



TIME MASTERY



Day 1/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	[Update] TMP + Morning Routine - 30 Minutes	✓
2	[Update] TMP + End-of-Morning Report - 30 Minutes	✓
3	[Update] TMP + Evening Routine + End-of-Day Report - 1 Hour	✓
4	[Update] TMP For Tomorrow's Plan - 1 Hour	✓
5	[TRW] Powerup Call - <30 Minutes	✓
6	[TRW] G Thought Session - <30 Minutes	✓
7	[TRW] G Work Session 1 - 1 Hour	✗
8	[TRW] G Work Session 2 - 1 Hour	✗
9	[TRW] G Work Session 3 - 1 Hour	✗
10	Matrix Job (Morning Shift) - 4 Hours	✗
11	Matrix Job (Afternoon Shift) - 2 Hours	✓
12	[Fitness] Meeting - 1 Hour	✓
13	[Fitness] Pushups = 100	✓
14	[Fitness] Pullups = 30	✓

	 Day Number + Date + Time 
Day Number:	43
Date:	7/10/23

Start Time:	5:00 am
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	 Three Things That I Am Grateful to Have in My Life 
1.	Money to pay the bills and feed me
2.	calculators
3.	flashlights

	 My Top Three Priority Tasks That I WILL Complete 
1.	[Fitness] Meeting - 1 Hour
2.	[TRW] G Work Session 2 - 1 Hour
3.	[TRW] G Work Session 1 - 1 Hour

	 My Top Three Goals That I WILL Achieve This Year 
1.	Learn the language of influence to gain my first testimonial as a copywriter
2.	Develop my fighting skills to a pro-level without competing
3.	Make my first \$100 in Freelancing Campus

 **Half-An-Hour Plan +**
Reflection: 

How To Use This:

 Task:	 Task = Set the task that I intend to complete.
 Intention:	 Intention = What is my step-by-step plan of action to complete this task?
 Reflection:	 Reflection = Did I complete this task? If not, then why?

Example:

9 am: Task 	Chest Workout At The Gym - 1 Hour
Intention 	- Warm Up - 100 Push-Ups In 4 Sets Of 25 Reps - 5 Sets x 10 Reps of Bench Press Using 100KG - 3 Sets x 25 Reps of Incline Dumbbell Bench Press Using 35KG And so on...
Reflection 	My workout went as planned, and I achieved exactly what I wanted. I also got an idea for a new exercise to try out during my next workout. And so on...

**(Remove any
boxes below that**

**do not match the
times when you
are awake.)**

✂️ **My Morning Plan** ✂️

5 am: Task 💰	[Update] TMP + Morning Routine - 30 Minutes
Intention 🔔	- Brush Teeth - Make Bed - Hydrate - (Explosive) Pushups/Squats/Situps = 10-20-40 - Journal Thoughts/Goals To Set The Tone For Today - Send “Good moneybag morning” In Freelance Beginner Chat - Review TMP For Today OUT THE DOOR BY 5:30 AM
Reflection ✍️	I achieved exactly what I needed to set my day up for success.

5:30 am: Task 💰	Matrix Job (Morning Shift) - 4 Hours
Intention 🔔	Goal = \$50

Reflection ✍️	Left the matrix to work in TRW. I managed to gather more research for top players in my market. I encountered a major obstacle that I needed to address in the middle of my work. I took steps/lessons from Stirling Cooper's YT videos and put them into a system that might gradually improve my health overall. My week hasn't started off on the right path but I have to believe I will improve even if it's only 1% today then another 1% tomorrow and so on...
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9:30 am: Task 💰	Leave The Matrix
Intention 🔔	BACK HOME AT 10 PM
Reflection ✍️	

10 am: Task 💰	[TRW] Powerup Call - <30 Minutes
Intention 🔔	Find A Way to Apply New Idea/Lesson Within 15 Min (Or Schedule Time Later Today to Work on It) - Check Copywriting Campus Announcements for Call Time - Take notes if There's AMA/Zoom Call
Reflection ✍️	Today's lesson was about sales calls and building confidence. In order to develop self-confidence, I have to do the work, earn self-confidence, and move forward with what I can control. At the end of the day, it's just a sales call and if it doesn't kill me, then I'll be okay; UNFAZED.

	The G's and Prof in TRW are available to help 24/7.
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10:30 am: Task \$	Get Ready For The Meeting
Intention 🔔	OUT THE DOOR BY 10:30 AM
Reflection ✍️	

11 am: Task \$	[Fitness] The Meeting - 1 Hour
Intention 🔔	Goal = Develop My Combat Skills With Precise + Accurate Movements - Warmup with stretching + jump rope - Practice simple punches - Learn how to pivot on feet with each punch
Reflection ✍️	I achieved exactly what I wanted from start to finish. My precision + speed increased because others around me were working faster. It almost felt like we were pushing each other without acknowledging it. Also, I greeted a guy who was cool and encouraged me to keep boxing. The conversation was short, and concise. I have much respect for him.

12 pm: Task \$	Leave The Meeting
Intention 🔔	BACK HOME AT 12:30 PM

Reflection 	
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12:30 pm: Task \$	Shower + Change
Intention 	Goal = To Smell, Look, And Feel Like A Gentleman - Shampoo AND Conditioner (Not 2 in 1) - Body Wash - Deodorant, Brush + Beard Oil - Change Into Clean Clothes
Reflection 	I achieved exactly what I wanted with my hygiene. I am proud of maintaining it on a consistent basis.

🎯 **End-Of-Morning Rerport** 🎯

 What Did I Learn This Morning? 
My week hasn't started off on the right path but I have to believe I will improve even if it's only 1% today then another 1% tomorrow and so on...

✗ What Problems Did I Face This Morning? ✗
- Slow work shift that was not ideal to meet my target - encountered a major obstacle in the middle of my work - Difficulty holding a conversation before going to the gym

 How Will I Solve These Problems? 

- **Adjust time for my work shift**
- **Earn the self confidence by doing the work that needs to be done**
- **Embrace masculinity, workout, stop looking at porn, work hard, and be the man**

My Afternoon Plan

1 pm: Task 💰	[Update] TMP + End-of-Morning Report - 30 Minutes
Intention 🔔	Get Ready For G Work Session - Check Announcements/Updates in Copywriting Campus - Use Google Calendar to Divide The Day Into Group Tasks - Make Necessary Adjustments to Time of Tasks Or Specific Tasks AT DESK BY 1:30 PM
Reflection ✍️	I achieved what I needed to prepare for my G Work session.

1:30 pm: Task 💰	[TRW] G Work Session 1 - 1 Hour
Intention 🔔	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes On “Finding Good Businesses To Partner With” + “Starting The Conversation” - Research Hypothetical Solution For At Least 1 Potential Prospect Via Top Player Template - Write A Personalized Outreach Message To Them
Reflection ✍️	This session was completed this morning to replace part of my work shift in the matrix. While I did not clear a prospect, I did resolve a research mistake I was making to find potential prospects.

	Now I have multiple prospects and simply need to analyze their marketing system to determine a solution to improve their conversions, or sales, etc.
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2:30 pm: Task \$	[TRW] G Work Session 2 - 1 Hour
Intention 🔔	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes On “Finding Good Businesses To Partner With” + “Starting The Conversation” - Research Hypothetical Solution For At Least 1 Potential Prospect Via Top Player Template - Write A Personalized Outreach Message To Them
Reflection ✎	I did not achieve what I wanted for this task. I began to overthink the simple steps of my research To counter this, I left my desk to pace around my room (no music) for 5 minutes. When I returned to my desk with a clear objective on how to achieve my goal.

3:30 pm: Task \$	[TRW] G Work Session 3 - 1 Hour
Intention 🔔	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes On “Finding Good Businesses To Partner With” + “Starting The Conversation” - Research Hypothetical Solution For At Least 1 Potential Prospect Via Top Player Template

	- Write A Personalized Outreach Message To Them
Reflection ✍️	I realized a simple process of breaking down copy from the business I researched to clear my prospect for outreach. However, I did encounter an issue with my laptop freezing from attempting to save a few emails to my swipe file. The issue is resolved and I will need to figure out how to convert emails to PDFs for my SF later.

4:30 pm: Task 💰	Get Ready For The Matrix
Intention 🔔	OUT THE DOOR BY 4:45 PM
Reflection ✍️	

5 pm: Task 💰	Matrix Job (Afternoon Shift) - 2 Hours
Intention 🔔	Goal = \$25+
Reflection ✍️	I changed my plans last minute to complete other priority tasks earlier today and increase time for this task. I achieved double what I wanted in 4 hours.

7 pm: Task 💰	Leave The Matrix
Intention 🔔	

Reflection 	
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7:30 pm: Task \$	[TRW] G Work Session 3 - 1 Hour
Intention 	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes On “Finding Good Businesses To Partner With” + “Starting The Conversation” - Research Hypothetical Solution For At Least 1 Potential Prospect Via Top Player Template - Write A Personalized Outreach Message To Them
Reflection 	I did not achieve what I wanted for my goal. With help from the G’s in TRW, I found multiple solutions to my email conversion issue. However, resolving the issue took up more time than expected which forced me to move on to the next task. Tomorrow will be better structured since I now have multiple contingencies for my work in TRW.

8:30 pm: Task \$	[Update] TMP + Evening Routine + End-of-Day Report - 1 Hour
Intention 	Goal = Prepare For Tomorrow - Brush Teeth + Set Work And Gym Clothes - Organize Room/Desk - Set Alarm (doublecheck volume)
Reflection 	

9:30 pm: Task 💰	[Update] TMP For Tomorrow's Plan - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	

End-Of-The-Day Report:

What Did I Learn Today?

Although I had to deviate from the list somewhat and move things around, I used the resources around me to solve what now appears to be simple situations.

✖ What Problems Did I Face In The Day? ✖

- **An issue with my copywriting work delayed my time to complete my G Work session + achieve the goal I wanted**
- **A series of car problems occurred while driving in the hotter time of weather**
- **I spent too much time thinking of the right reply to send to someone I care about**

How Will I Solve These Problems Tomorrow?

- **Utilize all resources in TRW to the best of my ability**
- **Schedule an auto shop appointment this week to resolve my car issues (bring**

laptop for potential wait time)

- **If there is no clear message of value to send at that moment, then leave it for a while. Come back with a clear mind + the message will reveal itself**



What Do I Plan To Do Differently Tomorrow?



- **Give 100% focus to priority tasks to ensure PROGRESS is made + the day is not wasted**



What Do I Plan To Do The Same Tomorrow?



- **Adapt to circumstances + adjust my schedule/work accordingly**
- **Take full responsibility for my actions to overcome any situations**



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



- **Accountability Roster**



What Tasks Were Left Undone?



- **Matrix Job (Morning Shift) - 4 Hours**
- **[TRW] G Work Session 1 - 1 Hour**
- **[TRW] G Work Session 2 - 1 Hour**
- **[TRW] G Work Session 3 - 1 Hour**

Brain Dump:

Day 2/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	[Update] TMP + Morning Routine - 30 Minutes	✓
2	[Update] TMP + End-of-Morning Report - 30 Minutes	✓
3	[Update] TMP + Evening Routine + End-of-Day Report - 1 Hour	✓
4	[Update] TMP For Tomorrow's Plan - 1 Hour	✓
5	[TRW] Powerup Call - <30 Minutes	✓
6	[TRW] G Thought Session - <30 Minutes	✓
7	[TRW] G Work Session 1 - 1 ½ Hours	✓
8	[TRW] G Work Session 2 - 1 ½ Hours	✓
9	[TRW] G Work Session 3 - 1 Hour	✓
10	Matrix Job (Morning Shift) - 2 Hours	✓
11	Matrix Job (Afternoon Shift) - 4 Hours	✗
12	[Fitness] Meeting - 1 ½ Hours	✓
13	[Fitness] Pushups = 100	✓
14	[Fitness] Pullups = 30	✓
15	[Shallow] Read Emails + Messages - <30 Minutes	✓
16	[Shallow] Check Balances - <30 Minutes	✓



Day Number + Date + Time



Day Number:	44
Date:	7/11/23
Start Time:	5:00 am

	 Three Things That I Am Grateful to Have in My Life 
1.	Hoodies
2.	Towels
3.	Pens

	 My Top Three Priority Tasks That I WILL Complete 
1.	[TRW] Powerup Call - <30 Minutes
2.	[TRW] G Work Session 1 - 1 ½ Hours
3.	[Fitness] Meeting - 1 ½ Hours

	 My Top Three Goals That I WILL Achieve This Year 
1.	Learn the language of influence to gain my first testimonial as a copywriter
2.	Develop my fighting skills to a pro-level without competing
3.	Make my first \$100 in Freelancing Campus

**(Remove any
boxes below that
do not match the
times when you
are awake.)**

My Morning Plan

5 am: Task 💰	[Update] TMP + Morning Routine - 30 Minutes
Intention 🔔	- Brush Teeth - Make Bed - Hydrate - (Explosive) Pushups/Squats/Situps = 10-20-40 - Journal Thoughts/Goals To Set The Tone For Today - Send “Good moneybag morning” In Freelance Beginner Chat - Review TMP For Today AT DESK BY 5:30 AM
Reflection ✍️	I achieved exactly what I wanted to set my day up for success.

5:30 am: Task \$	[TRW] G Work Session 1 - 1 ½ Hours
Intention 🔔	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes On “Finding Good Businesses To Partner With” + “Starting The Conversation” - Research Hypothetical Solution For At Least 1 Potential Prospect Via Top Player Template - Write A Personalized Outreach Message To Them
Reflection ✍️	This morning was difficult to start, however, I’ve done the research and found a copy for a prospect that I can use to create short-form + long-form emails.

7 am: Task \$	Get Ready For The Matrix
Intention 🔔	OUT THE DOOR BY 6:45 AM
Reflection ✍️	

7:30 am: Task \$	Matrix Job (Morning Shift) - 2 Hours
Intention 🔔	Goal = \$ 25+
Reflection ✍️	I achieved exactly what I wanted for this task.

9:30 am: Task \$	Leave The Matrix
Intention 🔔	BACK HOME AT 9:59 AM
Reflection ✍️	

10 am: Task \$	[TRW] Powerup Call + G Thought Session - 30 Minutes
Intention 🔔	Goal = Find A Way to Apply New Idea/Lesson Within 15 Min (Or Schedule Time Later Today to Work on It) - Check Copywriting Campus Announcements for Call Time - Take notes if There's AMA/Zoom Call
Reflection ✍️	Today's lesson was about gravity. A strong pull between good and bad, The Matrix and TRW. If I immerse myself in TRW with chats and network to form positive connections and habits, then the chances of succeeding in there are 10x. Every day I must push beyond my mind's barriers to communicate effectively with the G's and my future clients.

10:30 am: Task \$	Get Ready For The Meeting
Intention 🔔	OUT THE DOOR BY 10:40 AM
Reflection ✍️	

11 am: Task 💰	[Fitness] Meeting - 1 ½ Hours
Intention 🔔	Goal = Develop My Combat Skills With Precise + Accurate Movements - Warmup with stretching + jump rope - Practice simple punches - Learn how to pivot on feet with each punch - Weighted Leg Training
Reflection ✍️	I achieved exactly what I wanted to improve my skills. I also met another guy there who was just starting out and the conversation was good, clear, and concise. I found that making connections is easy when you have a common goal in mind.

12:30 pm: Task 💰	Leave The Meeting
Intention 🔔	BACK HOME AT 1 PM
Reflection ✍️	

🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠
Networking is easy when both people are working towards a similar goal

✗ What Problem's Did I Face This Morning? ✗

- **The hardest part of my research so far is to find an area to improve their business (the solution)**
-

🔑 How Will I Solve These Problems? 🔑

- **Review notes from Step 2 + 3 about different funnels and how to tweak a prospects copy to make a unique offer that could still sound like them when they use it**
-

🔪 My Afternoon Plan 🔪

1 pm: Task 💰	Shower + Change
Intention 🔔	Goal = To Smell, Look, And Feel Like A Gentleman - Shampoo AND Conditioner (Not 2 in 1) - Body Wash - Deodorant, Brush + Beard Oil - Change Into Clean Clothes
Reflection ✍️	I achieved G Hygiene status today.

1:30 pm: Task 💰	[Update] TMP + End-of-Morning Report - 30 Minutes
Intention 🔔	- Check Announcements/Updates in Copywriting Campus - Use Google Calendar to Divide The Day Into Group Tasks - Make Necessary Adjustments to Time of Tasks Or Specific Tasks
Reflection ✍️	My TMP has been updated.

2 pm: Task 💰	Recovery
Intention 🔔	Eat (Cook/Buy Ingredients If Necessary) - [Shallow] Check Balances - <30 Minutes - [Shallow] Read Emails + Messages - <30 Minutes
Reflection ✍️	I checked my balance but did not go through all of my emails. Will have to sort them out tonight.

