



🚀 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.
 - \boxed{y} | Spend 10 minutes reviewing your notes and/or analyzing good copy from the swipe file or Top Players.
 - ▼ G-WORK SESSION on client work.

Action Steps:

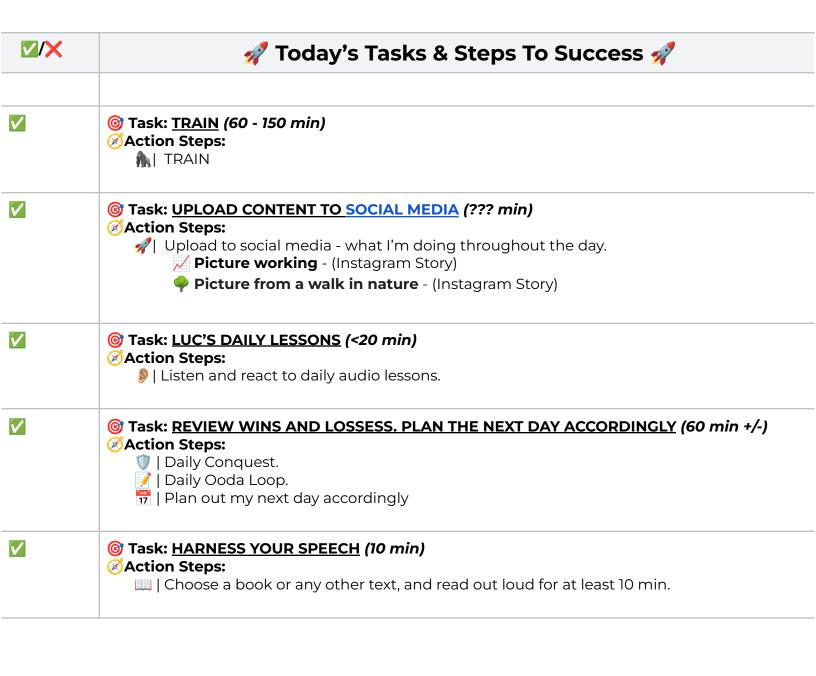
- ♠ | MPUC.
- 🦍 | Train.
- 📈 | Review your wins and losses for the day. Plan out your next day accordingly.

	Task: WAKE UP AND GET ACTIVE Action Steps:
V	
V	© Task: CLARITY (5min)

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

🢁 | Decide which one to start with.

V/ ×	🚀 Today's Tasks & Steps To Success 🚀
V	 Task: HOUSE CHORES (150 min)
	 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: Set a clear intention for what I'm going to do:
V	 Task: RAINMAKERS CALL (> 60 min)
	 Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min) Action Steps: Choose a piece of Copy/Content -or- Top Player to analyze/break down. Part 1 - Free Gun John Carlton » Swipe File Breakdown Clear my environment Visualize myself immersed in the work and how it feels Set a timer Take notes/or read them Write down insights and tactics I could use in my client's work.
V	







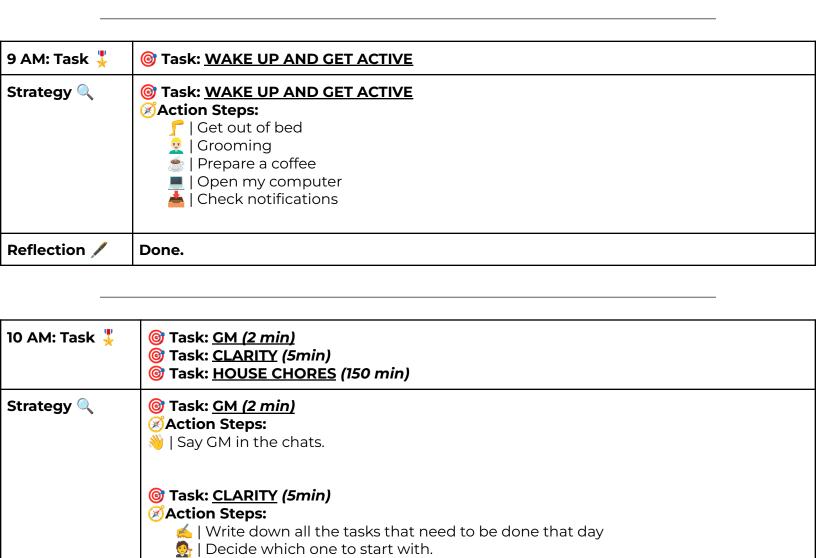
1.	My own room where I can be focused on my work.
2.	A brother so close to my age.
3.	Living write next to nature, and being able to go on walks to detach from my problems and gain perspective.

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

Z Hourly Commitments & Reflections **Z**

Task 👢	Task: What will I do?
Strategy Q	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.)



