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✓/✗	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
1. ✓/✗	 MISSION: (Desired Result)  INTENTION: (Why are you doing this?)  Strategic Steps: (Sequential Blueprint) (Continue for each subsequent mission)
2. ✓/✗	 MISSION: (Desired Result)  INTENTION: (Why are you doing this?)  Strategic Steps: (Sequential Blueprint)
3. ✓	 something hard I can be proud of today (Related to my daily checklist): 30 minutes swipe file today  INTENTION: To feel proud of myself + get more insight on how to program people's minds  Strategic Steps: Watch 2-4 swipe file break down videos
4. ✓	 MISSION: Gm inside hero's chat  INTENTION: To build discipline  Strategic Steps: Type "Gm" inside hero's chat
5. ✓	 MISSION: 15 seconds focus on ideal future self + review plans for the day + Review 2024 plan  INTENTION: To gain tremendous energy and to have a reminder  Strategic Steps:
6. ✓	 MISSION: G work session  INTENTION: To escape the matrix  Strategic Steps:




	<div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div>
	30 minutes swipe file breakdown 5 Videos 5 Playlists
7. 	<div>  MISSION: MPUC </div> <div>  INTENTION: To download andrews brain </div> <div>  Strategic Steps: Take notes </div>
8. 	<div>  MISSION: 30 minutes sunlight </div> <div>  INTENTION: To improve mood and absorb energy from the sun + Download Lukes brain </div> <div>  Strategic Steps: Watch Lukes lessons while walking dog </div>
9. 	<div>  MISSION: Eat whole foods cut out processed </div> <div>  INTENTION: To get smarter </div> <div>  Strategic Steps: 7,11,12,4,6 - am-pm </div>
10. 	<div>  MISSION: G work session </div> <div>  INTENTION: To escape the matrix </div> <div>  Strategic Steps: Market research Follow bootcamp stage 3 </div>
11. 	<div>  MISSION: Call Hijolaaas at 12pm </div> <div>  INTENTION: To help his business make more money and review our plan and get social media approvals + To feel good inside </div> <div>  Strategic Steps: </div>
12. 	<div>  MISSION: G work session </div> <div>  INTENTION: To escape the matrix </div> <div>  Strategic Steps: Make 3 pieces of content </div>




<div> <div>✓/✗</div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions & Strategic Steps To Success</div> <div>🚀</div> </div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
<div>13. ✗</div>	<div> <div>🎯 MISSION: Brokie job 2:15pm - 5:45 pm</div> <div>🔥 INTENTION: To pay debt and bills</div> <div>🧭 Strategic Steps:</div> </div>
<div>14. ✓</div>	<div> <div>🎯 MISSION: Walk frijol</div> <div>🔥 INTENTION:</div> <div>🧭 Strategic Steps:</div> </div>
<div>15. ✓</div>	<div> <div>🎯 MISSION: Train</div> <div>🔥 INTENTION: To get stronger</div> <div>🧭 Strategic Steps:</div> <div>Go to gym</div> <div>Follow iron body course part 2 for the chosen day (Tuesday - Legs)</div> <div>Shower</div> </div>
<div>16. ✓/✗</div>	<div> <div>🎯 MISSION: Review your wins and losses for the day. Plan out your next day accordingly.</div> <div>🔥 INTENTION: To escape the matrix faster</div> <div>🧭 Strategic Steps:</div> <div>Review day</div> <div>Answer 4 questions</div> <div>Make tasks</div> <div>Mazlows hierarchy of needs</div> <div>Schedule next day</div> <div>Tag brothers</div> </div>
<div>17. ✓/✗</div>	<div> <div>🎯 MISSION: Reward = sleep</div> <div>🔥 INTENTION: To heal my body</div> <div>🧭 Strategic Steps:</div> </div>
<div>18. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🔥 INTENTION:</div> </div>

	 Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.)
	 Strategic Steps:
19. 	 MISSION:  INTENTION:  Strategic Steps:
20. 	 MISSION: Review your wins and losses for the day. Plan out your next day accordingly.  INTENTION: To escape the matrix faster.  Strategic Steps: Add in 4 questions to better ooda loop.