2:30 pm: Task 💰	Recovery
Intention 🔔	Goal = Prepare For G Work Session 2 + 3 Eat (Cook/Buy Ingredients If Necessary) - [Shallow] Check Balances - <30 Minutes - [Shallow] Read Emails + Messages - <30 Minutes AT DESK BY 3 PM
Reflection ✍️	

3 pm: Task 💰	[TRW] G Work Session 2 - 1 ½ Hours
Intention 🔔	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes On “Finding Good Businesses To Partner With” + “Starting The Conversation”

	- Research Hypothetical Solution For At Least 1 Potential Prospect Via Top Player Template - Write A Personalized Outreach Message To Them
Reflection 	I achieved exactly what I wanted for this task. Using the resources in TRW, hours of research, and my notes, I was able to come up with an outreach message for a prospect in less than five minutes + a solution to improve their marketing engagement/conversions.

4:30 pm: Task \$	[TRW] G Work Session 3 - 1 Hour
Intention 	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes On “Finding Good Businesses To Partner With” + “Starting The Conversation” - Research Hypothetical Solution For At Least 1 Potential Prospect Via Top Player Template - Write A Personalized Outreach Message To Them
Reflection 	I achieved exactly what I wanted for this task. Using the resources in TRW, hours of research, and my notes, I was able to come up with an outreach message for a prospect in less than five minutes + a solution to improve their marketing engagement/conversions.

5:30 pm: Task \$	Get Ready For The Matrix
Intention 	OUT THE DOOR BY 4:45 PM
Reflection 	

6 pm: Task 💰	Matrix Job (Afternoon Shift) - 4 Hours
Intention 🔔	Goal = \$ 50+
Reflection ✍️	I did not achieve what I wanted. The shift from tonight did not yield high ticket orders which reduced my end result. I will take this information about work and use it to find a suitable time that pays more while not interfering whatsoever with my work in TRW.

10 pm: Task 💰	Leave The Matrix
Intention 🔔	BACK HOME AT 10:30 PM
Reflection ✍️	

10:30 pm: Task 💰	[Update] TMP + Evening Routine + End-of-Day Report - 1 Hour
Intention 🔔	Goal = Prepare For Tomorrow - Set uniform for work, gym, etc - Organize Room/Desk - Set Alarm (doublecheck volume)
Reflection ✍️	

11 pm: Task 💰	[Update] TMP + Evening Routine + End-of-Day Report - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	

11:30 pm: Task 💰	[Update] TMP For Tomorrow's Plan - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	

12 am: Task 💰	[Update] TMP For Tomorrow's Plan - 1 Hour
Intention 🔔	
Reflection ✍️	

End-Of-The-Day Report:

🧠 **What Did I Learn Today?** 🧠

After hours (technically days given the time available to actually work) of research, I was able to construct a hypothetical solution for a prospect to increase their engagement and potentially sales conversions in less than five minutes.

This has to mean that the behind-the-scenes work makes the main objective more easy to achieve.

If this is true then I've found a hack to simplify this work while getting the same results.

✗ What Problems Did I Face In The Day? ✗

- **Only low ticket orders were available for work resulting in less money overall**
-

🔑 How Will I Solve These Problems Tomorrow? 🔑

- **find a suitable time that pays more while not interfering whatsoever with my work in TRW**
-

NEW What Do I Plan To Do Differently Tomorrow? NEW

- **Implement AI + other methods to speed up the work I do in TRW regarding copywriting**
 - **push beyond my mind's barriers to communicate effectively with the G's and my future clients**
 - **immerse myself in TRW with chats and network to form positive connections and habits**
-

♻️ What Do I Plan To Do The Same Tomorrow? ♻️

- **set my day up for success**
- **come up with an outreach message for a prospect in less than five minutes + a**

solution to improve their marketing engagement/conversions - Achieved G Hygiene status - Improve combat skills + communication in the real world - (copywriting objective) Find the “Hole” → Fill The “Hole”
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 Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 
- Accountability Roster

 What Tasks Were Left Undone? 
- Matrix Job (Afternoon Shift) - 4 Hours

Brain Dump:

Day 3/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	[Update] TMP + Morning Routine - 30 Minutes	✓
2	[Update] TMP + End-of-Morning Report - 30 Minutes	✓
3	[Update] TMP + Evening Routine + End-of-Day Report - 1 Hour	✓
4	[Update] TMP For Tomorrow - 1 Hour	✓
5	[TRW] Powerup Call - <30 Minutes	✗

	Task List For The Day - Fill In ALL 20!	✓/✗
6	[TRW] G Thought Session - <30 Minutes	✓
7	[TRW] G Work Session 1 - 2 Hours	✗
8	[TRW] G Work Session 2 - 2 Hours	✓
9	[Matrix] Job (Morning Shift) - 2 Hours	✗
10	[Matrix] Job (Afternoon Shift) - 4 Hours	✓
11	[Fitness] Meeting - 1 Hour	✓
12	[Fitness] Pushups = 100	✗
13	[Fitness] Pullups = 30	✗
14	[Fitness] Squats = 100	✓
15	[Shallow] Read Emails + Messages - <30 Minutes	✓
16	[Shallow] Check Balances - <30 Minutes	✓

	 Day Number + Date + Time 
Day Number:	45
Date:	7/12/23
Start Time:	5:00 am

	 Three Things That I Am Grateful to Have in My Life 
1.	Sleep which recharges my mind and body
2.	The wind that cools me down in the hot summer
3.	Toothpaste to keep my teeth clean

	 My Top Three Priority Tasks That I WILL Complete 
1.	[TRW] G Work Session 2 - 2 Hours
2.	Matrix Job (Afternoon Shift) - 4 Hours
3.	[Fitness] Meeting - 1 Hour

	 My Top Three Goals That I WILL Achieve This Year 
1.	Learn the language of influence to gain my first testimonial as a copywriter
2.	Develop my fighting skills to a pro-level without competing
3.	Make my first \$100 in Freelancing Campus

**(Remove any
boxes below that
do not match the
times when you**

are awake.)

✂️ **My Morning Plan** ✂️

5 am: Task 💰	[Update] TMP + Morning Routine - 30 Minutes
Intention 🔔	- Brush Teeth - Make Bed - Hydrate - (Explosive) Pushups/Squats/Situps = 10-20-40 - Journal Thoughts/Goals To Set The Tone For Today - Send “Good moneybag morning” In Freelance Beginner Chat - Review TMP For Today AT DESK BY 5:30 AM
Reflection ✍️	I did not wake up on time today. I did, however, wake up later to complete this task and set the rest of my day up for success.

5:30 am: Task 💰	[TRW] G Work Session 1 - 2 Hours
Intention 🔔	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes From Step 3 Content - Research Top Players/Market For Potential Prospect Via Top Player Template

	- Identify The “Hole” - Create Value To “Fill The Hole” By Writing A Personalized Outreach Message To Them
Reflection 	I did not complete this task due to waking up at a later time. The next best move will be to double down on my focus to get as much work done in the afternoon as I can.

7:30 am: Task \$	Matrix Job (Morning Shift) - 2 Hours
Intention 	Goal = \$ 25+
Reflection 	I did not achieve what I wanted for this task due to waking up late. The next best move will be to double down on my focus to get as much work done in the afternoon as I can.

9:30 am: Task \$	Leave The Matrix
Intention 	BACK HOME AT 9:59 AM
Reflection 	

10 am: Task \$	[TRW] Powerup Call - <30 Minutes
Intention 	Goal = Find A Way to Apply New Idea/Lesson Within 15 Min (Or Schedule Time Later Today to Work on It)

	- Check Copywriting Campus Announcements for Call Time - Take notes if There's AMA/Zoom Call
Reflection 	

10:30 am: Task \$	Get Ready For The Meeting
Intention 	OUT THE DOOR BY 11 AM
Reflection 	

11 am: Task \$	[Fitness] Meeting - 1 Hour
Intention 	Goal =Improve Functional Movements - Pyramid Circuit - Pullups = 10 - Shadowbox
Reflection 	I achieved exactly what I wanted. I found a new routine for working out at home.

11:30 am: Task \$	Leave The Meeting
Intention 	BACK HOME AT 12:30 PM
Reflection 	

12 pm: Task 💰	Shower + Change
Intention 🔔	Goal = To Smell, Look, And Feel Like A Gentleman - Shampoo AND Conditioner (Not 2 in 1) - Body Wash - Deodorant, Brush + Beard Oil - Change Into Clean Clothes
Reflection ✍️	I achieved G Hygiene status.

12:30 pm: Task 💰	[Update] TMP + End-of-Morning Report - 30 Minutes
Intention 🔔	- Check Announcements/Updates in Copywriting Campus - Use Google Calendar to Divide The Day Into Group Tasks - Make Necessary Adjustments to Time of Tasks Or Specific Tasks
Reflection ✍️	I updated the TMP for the day.

🎯 **End-Of-Morning Rerport** 🎯

🧠 What Did I Learn This Morning? 🧠
Despite not waking up on time, I did not let that demotivate me from achieving my success. I broke free from the slump and did my morning routine to get back on track with my schedule.

✗What Problem's Did I Face This Morning?✗

- **Woke up late today**

🔑How Will I Solve These Problems?🔑

- **Plan the next day out each night before then get at least 5+ hours of sleep**

🔪My Afternoon Plan🔪

1 pm: Task 💰	Recovery
Intention 🔔	Goal = Complete Shallow Work Eat (Cook/Buy Ingredients If Necessary) - [Shallow] Check Balances - <30 Minutes - [Shallow] Read Emails + Messages - <30 Minutes
Reflection ✍️	

1:30 pm: Task 💰	Recovery
Intention 🔔	Goal = Complete Shallow Work Eat (Cook/Buy Ingredients If Necessary) - [Shallow] Check Balances - <30 Minutes - [Shallow] Read Emails + Messages - <30 Minutes
Reflection ✍️	✅

2 pm: Task \$	Recovery
Intention 🔔	Goal = Prepare For G Work Session 2 + 3 Eat (Cook/Buy Ingredients If Necessary) - [Shallow] Check Balances - <30 Minutes - [Shallow] Read Emails + Messages - <30 Minutes AT DESK BY 3 PM
Reflection ✍️	✓

2:30 pm: Task \$	[TRW] G Work Session 2 - 2 Hours
Intention 🔔	Goal = Clear At Least 1 Prospect For Outreach Mission Bootcamp: Step 3 [Subsection 4] - Review Lessons/Notes From Step 3 Content - Research Top Players/Market For Potential Prospect Via Top Player Template - Identify The “Hole” - Create Value To “Fill The Hole” By Writing A Personalized Outreach Message To Them
Reflection ✍️	I accomplished my goal for this task. The outreach for my prospect is complete, now I need to work on the solution by creating copy. Then I can send reach out to my prospect.

4:30 pm: Task \$	[Update] TMP For Tomorrow - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary
Reflection ✍️	Need to update my plans tonight. I will not go to sleep until this is done.

5:30 pm: Task \$	Get Ready For The Matrix
Intention 🔔	OUT THE DOOR BY 5:45 PM
Reflection ✍️	

6 pm: Task \$	Matrix Job (Afternoon Shift) - 4 Hours
Intention 🔔	Goal = \$ 50+
Reflection ✍️	I achieved what I wanted for this task.

10 pm: Task \$	Leave The Matrix
Intention 🔔	BACK HOME AT 10 PM
Reflection ✍️	

10:30 pm: Task 💰	[Update] TMP + Evening Routine + End-of-Day Report - 1 Hour
Intention 🔔	Goal = Prepare For Tomorrow - Set uniform for work, gym, etc - Organize Room/Desk - Set Alarm (doublecheck volume)
Reflection ✍️	I accomplished my goal to prepare for tomorrow's challenges and success.

11 pm: Task 💰	[Update] TMP + Evening Routine + End-of-Day Report - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	I achieved exactly what I wanted to for this task.

End-Of-The-Day Report:

🧠 What Did I Learn Today? 🧠
I was listening to a debate about geopolitics while working. Then an idea occurred from a message in TRW from one of the captains. Although the debate was heated and interesting, I realized it didn't really matter.

I don't have much food or money, nor would it help me out of my situation.

So I turned it off and focused on the task at hand, also thinking of strategies and plans for my G Work.

✗ What Problems Did I Face In The Day? ✗

- **Late to my [matrix] job**

🔑 How Will I Solve These Problems Tomorrow? 🔑

- **Use the minutes/hours more wisely to get as much valuable work done in order to complete my tasks and still have time to get ready — do not waste time**

NEW What Do I Plan To Do Differently Tomorrow? NEW

- **Ignore the matrix's attempts to distract me from my mission**
- **Treat my time as more valuable so I can get more valuable work done effectively**
- **Prioritize healthy recovery i.e. sleep, food, hydration, etc.**

♻️ What Do I Plan To Do The Same Tomorrow? ♻️

- **Adapt to unexpected circumstances**
- **Overcome complacency + break mental barriers in order to take action**
- **Approach every task or obstacle from a position of strength**
- **Exercise respected manners like a G i.e. respectful, kind, strong, courageous, spontaneous, adaptive, etc.**

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

- **TRW DMs**
- **TRW Accountability Roster**

 What Tasks Were Left Undone?

- **[TRW] Powerup Call - <30 Minutes**
- **[TRW] G Work Session 1 - 2 Hours**
- **[Matrix] Job (Morning Shift) - 2 Hours**
- **[Fitness] Pushups = 100**
- **[Fitness] Pullups = 30**

Brain Dump:

Day 4/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	[Update] TMP + Morning Routine - 30 Minutes	✓
2	[Update] TMP + End-of-Morning Report - 30 Minutes	✗
3	[Update] Evening Routine - 30 Minutes	✓
4	[Update] TMP + End-of-Day Report - 1 Hour	✓
5	[Update] TMP For Tomorrow - 1 Hour	✓
6	[TRW] Powerup Call - <30 Minutes	✓
7	[TRW] G Thought Session - <30 Minutes	✓
8	[TRW] G Work Session 1 - 1 Hour	✗
9	[TRW] G Work Session 2 - 2 Hours	✗

	Task List For The Day - Fill In ALL 20!	✓/✗
10	[TRW] AI Lesson - 1 Hour	✓
11	[Matrix] Job (Afternoon Shift) - 4 Hours	✓
12	[Fitness] Squats = 100	✓
13	[Shallow] Read Emails + Messages - <30 Minutes	✓
14	[Shallow] Check Balances - <30 Minutes	✓
15	[Shallow] Shower + Change - 30 Minutes	✓
16	Recovery Session - 1 Hour	✓
17	[Matrix] Appointment	✓

	 Day Number + Date + Time 
Day Number:	46
Date:	7/13/23
Start Time:	9:45 am

	 Three Things That I Am Grateful to Have in My Life 
1.	Being alive in this moment to feel, hear, see, touch, smell, an taste everything
2.	My refusal to do any drugs or drink alcohol
3.	The peace of mind knowing that the hard work I do right now will take care of my mom in the future

	 My Top Three Priority Tasks That I WILL Complete 
1.	[Update] TMP For Tomorrow - 1 Hour
2.	[TRW] AI Lesson - 1 Hour
3.	[Matrix] Job (Afternoon Shift) - 4 Hours

	 My Top Three Goals That I WILL Achieve This Year 
1.	Learn the language of influence to gain my first testimonial as a copywriter
2.	Develop my athletic skills to the point of pro-level
3.	Make my first \$100 in Freelancing Campus

**(Remove any
boxes below that
do not match the
times when you
are awake.)**

✂️ My Morning Plan ✂️

5 am: Task 💰	[Update] TMP + Morning Routine - 30 Minutes
Intention 🔔	Goal = Set My Day Up For Success - Brush Teeth + Make Bed - Hydrate + Squats/Situps = 50-50 - Journal Thoughts/Goals - “Good moneybag morning” In Freelance Beginner Chat + Review TMP For Today AT DESK BY 5:30 AM
Reflection ✍️	I woke up later than scheduled. However, this did not stop me from accomplishing my goal. The rest of my tasks were set up for success. It is entirely my responsibility to complete those tasks to prove I will be successful.

5:30 am: Task 💰	[TRW] AI Lesson - 1 Hour
Intention 🔔	Goal = Learn How To Leverage AI To The Max As A Copywriter - Powerup Call #322 - Take Notes - Find A Way to Apply New Idea/Lesson Within 15 Min (Or Schedule Time Later Today to Work on It)
Reflection ✍️	I achieved this tasks while waiting for my appointment to conclude.

	I learned a variety of applications for AI and copywriting that could speed up the learning process and make it simpler to land a client for a testimonial.
--	--

6:30 am: Task 💰	[TRW] G Work Session 1 - 1 Hour
Intention 🔔	Goal = Continue Lessons/Missions For Step 3 Content - Take Notes on Module 5 “Closing The Deal”
Reflection ✍️	I did not accomplish this task yet. I will make time to do a few lessons from the Step 3 Content.

7:30 am: Task 💰	[TRW] G Work Session 2 - 2 Hours
Intention 🔔	Goal = Work On Prospect #2 Solution For Outreach Mission
Reflection ✍️	I did not accomplish this task yet. I am responsible for trading my G Work Session for short term satisfaction. This will not prevent me from accomplishing this task.

9:30 am: Task 💰	Go To Appointment
Intention 🔔	ON THE WAY BY 9:45 AM

Reflection 	
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10 am: Task \$	[TRW] Powerup Call - <30 Minutes
Intention 	Goal = Find A Way to Apply New Idea/Lesson Within 15 Min (Or Schedule Time Later Today to Work on It) - Check Copywriting Campus Announcements for Call Time - Take notes if There's AMA/Zoom Call
Reflection 	I achieved exactly what I wanted for this task. Today's lesson was about using the Prof's tools to calm and focus your mind. Immediately, I actively returned my focus to everything I was doing this morning and even now. This skill will prove to be extremely useful for the rest of the tasks I have to do today.

10:30 am: Task \$	Appointment
Intention 	Goal = Resolve Vehicle Issue - Work On Prospect #2 Solution For Outreach Mission While Waiting
Reflection 	The results from my vehicle appointment was a wakeup call. The technician provided a list of issues that are suggested to be repaired/replaced, but he also gave solutions to the primary issues. I have to evaluate the overall condition of my car and make a decision soon about how to proceed with work, driving, etc.

But, I will approach this decision from a position of strength.

End-Of-Morning Rerport

 **What Did I Learn This Morning?** 

 **What Problem's Did I Face This Morning?** 

 **How Will I Solve These Problems?** 

My Afternoon Plan

2:30 pm: Task 	Recovery + [TRW] G Thought Session - 1 Hour
Intention 	Goal = Complete Shallow Work Eat (Cook/Buy Ingredients If Necessary) - [Shallow] Check Balances - <30 Minutes - [Shallow] Read Emails + Messages - <30 Minutes
Reflection 	I achieved exactly what I wanted for this task. The same food. All inboxes are empty now. And my finances are

	sorted.
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3:30 pm: Task \$	[Update] TMP + End-of-Morning Report - 30 Minutes
Intention 🔔	- Check Announcements/Updates in Copywriting Campus - Use Google Calendar to Divide The Day Into Group Tasks - Make Necessary Adjustments to Time of Tasks Or Specific Tasks
Reflection ✍️	I achieved exactly what I wanted for this task.

4 pm: Task \$	[Update] TMP For Tomorrow - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary
Reflection ✍️	

5 pm: Task \$	[Shallow] Shower + Change - 30 Minutes
Intention 🔔	Goal = To Smell, Look, And Feel Like A Gentleman - Shampoo AND Conditioner (Not 2 in 1) - Body Wash - Deodorant, Brush + Beard Oil - Change Into Clean Clothes
Reflection ✍️	

5:30 pm: Task \$	Get Ready For The Matrix
Intention 🔔	OUT THE DOOR BY 5:45 PM
Reflection ✍️	

6 pm: Task \$	[Matrix] Job (Afternoon Shift) - 4 Hours
Intention 🔔	Goal = \$ 50+
Reflection ✍️	I achieved what I wanted for this task.

9:30 pm: Task \$	Leave The Matrix
Intention 🔔	BACK HOME AT 10 PM
Reflection ✍️	

10 pm: Task \$	[Update] Evening Routine - 30 Minutes
Intention 🔔	Goal = Prepare For Tomorrow - Set uniform for work, gym, etc - Organize Room/Desk - Set Alarm (doublecheck volume)
Reflection ✍️	

10:30 pm: Task 💰	[Update] TMP + End-of-Day Report - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	



End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

Everything that happens to me is entire my fault. I am responsible what I do and say.

With that in mind, I will cultivate an internal and external environment of conscious decisiveness and confidence to overcome any obstacle.

Where there is a will, there is a way.

❌ What Problems Did I Face In The Day? ❌

- **Issues while driving my car (clunking noise every so often near rear wheels)**
- **Forgot to deliver one of the customer's drinks for their order + cost me the tip**
- **Caught myself overthinking about my living arrangements, career choices, and direction of life**

How Will I Solve These Problems Tomorrow?

- **Drive consciously to monitor health status of vehicle while evaluating next move for repairs/replacements**
 - **Apply the lesson from today's Powerup Call about bringing my focus back to calm and consciously engage in the task at hand**
-

What Do I Plan To Do Differently Tomorrow?

- **Actively bring my attention back to reality when I notice myself zoning out**
 - **Get a good night's rest + eat to ensure I am on time for tomorrow's tasks**
 - **cultivate an internal and external environment of conscious decisiveness and confidence to overcome any obstacle**
-

What Do I Plan To Do The Same Tomorrow?

- **Approach each decision from a position of strength**
-

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

- **TRW DMs**
 - **TRW Accountability Roster**
-

What Tasks Were Left Undone?

- **[Update] TMP + End-of-Morning Report - 30 Minutes**
 - **[TRW] G Work Session 1 - 1 Hour**
 - **[TRW] G Work Session 2 - 2 Hours**
-

Brain Dump:

Day 5/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	[Update] TMP + Morning Routine - 30 Minutes	✓
2	[Update] TMP + End-of-Morning Report - 30 Minutes	✓
3	[Update] Evening Routine - 30 Minutes	✓
4	[Update] TMP + End-of-Day Report - 1 Hour	✓
5	[Update] TMP For Tomorrow - 1 Hour	✓
6	[TRW] Powerup Call - <30 Minutes	✓
7	[TRW] G Thought Session - <30 Minutes	✓
8	[TRW] G Work Session 1 - 1 Hour	✓
9	[TRW] G Work Session 2 - 1 ½ Hours	✓
10	[Matrix] Job (Morning Shift) - 3 Hours	✓
11	[Matrix] Job (Afternoon Shift) - 3 Hours	✓
12	[Fitness] Meeting - 1 Hour	✓
13	[Fitness] Squats = 100	✓
14	[Shallow] Read Emails + Messages - <30 Minutes	✓
15	[Shallow] Check Balances - <30 Minutes	✓
16	[Shallow] Shower + Change - 30 Minutes	✓
17	[Shallow] Recovery Session - 1 Hour	✓

	 Day Number + Date + Time 
Day Number:	47
Date:	7/14/23
Start Time:	5:00 am

	 Three Things That I Am Grateful to Have in My Life 
1.	My constant desire to increase my testosterone every single day
2.	Bio-automated mechanics of my body i.e. breathing, heart pumping, etc
3.	Paper to hold thoughts/ideas/stories/opinions with special ink symbols known as words

	 My Top Three Priority Tasks That I WILL Complete 
1.	[TRW] G Work Session 1 - 1 Hour
2.	[Matrix] Job (Morning Shift) - 3 Hours
3.	[Fitness] Meeting - 1 Hour

	 My Top Three Goals That I WILL Achieve This Year 
1.	Learn the language of influence to gain my first testimonial as a copywriter
2.	Develop my athletic skills to the point of pro-level
3.	Make my first \$100 in Freelancing Campus

**(Remove any
boxes below that
do not match the
times when you
are awake.)**

My Morning Plan

5 am: Task 💰	[Update] TMP + Morning Routine - 30 Minutes
Intention 🔔	Goal = Set My Day Up For Success - Brush Teeth + Make Bed - Hydrate + Squats/Situps = 50-50 - Journal Thoughts/Goals For Today - “Good moneybag morning” In Freelance Beginner Chat + Review TMP For Today

	AT DESK BY 5:30 AM
Reflection 	I achieved exactly what I wanted for this task.

5:30 am: Task \$	[TRW] G Work Session 1 - 1 Hour
Intention 	Goal = Continue Lessons/Missions For Step 3 Content - Review Notes From Powerup Call #322 - Take Notes on Module 5 “Closing The Deal”
Reflection 	I achieved exactly what I wanted for this task. I also learned some navigation/info about AI in another campus that I would like to implement once I’ve established my first testimonial.

6:30 am: Task \$	Get Ready For The Matrix
Intention 	OUT THE DOOR BY 6:45 AM
Reflection 	

7 am: Task \$	[Matrix] Job (Morning Shift) - 3 Hours
Intention 	Goal = \$ 30+
Reflection 	I achieved exactly what I wanted for this task.

10 am: Task 💰	[TRW] Powerup Call - <30 Minutes
Intention 🔔	Goal = Find A Way to Apply New Idea/Lesson Within 15 Min (Or Schedule Time Later Today to Work on It) - Check Copywriting Campus Announcements for Call Time - Take notes if There's AMA/Zoom Call
Reflection ✍️	Today's leeson was about sales calls and research for prospects. Average copywriters will find out the 'what'. But great copywriters digger deeper to discover the pains. When I'm on a call or doing research, I can provide legitimate value that targets their pain + influences them to take action if I read more into what their desires/goals will do + mean for them. I will apply this to my current prospect to dig deeper and find out how my solution will actually tap into the roadblock that they want to overcome.

10:30 am: Task 💰	[Fitness] Meeting - 1 Hour
Intention 🔔	- Cardio - Pyramid circuit - Weighted leg training - 100 crunches
Reflection ✍️	I achieved more than I wanted for this task. The guys decided to spar since there was a large group. Got in three rounds against a pro fighter. I found out very quickly how humiliating it is to lose in this sport. And I will work hard to make sure I don't lose again.

11:30 am: Task \$	[Shallow] Shower + Change - 30 Minutes
Intention 🔔	Goal = To Smell, Look, And Feel Like A Gentleman - Shampoo AND Conditioner (Not 2 in 1) - Body Wash - Deodorant, Brush + Beard Oil - Change Into Clean Clothes
Reflection ✍️	I achieved G hygiene Status.

12 pm: Task \$	[Update] TMP + End-of-Morning Report - 30 Minutes
Intention 🔔	- Check Announcements/Updates in Copywriting Campus - Use Google Calendar to Divide The Day Into Group Tasks - Make Necessary Adjustments to Time of Tasks Or Specific Tasks
Reflection ✍️	✅

12:30 pm: Task \$	[Shallow] Recovery Session - 1 Hour
Intention 🔔	- [Shallow] Check Balances - <30 Minutes - [Shallow] Read Emails + Messages - <30 Minutes
Reflection ✍️	I achieved what I wanted for this task. All inboxes are sorted.

🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠

Losing is humiliating. I will put myself in a position to not let that happen again.

❌ What Problem's Did I Face This Morning? ❌

- **Lost all sparing rounds**
-

🔑 How Will I Solve These Problems? 🔑

- **Work extremely hard to make sure I do not lose again.**
-

🔪 My Afternoon Plan 🔪

1:30 pm: Task 💰	[TRW] G Work Session 2 - 1 ½ Hours
Intention 🔔	Goal = Work On Prospect #2 Solution For Outreach Mission - Review Notes From Powerup Call #322 - Find A Way to Apply AI To My Copy For Missions/Potential Prospects
Reflection ✍️	I accomplished what I wanted for this task. The prospect I was outreaching actually implemented my hypothetical solution to their email list already. Therefore, I began deep research using AI to find a similar company with a low average open rate for their email list.

	The solution is in the works and the outline for my outreach and value is ready.
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4:30 pm: Task \$	[Update] TMP For Tomorrow - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary
Reflection ✍️	i did not accomplish what I wanted for this task. I watched a video about when/how Justin Waller sets his daily schedules. I found a new system on how I am going to prepare my schedule.

5:30 pm: Task \$	Get Ready For The Matrix
Intention 🔔	OUT THE DOOR BY 5:50 PM
Reflection ✍️	

6 pm: Task \$	[Matrix] Job (Afternoon Shift) - 3 Hours
Intention 🔔	Goal = \$ 35+
Reflection ✍️	I achieved exactly what I wanted for this task. I also found a new audiobook to read: “Trust Me I’m Lying” - Ryan

	Holiday.
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9 pm: Task \$	Leave The Matrix
Intention 🔔	
Reflection ✍️	

9:30 pm: Task \$	[Update] Evening Routine - 30 Minutes
Intention 🔔	Goal = Prepare For Tomorrow - Set uniform for work, gym, etc - Organize Room/Desk - Set Alarm (doublecheck volume)
Reflection ✍️	My day is set for tomorrow

10 pm: Task \$	[Update] TMP + End-of-Day Report - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	✅

11 pm: Task 💰	[Update] TMP For Tomorrow - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary
Reflection ✍️	✅

End-Of-The-Day Report:

🧠 What Did I Learn Today? 🧠

I learned a lot about what kind of fighter and man I am.

I will internalize this new knowledge to fuel my drive to become rich and powerful.

❌ What Problems Did I Face In The Day? ❌

- **I took myself too seriously in a few public interactions**

🔑 How Will I Solve These Problems Tomorrow? 🔑

- **Calm down while talking + recognize that they are just human beings**

NEW What Do I Plan To Do Differently Tomorrow? NEW

- **Take into account my level of skill + knowledge to overcome certain obstacles intelligently**

- Turn my mind into an ally

🔄What Do I Plan To Do The Same Tomorrow?🔄

- Face my fears to overcome mental/physical roadblocks

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

- TRW Accountability Roster

📝What Tasks Were Left Undone?📝

- None

Brain Dump:

Day 6/7:

	Task List For The Day - Fill In ALL 20!	✓/✗
1	[Update] TMP + Morning Routine - 30 Minutes	✓
2	[Update] TMP + End-of-Morning Report - 30 Minutes	✓
3	[Update] Evening Routine - 30 Minutes	✓
4	[Update] TMP + End-of-Day Report - 1 Hour	✓

	Task List For The Day - Fill In ALL 20!	✓/✗
5	[Update] TMP For Tomorrow - 1 Hour	✓
6	[TRW] Powerup Call - <30 Minutes	✓
7	[TRW] G Thought Session - <30 Minutes	✓
8	[TRW] G Work Session 1 - 1 ½ Hours	✓
9	[TRW] G Work Session 2 - 1 ½ Hours	✓
10	[TRW] G Work Session 3 - 1 ½ Hours	✓
11	[Matrix] Job (Afternoon Shift) - 4 Hours	✓
12	[Fitness] Meeting - 2 Hours	✓
13	[Fitness] pushups = 120	✓
14	[Shallow] Read Emails + Messages - <30 Minutes	✓
15	[Shallow] Check Balances - <30 Minutes	✓
16	[Shallow] Shower + Change - 30 Minutes	✓

	 Day Number + Date + Time 
Day Number:	48
Date:	7/15/23
Start Time:	5:44 am

	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	Laundry Detergent to keep my clothes clean
2.	10 toes + 10 fingers

3.	My subscription for TRW
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	 My Top Three Priority Tasks That I WILL Complete 
1.	[TRW] G Work Session 1 - 1 ½ Hours
2.	[TRW] G Work Session 2 - 1 ½ Hours
3.	[Fitness] Meeting - 2 Hours

	 My Top Three Goals That I WILL Achieve This Year 
1.	Learn the language of influence to gain my first testimonial as a copywriter
2.	Develop my athletic skills to the point of pro-level
3.	Make my first \$100 in Freelancing Campus

**(Remove any
boxes below that
do not match the**

**times when you
are awake.)**

My Morning Plan

5:30 am: Task 💰	[Update] TMP + Morning Routine - 30 Minutes
Intention 🔔	Goal = Set Up My Day For Success - Brush Teeth + Make Bed - Hydrate + Squats/Situps = 50-50 - Journal Thoughts/Goals For Today - “Good moneybag morning” In Freelance Beginner Chat + Review TMP For Today AT DESK BY 5:30 AM
Reflection ✍️	I accomplished what I wanted for this task.

6 am: Task 💰	[TRW] G Work Session 1 - 1 ½ Hours
Intention 🔔	Goal = Continue Lessons/Missions For Step 3 Content - Review Notes From Powerup Call #322 - Take Notes on Module 5 “Closing The Deal”

Reflection 	I accomplished exactly what I wanted for this task. I learned how simple a sales call and closing the deal can be if I ask the right questions and reverse expectations to increase my value. I will apply this to my outreach and future calls.
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7:30 am: Task 	Go To The Meeting
Intention 	OUT THE DOOR BY 7:45 AM
Reflection 	

8 am: Task 	[Fitness] Meeting - 2 Hours
Intention 	- In + outs - Footwork - Faints - IQ (vision/Awareness) - Gas tank conservation
Reflection 	I accomplished exactly what I wanted for this task. When I take accountability for a problem, regardless of who's fault it is, unless I die or are severely injured from it, then I'm good. And I ain't no snitch...

10 am: Task 	[TRW] Powerup Call - <30 Minutes
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Intention 🔔	Goal = Find A Way to Apply New Idea/Lesson Within 15 Min (Or Schedule Time Later Today to Work on It) - Check Copywriting Campus Announcements for Live Call Time - Take notes if There's AMA/Zoom Call or to re-schedule
Reflection ✍️	Today's Powerup Call brought a new perspective to light about the way I've been practicing copywriting in the bootcamp. I am going to go through the final videos of Step 3 to determine how well I can retain the information and apply it to real-world situations.

10:30 am: Task 💰	Leave The Meeting
Intention 🔔	
Reflection ✍️	

11 am: Task 💰	[Shallow] Shower + Change - 30 Minutes
Intention 🔔	Goal = To Smell, Look, And Feel Like A Gentleman - Shampoo AND Conditioner (Not 2 in 1) - Body Wash - Deodorant, Brush + Beard Oil - Change Into Clean Clothes
Reflection ✍️	I achieved G hygiene status.

11:30 am: Task \$	[TRW] G Work Session 2 - 1 ½ Hours
Intention 🔔	Goal = Work On Finding Prospects For Outreach - Review Notes From Powerup Call #322 - Find A Way to Apply AI To My Copy For Missions/Potential Prospects
Reflection ✍️	I exceeded today's task by completing the Copywriting Bootcamp. With access to more chats (including an AI chat), I can take time this weekend to review the bootcamp steps, As well as prioritize prospect research, outreach, value creation, and AI for multiple G Work Sessions. 🔥 ✍️

🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠

- how simple a sales call and closing the deal can be if I ask the right questions and reverse expectations to increase my value.
- When I take accountability for a problem, regardless of who's fault it is, unless I die or are severely injured from it, then I'm good.
- And I ain't no snitch
- Today's Powerup Call brought a new perspective to light about the way I've been practicing copywriting in the bootcamp.
- After finishing the bootcamp and accessing more chats (including an AI chat), I can take time this weekend to review the bootcamp steps,
- As well as prioritize prospect research, outreach, value creation, and AI for multiple G Work Sessions. 🔥 ✍️

❌ What Problem's Did I Face This Morning? ❌

- The way I take notes and research significantly reduces my time to actually work
- I need to set up my room for future sales calls by buying a few things (with money I don't have yet)

🔑 How Will I Solve These Problems? 🔑

- **Detach from old academic learning techniques + implement AI into any work/research online as often as I can**
- **Focus on finding prospects + creating value for them, once I've actually secured a call through outreach, then buy stuff to set up my room to look nice (this will be the easy part)**

🔪 My Afternoon Plan 🔪

1 pm: Task 💰	[Update] TMP + End-of-Morning Report - 30 Minutes
Intention 🔔	- Check Announcements/Updates in Copywriting Campus - Use Google Calendar to Divide The Day Into Group Tasks - Make Necessary Adjustments to Time of Tasks Or Specific Tasks
Reflection ✍️	✅

1:30 pm: Task 💰	Recovery session
Intention 🔔	- Eat - Hydrate
Reflection ✍️	✅

2 pm: Task 💰	Recovery session
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Intention 🔔	- Eat - Hydrate
Reflection ✍️	✓

2:30 pm: Task \$	Recovery Session
Intention 🔔	- Eat - Hydrate
Reflection ✍️	✓

3 pm: Task \$	[TRW] G Work Session 3 - 1 ½ Hours
Intention 🔔	Goal = Create Solutions For Prospects For Outreach - Review Notes From Powerup Call #322 - Find A Way to Apply AI To My Copy For Missions/Potential Prospects
Reflection ✍️	I accomplished exactly what I wanted for this task. After reviewing Step 1 content, I found a new research tactic to speed up my value-creation process.

4:30 pm: Task \$	[Update] TMP For Tomorrow - 1 Hour
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Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary
Reflection ✍️	✅

5:30 pm: Task \$	Go Into The Matrix
Intention 🔔	OUT THE DOOR BY 5:45 PM
Reflection ✍️	

6 pm: Task \$	[Matrix] Job (Afternoon Shift) - 4 Hours
Intention 🔔	Goal = \$ 50+
Reflection ✍️	I accomplished what I wanted for this task.

10 pm: Task \$	Leave The Matrix
Intention 🔔	BACK HOME AT 10:30 PM
Reflection ✍️	

10:30 pm: Task 💰	[Update] Evening Routine - 30 Minutes
Intention 🔔	Goal = Prepare For Tomorrow - Set uniform for work, gym, etc - Organize Room/Desk - Set Alarm (doublecheck volume)
Reflection ✍️	

11 pm: Task 💰	[Update] TMP + End-of-Day Report - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	

12 am: Task 💰	[Update] TMP For Tomorrow - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	



End-Of-The-Day Report:



What Did I Learn Today?

- **I found a new research tactic to speed up my value-creation process**
 - **Going through the struggle is necessary to achieve success**
 - **Doing the right thing is always the best move**
-

What Problems Did I Face In The Day?

- **Had to work overtime to accomplish goal for today**
-

How Will I Solve These Problems Tomorrow?

- **Push through the adversity + work; there are kids standing outside 7-11 offering to wash people's car windows for \$ 5, you have no excuse**
-

What Do I Plan To Do Differently Tomorrow?

- **Apply the research tactic to speed up my results during G Work Session**
 - **Detach from old academic learning techniques + implement AI into any work/research online as often as I can**
 - **Speak with confidence + only speak when absolutely necessary**
-

What Do I Plan To Do The Same Tomorrow?

- **Do good things for other people**
 - **Show respect wherever I go**
 - **Resist temptation**
 - **Consciously redirect my focus to increase my discipline + fortify my mind in iron-clad**
-

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

 What Tasks Were Left Undone? 
None.

Brain Dump:

Day 7/7:

	Task List For The Day - Fill In ALL 20!	 / 
1	[Update] TMP + Morning Routine - 30 Minutes	
2	[Update] TMP + End-of-Morning Report - 30 Minutes	
3	[Update] Evening Routine - 30 Minutes	
4	[Update] TMP + End-of-Day Report - 1 Hour	
5	[Update] End-Of-Week Report + TMP For Tomorrow - 1 ½ Hours	
6	[TRW] Powerup Call - <30 Minutes	
7	[TRW] G Thought Session - <30 Minutes	
8	[TRW] G Work Session 1 - 1 ½ Hours	
9	[TRW] G Work Session 2 - 1 ½ Hours	
10	[TRW] G Work Session 3 - 1 ½ Hours	

	Task List For The Day - Fill In ALL 20!	✓/✗
11	[Matrix] Job (Afternoon Shift) - 4 Hours	✓
12	[Fitness] Meeting - 2 Hours	✗
13	[Fitness] pushups = 120	✓
14	[Shallow] Read Emails + Messages - <30 Minutes	✓
15	[Shallow] Check Balances - <30 Minutes	✓
16	[Shallow] Shower + Change - 30 Minutes	✓

	 Day Number + Date + Time 
Day Number:	49
Date:	7/16/23
Start Time:	10:30 am

	 Three Things That I Am Grateful to Have in My Life 
1.	Blinds to let in or keep out the sunlight
2.	The guys who didn't hold back when sparring me this past week
3.	My clothes and shoes

	 My Top Three Priority Tasks That I WILL Complete 
1.	[Update] End-Of-Week Report + TMP For Tomorrow - 1 ½ Hours
2.	[TRW] G Work Session 2 - 1 ½ Hours

3.	[Matrix] Job (Afternoon Shift) - 4 Hours
----	---

	 My Top Three Goals That I WILL Achieve This Year 
1.	Learn the language of influence to gain my first testimonial as a copywriter
2.	Develop my athletic skills to the point of pro-level
3.	Make my first \$100 in Freelancing Campus

**(Remove any
boxes below that
do not match the
times when you
are awake.)**

✂️ My Morning Plan ✂️

5 am: Task 💰	[Update] TMP + Morning Routine - 30 Minutes
Intention 🔔	Goal = Set Up My Day For Success - Brush Teeth + Make Bed - Hydrate + Squats/Situps = 50-50 - Journal Thoughts/Goals For Today - “Good moneybag morning” In Freelance Beginner Chat + Review TMP For Today AT DESK BY 5:30 AM
Reflection ✍️	Woke up later than scheduled and still completed this task to set the rest of the day that is available up for success.

5:30 am: Task 💰	[TRW] G Work Session 1 - 1 ½ Hours
Intention 🔔	Goal = Review Lessons/Missions From Step 2 Content - Review Notes From Powerup Call #322 - Reference Notes - Practice Mission Quickly (rough drafts only to increase out speed)
Reflection ✍️	I did not accomplish what I wanted for this task. However, I will exchange this work for one of my other G Work Sessions to review and hone my copywriting skills for real work this week.

7 am: Task \$	Go To THE Meeting
Intention 🔔	OUT THE DOOR BY 7:15 am
Reflection ✍️	✗

7:30 am: Task \$	Go To THE Meeting
Intention 🔔	- Cardio
Reflection ✍️	I did not accomplish today's task. Fitness is essential and I will take this more seriously. I will not miss training this week.

10 am: Task \$	[TRW] Powerup Call - <30 Minutes
Intention 🔔	Goal = Find A Way to Apply New Idea/Lesson Within 15 Min (Or Schedule Time Later Today to Work on It) - Check Copywriting Campus Announcements for Live Call Time - Take notes if There's AMA/Zoom Call or to re-schedule - [TRW] G Thought Session - <30 Minutes
Reflection ✍️	I did not accomplish what I wanted for this task. However, Powerup Calls provide valuable insight to becoming a better version of myself.

	I will schedule time later today to watch it and apply the lessons from the Prof.
--	--

10:30 am: Task \$	Leave The Meeting
Intention 🔔	
Reflection ✍️	✗

11 am: Task \$	[Shallow] Shower + Change - 30 Minutes
Intention 🔔	Goal = To Smell, Look, And Feel Like A Gentleman - Shampoo AND Conditioner (Not 2 in 1) - Body Wash - Deodorant, Brush + Beard Oil - Change Into Clean Clothes
Reflection ✍️	I accomplished what I wanted for this task. G hygiene status was achieved today.

11:30 am: Task \$	Recovery
Intention 🔔	- Eat - Hydrate - [Shallow] Read Emails + Messages - <30 Minutes - [Shallow] Check Balances - <30 Minutes

Reflection ✍️	I accomplished what I wanted for this task.
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12:30 pm: Task 💰	[Update] TMP + End-of-Morning Report - 30 Minutes
Intention 🔔	- Check Announcements/Updates in Copywriting Campus - Make Necessary Adjustments to Time of Tasks Or Specific Tasks
Reflection ✍️	I accomplished what I wanted for this task.

🎯 **End-Of-Morning Rerport** 🎯

🧠 What Did I Learn This Morning? 🧠
I am solely responsible for what happens in my day. My failure to honor my ancestors with completing all tasks to conquer the day hurts. But I will persevere and continue the rest of today and each day after with tenacity and strong will.

❌ What Problem's Did I Face This Morning? ❌
- Woke up later than scheduled missing multiple tasks that could have progressed me forward significantly - Did not go to training due to oversleeping and feigning ignorance to get up - Ate the last of my food that was supposed to last me through today

🔑 How Will I Solve These Problems? 🔑

- **Practice conscious accountability and discipline to wake up and attack the day even when I don't feel like doing it**
- **100 burpees everyday for a week**
- **Buy groceries with the money in account and work overtime tonight to make at least half of it back**

My Afternoon Plan

1 pm: Task 💰	[TRW] G Work Session 2 - 1 ½ Hours
Intention 🔔	Goal = Work On Finding Prospects For Outreach - Review Notes From Powerup Call #322 - Find A Way to Apply AI To My Prospect Research
Reflection ✍️	I substituted my morning G Work Session for this time and accomplished exactly what I wanted for this task.

3 pm: Task 💰	[TRW] G Work Session 3 - 1 ½ Hours
Intention 🔔	Goal = Work On Finding Prospects + Value For Outreach - Review Notes From Powerup Call #322 - Find A Way to Apply AI To My Copy For Missions/Potential Prospects
Reflection ✍️	I accomplished exactly what I wanted for this task. I created an avatar from my market research which now puts me in a position to begin identifying holes in funnels for companies.

4:30 pm: Task \$	[Update] TMP For Tomorrow - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary
Reflection ✍️	I accomplished what I wanted for this task.

5:30 pm: Task \$	Go Into The Matrix
Intention 🔔	OUT THE DOOR BY 5:45 PM
Reflection ✍️	✓

6 pm: Task \$	[Matrix] Job (Afternoon Shift) - 4 Hours
Intention 🔔	Goal = \$ 50+
Reflection ✍️	I accomplished what I wanted for this tasks. I also realized how much I was not making. So, I calculated how much more I will need to work to pay the bills, While maintaining as much time as possible to work in The Real World.

9:30 pm: Task \$	Leave The Matrix
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Intention 🔔	
Reflection ✍️	✓

10 pm: Task 💰	[Update] Evening Routine - 30 Minutes
Intention 🔔	Goal = Prepare For Tomorrow - Set uniform for work, gym, etc - Organize Room/Desk - Set Alarm (doublecheck volume)
Reflection ✍️	I accomplished what I wanted for this task.

10:30 pm: Task 💰	[Update] TMP + End-of-Day Report - 1 Hour
Intention 🔔	- Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Tasks If Necessary
Reflection ✍️	

11 pm: Task 💰	[Update] TMP + End-of-Day Report - 1 Hour
Intention 🔔	
Reflection ✍️	

11:30 pm: Task 💰	[Update] End-Of-Week Report + TMP For Tomorrow - 1 ½ Hours
Intention 🔔	- Review Morning/Afternoon Reports From Entire Week - Prepare Schedule For Tomorrow - Check Announcements/Updates in TRW - Use Google Calendar to Divide Tasks Accordingly + Add Personal Appointments If Necessary - Post Today's Reports In The Accountability Roster
Reflection ✍️	

12 am: Task 💰	[Update] End-Of-Week Report + TMP For Tomorrow - 1 ½ Hours
Intention 🔔	
Reflection ✍️	

12:30 am: Task 💰	[Update] End-Of-Week Report + TMP For Tomorrow - 1 ½ Hours
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



🧠 **What Did I Learn Today?** 🧠

Even if I have to work more hours in the matrix, I intend to utilize as much free time as possible to work in TRW.

While everyone else is celebrating this week and going out,

I'll be fighting alongside the G's in TRW to conquer adversity and help each other become rich and successful.

✗ What Problems Did I Face In The Day? ✗

- **Did not fill out the TMP throughout the resulting in me doing it all tonight + taking away valuable time to sleep**

🔑 How Will I Solve These Problems Tomorrow? 🔑

- **Consciously remind myself to check/update my TMP throughout the day**

NEW What Do I Plan To Do Differently Tomorrow? NEW

- **Update my TMP each hour (every other hour if necessary)**
- **Work longer in the matrix to make enough to pay the bills**

♻️ What Do I Plan To Do The Same Tomorrow? ♻️

- **Consciously direct my focus to the task at hand**
- **Speak and walk with confidence**

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

- **TRW Accountability Roster**
-

What Tasks Were Left Undone?

- **[TRW] G Work Session 1 - 1 ½ Hours**
 - **[Fitness] Meeting - 2 Hours**
-

Brain Dump:

End Of Week Report:

What Did I Learn This Week?

- **I have to believe I will improve even if it's only 1% today then another 1% tomorrow and so on...**
 - **Networking is easy when both people are working towards a similar goal**
 - **Everything that happens to me is entire my fault. I am responsible what I do and say.**
 - **Losing is humiliating. I will put myself in a position to not let that happen again.**
 - **I found a new research tactic to speed up my value-creation process**
 - **Going through the struggle is necessary to achieve success**
 - **Doing the right thing is always the best move**
 - **My failure to honor my ancestors with completing all tasks to conquer the day hurts.**
-

✗What Problems Did I Face This Week?✗

- **Woke up later than scheduled on multiple days**
 - **The way I take notes and research significantly reduces my time to actually work**
 - **Missed multiple training sessions**
 - **Did not update my TMP consistently each day**
 - **Late to appointments + multiple tasks**
-

🔑How Will I Solve These Problems Next Week?🔑

- **Prioritize good night's rest + practice discipline by consciously activating the loud, irritating voice in my head to get up when I don't feel like it**
 - **Implement the new learning strategy I discovered from the G's in TRW**
 - **100 burpees everyday, no excuses**
 - **Consciously remind myself to either check or update my TMP each hour (every other hour if necessary)**
 - **Set a timer + STOP WASTING TIME**
-

NEWWhat Do I Plan To Do Differently Next Week?NEW

- **Approach each task from a position of strength even if I have no idea how to solve a problem**
 - **'Outsource' my question or problem as a last resort**
 - **Make confidence + composure + respect a part of my character**
 - **Take accountability for everything that happens to me**
 - **Adapt to unexpected circumstances**
 - **Overcome complacency + break mental barriers in order to take action**
 - **Show up ON TIME to the task/appointment at hand**
-

♻️What Do I Plan To Do The Same Next Week?♻️

- **Redirect my focus to the task at hand**
- **Provide value wherever, whenever I can to make someone else's day better**
- **Face my fears to overcome mental/physical roadblocks**
- **Work in TRW every day regardless of how much time I have available for it**

- **Approach every task or obstacle from a position of strength**
-

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

- **TRW Accountability Roster**
-

 **What Tasks Were Left Undone?** 

- **[TRW] G Work Session 1 - 1 ½ Hours**
- **[Fitness] Meeting - 2 Hours**
- **[Update] TMP + End-of-Morning Report - 30 Minutes**
- **[TRW] G Work Session 1 - 1 Hour**
- **[Matrix] Job (Morning Shift) - 2 Hours**
- **[Fitness] Pushups = 100**
- **[Fitness] Pullups = 30**
- **[TRW] Powerup Call - <30 Minutes**
- **[TRW] G Work Session 3 - 1 Hour**
- **Matrix Job (Afternoon Shift) - 4 Hours**

Brain Dump: