✅ *[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 🖊	
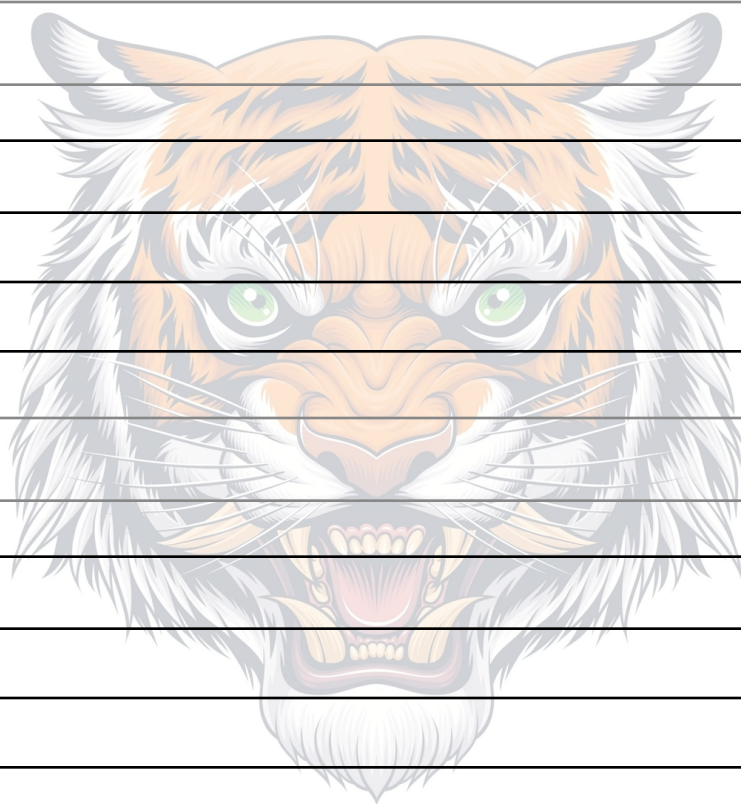
Tiger Day Plan + Reflection

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💲 7 am: Task 💲	
🔔 Intention 🔔	
🖊 Reflection 🖊	

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💲 8 am: Task 💲	
🔔 Intention 🔔	
🖊 Reflection 🖊	

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💲 9 am: Task 💲	
🔔 Intention 🔔	
🖊 Reflection 🖊	

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💲 10 am: Task 💲	
🔔 Intention 🔔	
🖊 Reflection 🖊	

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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 🖊️	

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💲 4 pm: Task 💲	
🔔 Intention 🔔	
🖊️ Reflection 🖊️	

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💲 5 pm: Task 💲	
🔔 Intention 🔔	
🖊️ Reflection 🖊️	

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💲 6 pm: Task 💲	
🔔 Intention 🔔	
🖊️ Reflection 🖊️	

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💲 7 pm: Task 💲	

Tiger Day Plan + Reflection

🔔 Intention 🔔	
🖊 Reflection 🖊	

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💲 8 pm: Task 💲	
🔔 Intention 🔔	
🖊 Reflection 🖊	

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💲 9 pm: Task 💲	
🔔 Intention 🔔	
🖊 Reflection 🖊	

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💲 10 pm: Task 💲	
🔔 Intention 🔔	
🖊 Reflection 🖊	

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💲 11 pm: Task 💲	
🔔 Intention 🔔	

Tiger Day Plan + Reflection

🖊 Reflection 🖊	

💲 12 pm: Task 💲	
🔔 Intention 🔔	
🖊 Reflection 🖊	

🌆End-Of-The-Day Report:🌆

🧠What Did I Learn Today?🧠
How to handle high-stake situations – SSSS video To adopt the mindset of winning – Power up

Tiger Day Plan + Reflection

🆕What Do I Plan To Do Differently Tomorrow?🆕

More speed

🆕What Do I Plan To Do Differently Tomorrow?🆕

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: