

Weekly Goals and Roadblocks Slaughter Plan

This Week's Big Goals:

Goal #1: [Get my copy reviewed in depth at least 5 times. Be more intentional with my time.]

Goal #2: [Set at least 2 PRs every day in at least one aspect of my life. (Gym, copywriting, etc..)]

Roadblocks to Slaughter:

Roadblock #1: [The desire to protect my ego and not get it reviewed, and say that other people are wrong/stupid.]

Roadblock #2: [Not actioning the feedback I'll get given and or rejecting it.]

Strategy for Crushing Goals and Overcoming Roadblocks

Tactics for Goal #1:

Action Steps: [I'm going to send more free value to prospects and use ChatGPT to evaluate it, and I'll read it out loud before sending it to either the aikido channel or the copy review channel.]

Tactics for Goal #2:

Action Steps: [I will constantly monitor my progress by checking my to-do list on my phone and seeing what weights I'm lifting in the gym.]

Overcoming Roadblocks:

[Realise that this is stupid and that I've got two choices: either get my ego bruised and come out the other end a crazy good writer, or not.]

[Make a list of all the feedback I get given and take note of it when I write a copy the next time.]

Iron Word Declaration

My Iron Word: (I will make the next week of my life the absolute MOST productive. I will get the most work I've ever done, and I will analyse myself and my actions daily. The first moneybag should arrive this week IF I'm truly the guy I say I am.)

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Fill In Each Day As You Go Through Your Week

DAY 1

Achievements:

[Broke down more copy today. Hit PRs in the gym. Still, we've GOT to push harder.]

Challenges Encountered:

[Junk food. I didn't give today my all. Why? Because I let that coward voice within me win. Weirdly enough, I'm excited now to get rid of this voice, if that makes any sense. I know now this is a major roadblock, so I can take steps to destroying it.]

Lessons Learned and Adjustments for Next Week:

[Instead of mindlessly scrolling or eating junk food, during my breaks I will do pushups and squats and track my to-do list. This'll keep me on track. I'll also be careful not to let that bitch voice get on top of me again.]

DAY 2

Achievements:

[I spent my breaks well today. Hit more PRs in the gym and crushed nearly every item on my task list.]

Challenges Encountered:

[Felt the urge to put off important tasks, and had junk food.]

Lessons Learned and Adjustments for Next Week:

[I'm still listening to that bitch voice. However, I've learned that just doing pushups here and there MASSIVELY makes me more productive.]

DAY 3

Achievements:

[This was not my finest day. I sparred, sent out 3 outreaches, did the daily mental power checklist, set 3 PRs in the gym, and made content/engaged on X.]

Challenges Encountered:

[I fumbled when it came to eating junk food again. Not acceptable.]

Lessons Learned and Adjustments for Next Week:

[I'm still listening to this bitch voice, and I can see now that it's becoming more and more of a problem. Unless, I stop it. Which I will. I need to have more strength than this.]

DAY 4

Achievements:

[Sent out another piece of copy to get reviewed. Hit PRs in the gym and wasn't a complete loser today.]

Challenges Encountered:

[Almost wasted time here and there but corrected myself and got back on track. Also, nearly got reactive in a couple of situations but didn't and brushed it off.]

Lessons Learned and Adjustments for Next Week:

[Listening to my conscious is the #1 best thing I can do to make sure I never waste time. Absolutely. It's all a choice at the end of the day. Be lazy or be great.]

DAY 5

Achievements:

[Sparring hard today and learned a lot about myself.]

Challenges Encountered:

[Felt like giving up after 6 rounds of sparring but pushed on and felt AMAZING after this..]

Lessons Learned and Adjustments for Next Week:

[Key lesson here: fuck that bitch voice. I can pick and choose what thoughts I believe in.]

DAY 6

Achievements:

[Daily mental power checklist,
Started working on some FV,
Copywriting daily checklist,
Light padwork/cardio,

CC done for the day,
Studied,
Engaged on X and cleaned my PC.]

Challenges Encountered:

[Had a “headache” and could’ve went harder. Didn’t give myself any real difficulty and should’ve completed EVERY item on my checklist.]

Lessons Learned and Adjustments for Next Week:

[Been underestimating my sleep/rest. Need to correct that. Also, I should be more wary of the current time and how I’m spending it, so I don’t waste time or “forget” anything on my checklist.]

Achievements:

[Reflect on the achievements and progress made towards your goals this week]

Challenges Encountered:

[Reflect on any challenges faced and how they were addressed]

Lessons Learned and Adjustments for Next Week:

[Identify key lessons learned and how you plan to adjust your approach for the following week]

DAY 7

Achievements:

[Crushed my daily checklist, did every item on my work list, hit the gym, and didn’t waste a second. Also had a major realisation as well...]

Challenges Encountered:

[Reflect on any challenges faced and how they were addressed]

Lessons Learned and Adjustments for Next Week:

[Overall, I learned that I can push harder than I thought, and that I'm still listening to the bitch voice in my head from time to time. I also learned that I need to constantly remind myself of my goals, otherwise I forget. Onwards and upwards.]