	<div> <div>  </div> <div> Date of Determination </div> <div>  </div> </div>
Date:	1/2/2024

 Igniting Your Flame - Outshine Yesterday's Blaze 	
Yesterday's Overall Benchmark Score to Surpass Today = 10/17.5	

	 3 Blessings I Cherish This Morning 
1.	Mom
2.	Myself
3.	TRW

	 Magic Trio: 3 Priority Missions  (These are non-negotiable tasks and must be conquered today!)
1.	The golden checklist
2.	My daily checklist
3.	Sleep on time



Hourly Commitments & Reflections



(Design each hour with intention and reflect upon its journey)

Mission 🏆	Mission: What will I do?
Strategy 🔍	Strategy: How will I do it, step-by-step action?
Reflection ✍️	Reflection: Was the mission accomplished? If not, what stopped me?
Score 🏆	Hourly Score: How did this hour measure up to my standards? Good or bad...

(Continue for each hour, and remember to only include relevant hours for your active day.

Remove the hours that you are asleep.)

1 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

2 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

3 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

4 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

5 AM: Mission 🏆	
Strategy 🔍	
Reflection 🖋️	
Score 🏆	

6 AM: Mission 🏆	<p>🎯 MISSION: Gm inside hero's chat</p> <p>🔥 INTENTION: To build discipline</p> <p>🧭 Strategic Steps: Type "Gm" inside hero's chat</p> <p>🎯 MISSION: 15 seconds focus on ideal future self + review plans for the day + Review 2024 plan</p> <p>🔥 INTENTION: To gain tremendous energy and to have a reminder</p> <p>🎯 MISSION: G work session</p> <p>🔥 INTENTION: To escape the matrix</p>
Strategy 🔍	<p>🧭 Strategic Steps:</p> <p>30 minutes swipe file breakdown</p> <p>5 Videos</p> <p>5 Playlists</p>
Reflection 🖋️	<p>turned off alarm</p> <p>Stayed in bed</p> <p>Gm in chats</p> <p>15 seconds visualization exercise + plan review and year plan review</p> <p>Got on tik tok for a quick second but closed it as soon as I realized it (1 seconds in)</p> <p>Repeated I don't get tired to get out of bed</p> <p>Made my bed</p> <p>Made coffee to wake up</p> <p>Did 25 push ups</p> <p>Made 5 videos</p> <p>Made 5 playlists</p>







	Saw Andrew Tate telegram as small reward Started watching 30 minutes of swipe file
Score 🏆	1

















7 AM: Mission 🏆 ★	<p>🎯 MISSION: G work session</p> <p>🔥 INTENTION: To escape the matrix</p> <p>7:30</p> <p>🎯 MISSION: Eat whole foods cut out processed</p> <p>🔥 INTENTION: To get smarter</p>
Strategy 🔍	<p>🕒 Strategic Steps: 30 minutes swipe file breakdown 5 Videos 5 Playlists</p> <p>🕒 Strategic Steps: 7,11,12,4,6 - am-pm</p>
Reflection 🖋️	<p>Caught the early morning power up call Took notes Put the graph of exponential growth on my computer and phone background Finished swipe file break down</p> <p>8:17 - Break/ate potatoes and chicken and cheese and water n</p>
Score 🏆	1



8 AM: Mission 🏆 ★	<p>🎯 MISSION: MPUC</p> <p>🔥 INTENTION: To download andrews brain</p> <p>8:30</p> <p>🎯 MISSION: 30 minutes sunlight</p>
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	 INTENTION: To improve mood and absorb energy from the sun + Download Lukes brain
Strategy 	 Strategic Steps: Take notes  Strategic Steps: Watch Lukes lessons while walking dog
Reflection 	listened to Luke's lesson Ate Took a 30 minute nap
Score 	0

9 AM: Mission 	 MISSION: G work session  INTENTION: To escape the matrix
Strategy 	 Strategic Steps: Market research Follow bootcamp stage 3
Reflection 	fell asleep
Score 	0

10 AM: Mission 	 MISSION: G work session  INTENTION: To escape the matrix
Strategy 	 Strategic Steps: Market research Follow bootcamp stage 3 10:30 break Figure out where to fit in the 4 questions throughout your day Pay tickets
Reflection 	fell asleep
Score 	0

11 AM: Mission 🏆	<p>🎯 MISSION: Eat whole foods cut out processed</p> <p>🔥 INTENTION: To get smarter</p>
Strategy 🔍	🧭 Strategic Steps: 7,11,12,4,6 - am-pm
Reflection ✍️	slept
Score 🏆	0

12 PM: Mission 🏆	<p>🎯 MISSION: Eat whole foods cut out processed</p> <p>🔥 INTENTION: To get smarter</p> <p>🎯 MISSION: Call Hijolaaas at 12pm</p> <p>🔥 INTENTION: To help his business make more money and review our plan and get social media approvals + To feel good inside</p>
Strategy 🔍	🧭 Strategic Steps: 7,11,12,4,6 - am-pm
Reflection ✍️	slept
Score 🏆	0

1 PM: Mission 🏆	<p>🎯 MISSION: G work session</p> <p>🔥 INTENTION: To escape the matrix</p>
Strategy 🔍	🧭 Strategic Steps: Make 3 pieces of content
Reflection ✍️	<p>I woke up</p> <p>Made a quick note pad of what we will discuss</p> <p>Also came up with a content calendar for the next 7 days</p>

Score 🏆	1
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2 PM: Mission 🏆	<p>🎯 MISSION: Brokie job 2:15pm - 5:45 pm</p> <p>🔥 INTENTION: To pay debt and bills</p>
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Strategy 🔍	
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Reflection ✍️	<p>Called Carlos</p> <p>We discussed him sending me photos tonight</p> <p>I will make 3 captions for photos and send him drafts</p> <p>Cancelled my shift at work to catch up with tasks</p> <p>Paying off bills</p> <p>Went to put money in bank</p> <p>Went to beach 30 minutes and watched Luke's lessons and took notes</p>
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Score 🏆	1
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3 PM: Mission 🏆	<p>🎯 MISSION: Brokie job 2:15pm - 5:45 pm</p> <p>🔥 INTENTION: To pay debt and bills</p>
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Strategy 🔍	
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Reflection ✍️	<p>went to put gas</p> <p>Now walking Frijol and having sunlight for 30 minutes at home</p>
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Score 🏆	1
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4 PM: Mission 🏆	<p>🎯 MISSION: Brokie job 2:15pm - 5:45 pm</p> <p>🔥 INTENTION: To pay debt and bills</p> <p>🎯 MISSION: Eat whole foods cut out processed</p> <p>🔥 INTENTION: To get smarter</p>
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Strategy 🔍	🗺️ Strategic Steps: 7,11,12,4,6 - am-pm + Take banana to work
Reflection ✍️	Wrote down business idea for hijolaaas Got done with 30 minute walk Listened to Luke's lessons Went to gym
Score 🏆	1

5 PM: Mission 🏆	🎯 MISSION: Brokie job 2:15pm - 5:45 pm 🔥 INTENTION: To pay debt and bills
Strategy 🔍	
Reflection ✍️	worked out leg day Need to remember to message all brothers
Score 🏆	1

6 PM: Mission 🏆	🎯 MISSION: Walk frijol 🎯 MISSION: Train
Strategy 🔍	🔥 INTENTION: To get stronger 🗺️ Strategic Steps: Go to gym Follow iron body course part 2 for the chosen day (Tuesday - Legs) Shower
Reflection ✍️	showered and had dinner Watched videos inside trw 6:40 - meditated 15 minutes I realized I am off the path. I'm getting back on it Also side note to download desktop app
Score 🏆	1

<p>7 PM: Mission 🏆</p>	<p>🎯 MISSION: Eat whole foods cut out processed</p> <p>🔥 INTENTION: To get smarter</p> <p>7:30</p> <p>🎯 MISSION: Review your wins and losses for the day. Plan out your next day accordingly.</p> <p>🔥 INTENTION: To escape the matrix faster</p>
<p>Strategy 🔍</p>	<p>🧭 Strategic Steps: 7,11,12,4,6 - am-pm</p> <p>🧭 Strategic Steps: Review day Answer 4 questions Make tasks Mazlows hierarchy of needs Schedule next day Tag brothers</p>
<p>Reflection ✍️</p>	<p>Downloaded desktop app 7:05 Started doing G work session Market research</p> <ul style="list-style-type: none"> - I already have avatar/type of person i'm targeting - Try to use google bard to speed up research process - Finding 5 core beliefs in 30 minutes <p>Follow bootcamp stage 3</p> <p>HUGE WIN TODAY: Was able to work on speed thanks to tony, I basically set a timer for 30 minutes to find 5 core beliefs for my market research but was able to do it in 5 minutes by understanding what to ask on chat gpt and google bard. From now on I will continue to use ai with as much as I can. The most important thing I need to remember is what is my intent.</p> <p>Set times to beat tasks. SPEED.</p> <p>Change the main profile to his name. Be wise, give the customers what they want and on top of that.</p> <p>1 profile</p> <p>2. Send him graph quick explanation</p>

Score 🏆	1
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8 PM: Mission 🏆	<p>🎯 MISSION: Review your wins and losses for the day. Plan out your next day accordingly.</p> <p>🔥 INTENTION: To escape the matrix faster</p>
Strategy 🔍	<p>🕒 Strategic Steps: 7,11,12,4,6 - am-pm</p> <p>🕒 Strategic Steps: Review day Answer 4 questions Make tasks Mazlows hierarchy of needs Schedule next day Tag brothers</p>
Reflection 🖋️	<p>Talked to client on the phone he will send me photos tomorrow</p> <p>8:45 - break</p> <p>Client had emergency and moved to sending photos in the morning which gives me time</p>
Score 🏆	1

9 PM: Mission 🏆	<p>🎯 MISSION: Reward = sleep</p> <p>🔥 INTENTION: To heal my body</p>
Strategy 🔍	
Reflection 🖋️	Fell asleep
Score 🏆	0

10 PM: Mission 🏆	
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Strategy 🔍	
Reflection ✍️	Slept Woke up Ate rice and beans Avoided work
Score 🏆	

11 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

12 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review





Today's Learnings: Wisdom or lessons learned from the day

- Go to Amazon 1 star reviews as a monition for not statements to position your product as new and unique
- Create image of person in the mind of the reader before adding a testimonial
- Show the avatar why it works for him

- The invisible funnel is you have them give you their credit card info and you won't charge it until 31 one days and if they are not satisfied they will not be charged.
 - When you are working on something and it starts to feel like all hope is lost, that is the exact moment you double down and the result just happens. **THIS EVEN HAPPENS ON A VERY SMALL SCALE.**
 - Start using visual sensory language to continually edit my 2024 plan
 - What emotion do I wanna create? What movie do I need to show them to trigger that emotion for them to experience?
 - I'm starting to notice the exponential growth graph on my day to day tasks. When I am trying to find something for example right when I get that I'm losing hope feeling I find what I am looking for (solution to the problem I am trying to solve)
 - Combine the ooda loop and the 4 questions together.
 - **WORK ON YOUR SPEED - Credit Tony**
 - Start communicating with charts
 - Work on awareness and sophistication with my current client, I'm going to look at my client as if they are a 3 year old and I have to explain things to them.
 - Write out plans and pitches to him practice how i sold him. Put client at ease
-



Victories Celebrated: Accomplishments and successes of the day

- Chose to not eat junk food from sister, was hard but I did it
-



Stumbles Along the Way: Points of difficulty or mistakes made.

- Fell asleep from 8:41 am to 1pm
-



Tomorrow's Illuminations: Plan how to improve and progress the next day.

- Set up facebook market place through main profile for client
-



Consistencies to Keep: Recognize what worked well and should be repeated.

The 4 copywriting pillars are the key to fixing your brain. Keep hammering them as your foundation.

 **Communications: Identifying individuals to connect with.**

<@01GMBPXCBJ39AX4028F0NJMAN2>
<@01GHQM6WF6MRGFE0DTF4EA16JB>
<@01GJAKR63AREVZMFNBEXG6VMWN>
<@01GJBDV9QTDBT17ADHR0VFJS8W>
<@01GVZK1NPHVD4922GMCWHRDY8H>

 **Pending Missions: Tasks that remain uncompleted**

-

 **Day's Overall Score: A final assessment of the day's productivity**

- 10/17.5

Freestyle Thoughts Chamber:

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