11 AM: Task 🖐	⊚ Task: HOUSE CHORES (150 min)
Strategy 🔍	

@ Task: <u>HOUSE CHORES</u> (150 min)

Action Steps:

Not done yet.

Reflection /

LAUNDRY
 VACUUMING

	3. LAUNDRY 4. VACUUMING
Reflection /	Not done yet.
12 PM: Task 辈	⊚ Task: <u>HOUSE CHORES</u> (150 min)
Strategy 🔍	 Task: HOUSE CHORES (150 min) ✓Action Steps: LAUNDRY VACUUMING
Reflection /	Done.
1 PM: Task 💃	
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: □ 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 💃	© Task: G-WORK SESSION ON CLIENT WORK (> 60 min) © Task: RAINMAKERS CALL (> 60 min)
Strategy 🔍	Task: G-WORK SESSION ON CLIENT WORK (> 60 min)
	
Reflection /	Not done yet

© Task: RAINMAKERS CALL (> 60 min)
 Task: RAINMAKERS CALL (> 60 min) ØAction Steps: Attend the live call.
Done

Strategy		
 	4 PM: Task 👢	• ,
Listen and react to daily audio lessons.	Strategy 🔍	Action Steps: Watch the POWER-UP CALL of the day. Task: LUC'S DAILY LESSONS (<20 min)

Reflection /	done
	1
5 PM: Task 💃	LUNCH
Strategy 🔍	LUNCH 1. Cook
	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 煤	
Strategy 🔍	@ Task: HARNESS YOUR SPEECH (10 min)
	Action Steps: Choose a book or any other text, and read out loud for at least 10 min.
	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 Q	
Reflection /	Done.
9 PM: Task 🖐	Task: UPLOAD CONTENT TO SOCIAL MEDIA (??? min) SHOWER
Strategy 🔍	
Reflection /	Done.
10 PM: Task 💃	⊚ Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)
Strategy 🔍	Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)

6 Write down insights and tactics I could use in my client's work.

4 Set a timer

Done.

Reflection /

[5] Take notes/or read them

11 PM: Task 🖔	© Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-)
Strategy 🔍	Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-) Action Steps: Daily Conquest. Daily Ooda Loop. Plan out my next day accordingly
Reflection /	Done.

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





- a. Completed EVEYR TASK
- b. Completed NNs.
- c. Got new insights into Copywriting and Influence.
- d. Found ways to IMPROVE my factory line.

■ What lessons did I learn today? ■

DAILY OODA LOOP

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 <u>get off Youtube before other video suggestions</u> pop up on my screen.
- 2. The UNEXPECTED TASKS thing is not the first time that has happened and when it comes to <u>HOUSE</u> <u>CHORES</u> 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

- Act
- 2. Receive Feedback
- 3. Refine

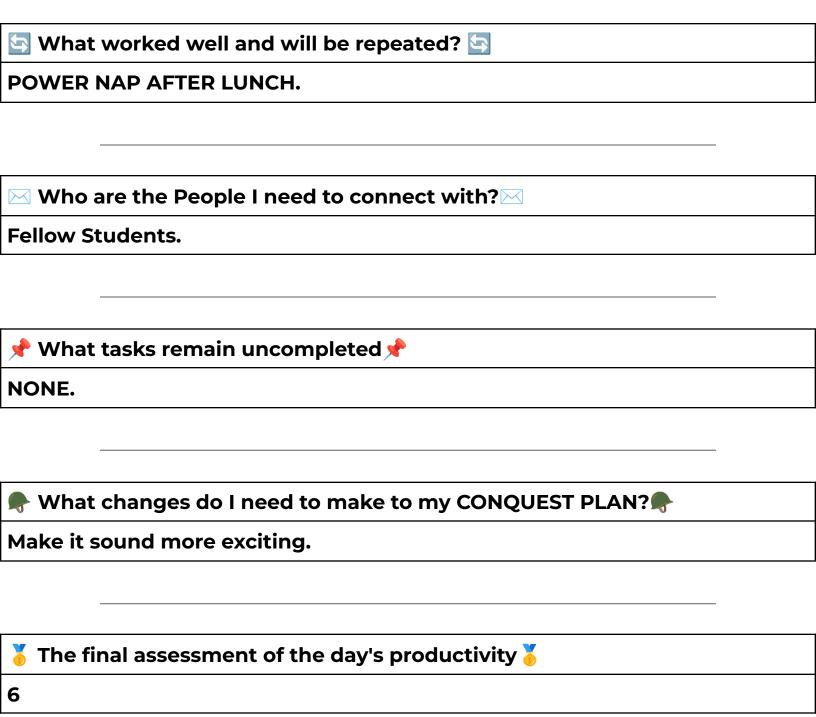
🚧 What roadblocks did I face? 🚧

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.



Freestyle Thoughts:

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