

Accountability reality check

I admit – I have done 0 quality work in at least 3 weeks. I have resided in a place of comfort. I intend for this to end TODAY because I know that watching Netflix, not practising my copywriting, and not growing my social media is making me NO MONEY.

Here is what I intend to do today (currently 15:19 and I just got back from the gym):

1-hour bike ride to clear brain fog and get in mindset.

1 hour 30 min G-WORK session (I shall have protein shake and water at desk, and phone downstairs)

30 minutes to re-arrange my desk and light configuration

30 min G-work session reviewing copy

1 hour to eat &

Finish Crucial Conversations book (10-20 pages)

10 mins Write about my day in the journal app.

DO THE DISHWASHER