are awake.)

✂ My Morning Plan ✂

8 am: Task \$	Breakfast 15min + Running 15min
Intention 🔔	-Make yourself a sandwich - Wash my face and teeth -2km
Reflection ✍	Did it

8:30 am: Task \$	Morning TRW tasks
Intention 🔔	-Check the announcement channel -Watch daily POWER UP call
Reflection ✍	Did it

9 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	-warm-up -4 different exercises for my ankles and calves

Reflection ✍️	Did it
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9:30 am: Task \$	Doing a hard workout(legs training) 1h
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Intention 🔔	4 different exercises for my ankles and calves -stretch
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Reflection ✍️	Did it
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10 am: Task \$	Analyze the Avatar 30min
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Intention 🔔	What are their biggest desires/ pains...
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Reflection ✍️	Did it
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10:30 am: Task \$	Speaking lesson 30min
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Intention 🔔	Recording myself speaking and trying to improve the flow
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Reflection ✍️	Did it
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11 am: Task \$	Doing a hard workout(abs training) 1h
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Intention 🛎	-50 elevated sit-ups with weights of 5kg -2 min Russian twists -50 elevated sit-ups
Reflection ✍	Did it

11:30 am: Task \$	Doing a hard workout(abs training) 1h
Intention 🛎	-50 elevated sit-ups with weights of 5kg -2 min Russian twists -50 elevated sit-ups
Reflection ✍	Did it

12 pm: Task \$	AI tinkering
Intention 🛎	
Reflection ✍	Did it

12:30 pm: Task \$	Family time 1h
Intention 🛎	
Reflection ✍	Did it

🎯 End-Of-Morning Report 🎯

🧠 What Did I Learn This Morning? 🧠

I learned how Andrew Tate speaks and tried to mimic it. I learned how to use AI to give me inspiration when writing copy.

❌ What Problems Did I Face This Morning? ❌

Crushed it, no problems

🔑 How Will I Solve These Problems? 🔑

—

🔪 My Afternoon Plan 🔪

1 pm: Task 💰	Lunch 90min
Intention 🔔	
Reflection ✍️	

1:30 pm: Task 💰	Lunch 90min
Intention 🔔	

Reflection ✍️	
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2 pm: Task 💰	Lunch 90min
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Intention 🔔	
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Reflection ✍️	
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2:30 pm: Task 💰	Read one chapter
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Intention 🔔	
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Reflection ✍️	Did it
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3 pm: Task 💰	Analyze the top player 1h
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Intention 🔔	How does he monetize his attention(funnels)
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Reflection ✍️	Did it
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3:30 pm: Task 💰	Analyze the top player 1h
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Intention 🛎	How does he monetize his attention(funnels)
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Reflection ✍	Did it
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4 pm: Task \$	Speaking lesson 30min
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Intention 🛎	
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Reflection ✍	Did it
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4:30 pm: Task \$	Help other students on the campus 1h
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Intention 🛎	-Help their copy
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Reflection ✍	Did it
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5 pm: Task \$	Help other students on the campus 1h
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Intention 🛎	-Help their copy
--------------------	-------------------------

Reflection ✍	Did it
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5:30 pm: Task \$	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min
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Intention 🛎	-Hard OODA loop on day
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Reflection ✍	Did it
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6 pm: Task \$	Prospecting
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Intention 🛎	Finding the prospect
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Reflection ✍	Did it
---------------------	---------------

6:30 pm: Task \$	Prospecting
----------------------------	--------------------

Intention 🛎	Making the free value
--------------------	------------------------------

Reflection ✍	Did it
---------------------	---------------

7 pm: Task \$	Prospecting
----------------------	--------------------

Intention 🛎	Frothing an outreach
--------------------	-----------------------------

Reflection ✍	Did it
---------------------	---------------

7:30 pm: Task \$	Prospecting
----------------------------	--------------------

Intention 🛎	-Making my outreach and FV better by using AI
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	-Sending it to the prospect
Reflection ✍️	Did it

8 pm: Task 💰	Set the task list for tomorrow
Intention 🔔	-All of the tasks
Reflection ✍️	Did it

8:30 pm: Task 💰	Pray the Rosary 30min
Intention 🔔	-praying
Reflection ✍️	Did it

End-Of-The-Day Report:

🧠 What Did I Learn
I learned how to make my speaking more interesting and not sounding like a robot. I learned how to use AI in my copy. I learned how to write more interesting copy and use stiles from successful copies. I learned that normally I don't create enough curiosity in my copy so I'm working on that.

✗ What Problems Did I Face In The Day? ✗

I had problems with concentration when writing FV

🔑 How Will I Solve These Problems Tomorrow? 🔑

I need to train my focus more by trying to focus as much as I can. I will eliminate any distractions I can have multiple G work sessions.

NEW What Do I Plan To Do Differently Tomorrow? NEW

I will train my focus more and have more G work sessions in a day than today.

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

I will do all of my tasks.

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

No one

📝 What Tasks Were Left Undone? 📝

none

Brain Dump:

Question on my mind: "If another person wishes to outperform me, what would they do to win?"

My answer: They would have more G work sessions and train their focus when writing FV. And I will do just that.

Hrvoje P. —Soon a great Copywriter.

End Of Week Report:

What Did I Learn This Week?

I learned how to speak more clearly. I learned how to help businesses in my niche. I learned how to research markets more and how to make myself a greater copywriter by using The Real World material and AI. I learned how to make FV faster but with the same quality. I have learned how to research top players better. I have researched how Andrew speaks and tried to replicate it while recording. I Learned how to improve my copy with ChatGPT. I learned how to write faster sales pages. I learned how to make my speaking more interesting and not sound like a robot. I learned how to use AI in my copy. I learned how to write more interesting copy and use stiles from successful copies. I learned that normally I don't create enough curiosity in my copy so I'm working on that.

✗ What Problems Did I Face This Week? ✗

I encountered a lot of weaknesses in my mind while going through hardship. I didn't want to work hard. I was tired. I encountered a lot of distractions and bad thoughts, but I pushed through. I have felt weak and wanted to go into my comfort zone. That weakness got to me. I failed in some weak moments but I couldn't let the day fail. I didn't want to disappoint my ancestors, my family, my Real World borders, and myself. Days were done even though it was hard. But Coping moments where I could be better will never come back. It is hard to live with a family that works just to rest, for now. It won't be like that if I surround myself with hard-working men in the Real World.

🔑 How Will I Solve These Problems Next Week? 🔑

I will surround myself more with men in The Real World and strive to be the greatest. I will have on my mind my ancestors, my family, my friends, and my future self when the moment of weakness comes.

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

I will surround myself more with men in The Real World and strive to be the greatest. I will have on my mind my ancestors, my family, my friends, and my future self when the moment of weakness comes.

♻️ What Do I Plan To Do The Same Next Week? ♻️

I will strive to do all of my tasks every day.

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

No one

 **What Tasks Were Left Undone?** 

none

Brain Dump:

Question on my mind: "If another person wishes to outperform me, what would they do to win?"

My answer: They would surround themselves more with men in The Rela World and strive to be the greatest. They would have on their mind their ancestors, family, friends, and their future self when the moment of weakness comes.

And I shall to just that.

Hrvoje P. —Soon great Copywriter.