

DAILY DOMINATION




Today's Tasks & Steps To Success

Task: **DAILY CHECKLIST**

Action Steps:

 | 15 secs focus on your ideal future self then review your plans to win that day.

 | Spend 10 minutes reviewing your notes and/or analyzing good copy from the swipe file or Top Players.

 G-WORK SESSION on client work.

 | MPUC.

 | Train.

 | Review your wins and losses for the day. Plan out your next day accordingly.



Task: **RECOVERY**


Action Steps:

 | Lay in bed for 7-9 hours.



Task: **WAKE UP AND GET ACTIVE**


Action Steps:

 | Get out of bed

 | Grooming

 | Prepare a coffee


 | Open my computer

 | Check notifications



Task: **GM (2 min)**


Action Steps:


 | Say GM in the chats.













Task: **CLARITY (5min)**

Action Steps:

 | Write down all the tasks that need to be done that day

 | Decide which one to start with.




 	 Today's Tasks & Steps To Success 
	<p>🎯 Task: <u>HOUSE CHORES</u> (150 min)</p> <p>🔧 Action Steps:</p> <ol style="list-style-type: none"> 1. LAUNDRY 2. VACUUMING
	<p>🎯 Task: <u>POWER</u> (30 min)</p> <p>🔧 Action Steps:</p> <ul style="list-style-type: none"> 🙏 Prayer. 👤 Read the Ooda Loop from the day Before to ensure I ACT on it 📖 Read my CONQUEST PLANNER. 📖 Read my NEW IDENTITY. 👁️ Focus on my ideal future self for 15 seconds.
	<p>🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u> (> 60 min)</p> <p>🔧 Action Steps:</p> <ol style="list-style-type: none"> 1 Set a clear intention for what I'm going to do: Work for 1 hour on the NEXT REEL for my client. 2 Clear my environment 3 Choose motivating music 4 Visualize myself immersed in the work and how it feels 5 Set a timer 💎 Get to work
	<p>🎯 Task: <u>RAINMAKERS CALL</u> (> 60 min)</p> <p>🔧 Action Steps:</p> <ol style="list-style-type: none"> 1. Attend the live call.
	<p>🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u> (> 10 min)</p> <p>🔧 Action Steps:</p> <ol style="list-style-type: none"> 1 Choose a piece of Copy/Content -or- Top Player to analyze/break down. Part 1 - Free Gun John Carlton » Swipe File Breakdown 2 Clear my environment 3 Visualize myself immersed in the work and how it feels 4 Set a timer 5 Take notes/or read them 6 Write down insights and tactics I could use in my client's work.
	<p>🎯 Task: <u>MPUC</u> (< 60 min)</p> <p>🔧 Action Steps:</p> <ul style="list-style-type: none"> 🔥 Watch the POWER-UP CALL of the day.

✓/✗	🚀 Today's Tasks & Steps To Success 🚀
✓	<p>🎯 Task: TRAIN (60 - 150 min)</p> <p>🕒 Action Steps:</p> <p>👤 TRAIN</p>
✓	<p>🎯 Task: UPLOAD CONTENT TO <u>SOCIAL MEDIA</u> (??? min)</p> <p>🕒 Action Steps:</p> <p>🚀 Upload to social media - what I'm doing throughout the day.</p> <p>📊 Picture working - (Instagram Story)</p> <p>🌳 Picture from a walk in nature - (Instagram Story)</p>
✓	<p>🎯 Task: LUC'S DAILY LESSONS (<20 min)</p> <p>🕒 Action Steps:</p> <p>👂 Listen and react to daily audio lessons.</p>
✓	<p>🎯 Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-)</p> <p>🕒 Action Steps:</p> <p>🛡️ Daily Conquest.</p> <p>📝 Daily Ooda Loop.</p> <p>📅 17 Plan out my next day accordingly</p>
✓	<p>🎯 Task: HARNESS YOUR SPEECH (10 min)</p> <p>🕒 Action Steps:</p> <p>📖 Choose a book or any other text, and read out loud for at least 10 min.</p>




📅	<div> <div>July</div> <div>17</div> </div> Date <div> <div>July</div> <div>17</div> </div>
Date:	18/05/2024

🙌	 3 Blessings I'm Grateful To Have 
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1.	My own room where I can be focused on my work.
2.	A brother so close to my age.
3.	Living write next to nature, and being able to go on walks to detach from my problems and gain perspective.

	 3 Priority Tasks  (These are non-negotiable tasks and must be conquered today!)
1.	DAILY CHECKLIST
2.	PRAYER
3.	

Hourly Commitments & Reflections


Task 	Task: What will I do?
Strategy 	Strategy: How will I do it, step-by-step action?
Reflection 	Reflection: Was the task finished? If not, why & what stopped me and how will I fix it?




(Fill in as you go & remove the hours you are asleep.)




9 AM: Task 🏆	🎯 Task: <u>WAKE UP AND GET ACTIVE</u>
Strategy 🔍	🎯 Task: <u>WAKE UP AND GET ACTIVE</u> ⚙️ Action Steps: 🛏️ Get out of bed 🧑 Grooming ☕ Prepare a coffee 💻 Open my computer 🔔 Check notifications
Reflection ✍️	Done.

10 AM: Task 🏆	🎯 Task: <u>GM (2 min)</u> 🎯 Task: <u>CLARITY (5min)</u> 🎯 Task: <u>HOUSE CHORES (150 min)</u>
Strategy 🔍	🎯 Task: <u>GM (2 min)</u> ⚙️ Action Steps: 🗣️ Say GM in the chats. 🎯 Task: <u>CLARITY (5min)</u> ⚙️ Action Steps: 📝 Write down all the tasks that need to be done that day 🧑 Decide which one to start with. 🎯 Task: <u>HOUSE CHORES (150 min)</u> ⚙️ Action Steps: 1. LAUNDRY 2. VACUUMING
Reflection ✍️	Not done yet.

11 AM: Task 🏆	🎯 Task: <u>HOUSE CHORES (150 min)</u>
Strategy 🔍	🎯 Task: <u>HOUSE CHORES (150 min)</u> ⚙️ Action Steps:

	3. LAUNDRY 4. VACUUMING
Reflection 	Not done yet.


12 PM: Task 	🎯 Task: HOUSE CHORES (150 min)
Strategy 	🎯 Task: HOUSE CHORES (150 min) 🗺️ Action Steps: 5. LAUNDRY 6. VACUUMING
Reflection 	Done.




1 PM: Task 	🎯 Task: POWER (30 min) 🎯 Task: G-WORK SESSION ON CLIENT WORK (> 60 min)
Strategy 	🎯 Task: POWER (30 min) 🗺️ Action Steps: 🙏 Prayer. 🧑 Read the Ooda Loop from the day Before to ensure I ACT on it 📝 Read my CONQUEST PLANNER . 📝 Read my NEW IDENTITY . 👁️ Focus on my ideal future self for 15 seconds. 🎯 Task: G-WORK SESSION ON CLIENT WORK (> 60 min) 🗺️ Action Steps: 1 Set a clear intention for what I'm going to do: Work for 1 hour on the NEXT REEL for my client. 2 Clear my environment 3 Choose motivating music 4 Visualize myself immersed in the work and how it feels 5 Set a timer 💡 Get to work
Reflection 	Not done yet.




2 PM: Task 🏆	<p>🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u> (> 60 min)</p> <p>🎯 Task: <u>RAINMAKERS CALL</u> (> 60 min)</p>
Strategy 🔍	<p>🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u> (> 60 min)</p> <p>🔗 Action Steps:</p> <ul style="list-style-type: none"> 1 Set a clear intention for what I'm going to do: Work for 1 hour on the NEXT REEL for my client. 2 Clear my environment 3 Choose motivating music 4 Visualize myself immersed in the work and how it feels 5 Set a timer 💡 Get to work <p>🎯 Task: <u>RAINMAKERS CALL</u> (> 60 min)</p> <p>🔗 Action Steps:</p> <ul style="list-style-type: none"> 1. Attend the live call.
Reflection 🖋️	Not done yet












3 PM: Task 🏆	<p>🎯 Task: <u>RAINMAKERS CALL</u> (> 60 min)</p>
Strategy 🔍	<p>🎯 Task: <u>RAINMAKERS CALL</u> (> 60 min)</p> <p>🔗 Action Steps:</p> <ul style="list-style-type: none"> 1. Attend the live call.
Reflection 🖋️	Done

4 PM: Task 🏆	<p>🎯 Task: <u>MPUC</u> (< 60 min)</p> <p>🎯 Task: <u>LUC'S DAILY LESSONS</u> (<20 min)</p>
Strategy 🔍	<p>🎯 Task: <u>MPUC</u> (< 60 min)</p> <p>🔗 Action Steps:</p> <ul style="list-style-type: none"> 🔥 Watch the POWER-UP CALL of the day. <p>🎯 Task: <u>LUC'S DAILY LESSONS</u> (<20 min)</p> <p>🔗 Action Steps:</p> <ul style="list-style-type: none"> 👂 Listen and react to daily audio lessons.

Reflection 	done
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5 PM: Task 	LUNCH
Strategy 	LUNCH 1. Cook 2. Eat 3. Clean
Reflection 	done

6 PM: Task 	NAP
Strategy 	NAP 1. After lunch, I got super sleepy so I slept a 30 nap while to recharge. 2. After the nap, get active and review the plan to win the day again.
Reflection 	Done, the nap completely recharged me.

7 PM: Task 	 Task: <u>HARNESS YOUR SPEECH</u> (10 min)  Task: <u>TRAIN</u> (60 - 150 min)
Strategy 	 Task: <u>HARNESS YOUR SPEECH</u> (10 min)  Action Steps:  Choose a book or any other text, and read out loud for at least 10 min.  Task: <u>TRAIN</u> (60 - 150 min)  Action Steps:  TRAIN 1:30 h of medium-intensity cardio
Reflection 	Not done yet. Started TRAINING at 7:30 pm.

8 PM: Task 🏆	🎯 Task: <u>TRAIN</u> (60 - 150 min)
Strategy 🔍	🎯 Task: <u>TRAIN</u> (60 - 150 min) 🚀 Action Steps: 🐘 TRAIN 1:30 h of medium-intensity cardio
Reflection ✍️	Done.

9 PM: Task 🏆	🎯 Task: <u>UPLOAD CONTENT TO SOCIAL MEDIA</u> (??? min) SHOWER
Strategy 🔍	🎯 Task: <u>UPLOAD CONTENT TO SOCIAL MEDIA</u> (??? min) 🚀 Action Steps: 🚀 Upload to social media - what I'm doing throughout the day. 📈 Picture working - (Instagram Story) 🌳 Picture from a walk in nature - (Instagram Story) SHOWER 1. Shower.
Reflection ✍️	Done.

10 PM: Task 🏆	🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u> (> 10 min)
Strategy 🔍	🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u> (> 10 min) 🚀 Action Steps: 1 Choose a piece of Copy/Content -or- Top Player to analyze/break down. Part 1 - Free Gun John Carlton » Swipe File Breakdown 2 Clear my environment 3 Visualize myself immersed in the work and how it feels 4 Set a timer 5 Take notes/or read them 6 Write down insights and tactics I could use in my client's work.
Reflection ✍️	Done.

11 PM: Task 🏆	🎯 Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u> (60 min +/-)
Strategy 🔍	🎯 Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u> (60 min +/-) 🛠️ Action Steps: 🛡️ Daily Conquest. 📝 Daily Ooda Loop. 📅 Plan out my next day accordingly
Reflection ✍️	Done.

12 AM: Task 🏆	DINNER
Strategy 🔍	DINNER 1. Cook 2. Eat 3. Clean
Reflection ✍️	Done.



Twilight's Review



🌟 What wins did I achieve today? 🌟 a. Completed EVEYR TASK b. Completed NNs. c. Got new insights into Copywriting and Influence. d. Found ways to IMPROVE my factory line.
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📖 What lessons did I learn today? 📖 DAILY OODA LOOP
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1.- OBSERVE

2. Wins:
 - a. Completed EVEYR TASK
 - b. Completed NNs.
 - c. Got new insights into Copywriting and Influence.
 - d. Found ways to IMPROVE my factory line.
3. Losses:
 - a. After eating lunch I procrastinated for 30 min on Youtube.

2.- ORIENT

1. The YouTube thing is easy to fix.
2. The main ROADBLOCK from today was UNEXPECTED TASKS which took a pretty long time from my day, such as HOUSECHORES.

3.- DECIDE

1. Next time after eating I'll get off Youtube before other video suggestions pop up on my screen.
2. The UNEXPECTED TASKS thing is not the first time that has happened and when it comes to HOUSE CHORES stuff is not something I can really AIKIDO any other way than getting it done as fast as possible.
 - a. So when it comes to HOUSE CHORES:
 - i. Simply DO THEM.
 - b. When it comes to any-non important shit.
 - i. Just delete it.

4.- ACT

1. Act
2. Receive Feedback
3. Refine

 **What roadblocks did I face?** 

TIME, AND UNEXPECTED TASKS, SUCH AS HOUSE CHORES.

 **How will I improve and progress tomorrow?** 



By applying the 3.- DECIDE part from my OODA LOOPS.

 What worked well and will be repeated? 



POWER NAP AFTER LUNCH.

 Who are the People I need to connect with? 

Fellow Students.

 What tasks remain uncompleted 

NONE.

 What changes do I need to make to my CONQUEST PLAN? 

Make it sound more exciting.

 The final assessment of the day's productivity 

6

Freestyle Thoughts:

(Let your thoughts flow here. No judgment, no boundaries.)