

Weekly Goals and Roadblocks Slaughter Plan

This Week's Big Goals:

Goal #1: Finish watching all of the lessons + take notes

Goal #2: Record and upload my first YouTube video

Roadblocks to Slaughter:

Roadblock #1: I don't have time to work more than maybe an hour during the week because of homework, boxing, my dog, etc. Nevertheless, I WILL FIND A WAY.

Roadblock #2: I have never been on YouTube and never recorded myself for people I don't know, and I am stressed a bit, but I WILL SLAUGHTER MY FEARS AND DO IT ANYWAYS

Strategy for Crushing Goals and Overcoming Roadblocks

Tactics for Goal #1:

Action Steps: I will watch a few lessons every day to keep me on track

Tactics for Goal #2:

Action Steps: During this week, I will think of what I will say, in detail

Overcoming Roadblocks:

I will watch some in the morning, not just at night

I will write a script/bullet points about what I will say to minimize the "fears"

Iron Word Declaration

My Iron Word:

I WILL commit to achieving my goals no matter what by the end of this week. I WILL FIND A WAY OR MAKE ONE. The world doesn't care for losers, so why should I be one? I WILL WIN!!!

Fill In Each Day As You Go Through Your Week

DAY 1

Achievements:

I made solid progress, I have thought about introducing myself, who I am, and my goal (GOAL 2) and I have watched a few lessons in the bootcamp (GOAL 1)

Challenges Encountered:

Barely had time. I am talking too much after boxing and wasting precious seconds

Lessons Learned and Adjustments for Next Week:

Talk way less after boxing to have the time to watch one more lesson at least

DAY 2

Achievements:

Sacrificed a bit of sleep to watch one lesson

Challenges Encountered:

I had to debate whether it was a good choice to make or not, but I did it because that was the brave choice between the two.

Lessons Learned and Adjustments for Next Week:

I need to shower in less time. It takes me around 30-45 min. I believe I can do it in 10-20 min.

DAY 3

Achievements:

I managed to watch a few lessons even though I sacrificed a bit of sleep

Challenges Encountered:

I realized watching YouTube (good content like Tate speeches) was making me lose more time while stretching because I would be doing everything slower (like counting the seconds in my head) to pay attention to the video

Lessons Learned and Adjustments for Next Week:

I won't watch YouTube anymore. I will focus on creating content.

DAY 4

Achievements:

I managed to squeeze in a lesson today with the little time I had.

Challenges Encountered:

I woke up on time, but then I made the fatal mistake of going back to sleep. I ended up sleeping 30-40 more mins. Then, I had to do my routine much faster and barely made it on time to do my stuff.

Lessons Learned and Adjustments for Next Week:

DON'T GO BACK TO SLEEP. WAKE UP MEANS WAKE UP.

DAY 5

Achievements:

I watched 5 lessons and finished Step 1 - Business 101. Unto Step 3!

Challenges Encountered:

Took too long to write down the notes and I was tired after the day.

Lessons Learned and Adjustments for Next Week:

I will watch them as early as I can to be as least tired as I can.

DAY 6

Achievements:

- I wrote the "script" I need to record the video for YouTube.
 - I watched about 30 videos and wrote notes.
-

Challenges Encountered:

I am taking too long to write the notes.

Lessons Learned and Adjustments for Next Week:

Take way less time to write notes. I must understand the lesson in the video rapidly.

DAY 7

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]