



















Tasks That Will Be Done!

✓ [Task List] ✗

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)	Time needed
1. ✓/✗	Start-Day ▾	Wake up and complete the paper tasks I set out ✓ 1.5 L water ✓ Run ✓ 50 Pushups ✓ Cold shower ✓ Get ready ✓ More of Shops research doc ✓ Coffee + breakfast ✓ Ig reel ✓	75 minutes
2. ✓/✗	Mid-Day ▾	Follow up With Gav and Stryker ✓	3 minutes
3. ✓/✗	Mid-Day ▾	100 pushups ✓	N/A
4. ✓/✗	Mid-Day ▾	Review through Gianna's welcome sequence, write the last email, and send it in for TRW review ✓	30 minutes
5. ✓/✗	Mid-Day ▾	Power up ✓	10-30 minutes
6. ✓/✗	Mid-Day ▾	Boxing gym ✓	1h 30m
7. ✓/✗	End-Day ▾	More of Sophs research doc ✓	60 minutes
8. ✓/✗	End-Day ▾	Go through all suggestions on Natalyes welcome sequence ✓	30 minutes
9. ✓/✗	End-Day ▾	Breakdown one page of a sales page ✓	10 minutes
10. ✓/✗	End-Day ▾	Review 2 copy ✓	20 minutes
11. ✓/✗	End-Day ▾	One SSSS video ✓	20 - 30 minutes
12. ✓/✗	End-Day ▾	Plan day for tomorrow + 50 pushups ✓	20 minutes
13. ✓/✗	Total Day ▾	Keep my phone away when in deep work at my desk ✓	

Tiger Day Plan + Reflection

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)	Time needed
14.  / 	Total Day ▾	Respond to DMs and emails when necessary 	
15.  / 	Total Day ▾	Applied the principles I wrote down yesterday 	
16.  / 	Total Day ▾	Eat totally clean 	
17.  / 	Total Day ▾	Post a total of 3 IG reels 	
18.  / 	Empty ▾		
19.  / 	Empty ▾		
20.  / 	Empty ▾		

The task I will set my subconscious mind on today is:

Day Number: 88

Date:

Start Of The Day - Time:

	 3 Things That I Am Excited To Have In The Future? 
1.	
2.	
3.	

 **Hour-by-hour**
tracking: 

Tiger Day Plan + Reflection

[Track+Measure=Improve]

\$ Task:	\$ Task = Set The Task That You Intend To Complete This Hour?
🔔 Intention:	🔔 Intention = What Is Your Plan Of Action To Complete This Task For This Hour?
✍️ Reflection:	✍️ Reflection = Did You Complete This Task For This Hour? If Not, Then Why?

5 Tigerisms

1. Act With No Limits To Your Abilities

2. Be All That You Can Be

3. Every Word And Though Counts

4. Be Enthusiastic

5. I Am The Best Copywriter Is In The World

\$ 1 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 2 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

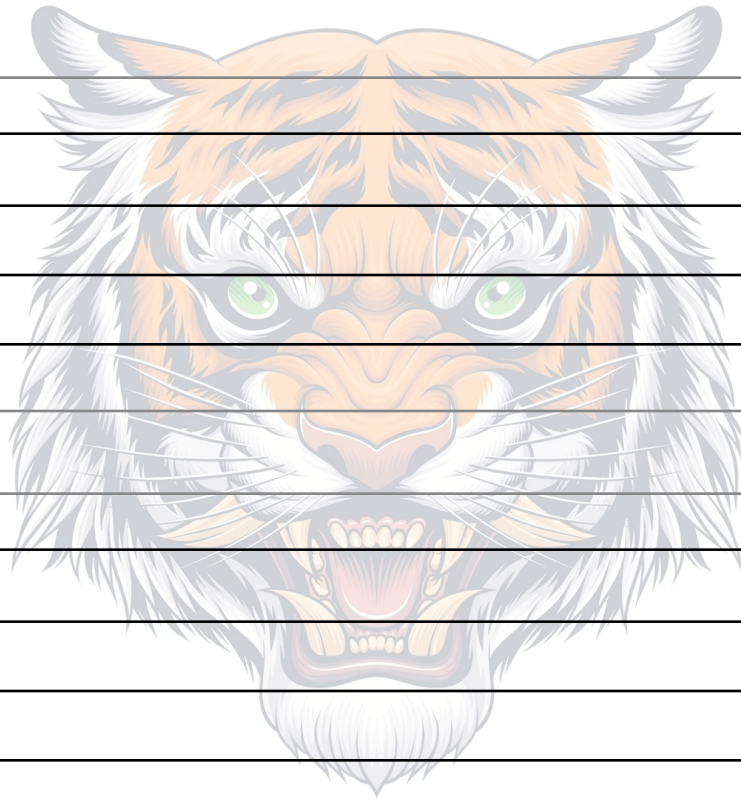
Tiger Day Plan + Reflection

\$ 3 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 4 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 5 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

\$ 6 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	



Tiger Day Plan + Reflection







\$ 7 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	







\$ 8 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	


\$ 9 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	







\$ 10 am: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	

Tiger Day Plan + Reflection

 11 am: Task 	
 Intention 	
 Reflection 	

 12 am: Task 	
 Intention 	
 Reflection 	

 1 pm: Task 	
 Intention 	
 Reflection 	

 2 pm: Task 	
 Intention 	
 Reflection 	

Tiger Day Plan + Reflection

\$ 3 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	





\$ 4 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	





\$ 5 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	





\$ 6 pm: Task \$	
🔔 Intention 🔔	
✍️ Reflection ✍️	





\$ 7 pm: Task \$	
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Tiger Day Plan + Reflection

 Intention 	
 Reflection 	

\$ 8 pm: Task \$	
 Intention 	
 Reflection 	

\$ 9 pm: Task \$	
 Intention 	
 Reflection 	



\$ 10 pm: Task \$	
 Intention 	
 Reflection 	

\$ 11 pm: Task \$	
 Intention 	

Tiger Day Plan + Reflection

 Reflection 	
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\$ 12 pm: Task \$	
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 Intention 	
--	--

 Reflection 	
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End-Of-The-Day Report:



 What Did I Learn Today? 
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How to handle high-stake situations - SSSS video To adopt the mindset of winning - Power up
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Tiger Day Plan + Reflection

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

More speed

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

More client work

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

Share this

 **What Tasks Were Left Undone?** 

None

BRAIN DUMP:

