

Day 2/31 - \$0/\$10K Client Revenue

Who You Are Now vs Who You Want to Be

- Now:
 - Somebody who doesn't have the power and resources to go out and do stuff independently in life without relying on others.
- Who You Want to Be:
 - A 17 year old who is financially independent who can provide for his family, strong like a Ox and capable, willing to take on any challenge which comes his way with a smile, dialed in and focused like a man on a mission.

Your Reason *Why*

- To live life with pride knowing I took the opportunity that God had bestowed upon me, to become the greatest version of myself in all endeavors. To be a pillar of respect throughout my family, thankful to give them everything they've wanted, for all they did for me.
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G Work Checklist

- ☐ Set a binary, tangible goal
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing
- ☐ Remove distractions
- ☐ Set a challenging timer and try to beat it
- ☐ Get started
- ☐ Evaluate afterwards

Day - 7.11.2024

- ☐ Finish brainstorming the overall layout to the proposal for our barbershop client. (For him to say yes to booking systems and him running ads)
 - Work through and find the problems with it.
 - Structure it in the best possible way long term for the success of the agreement to both.

GWS Reflection:

What tasks/objectives did I demolish?

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Problems/mistakes encountered?

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Solutions to each mistake/problem?

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Tasks:

- 1H GWS on proposing the projects to your client successfully.
- 30min root cause analysis on your slumps.
- Watch the live beginner call on getting first client/

Wake up alarm 10:00am.

- ☐ Fell back to sleep and procrastinated from 10:30-11:50.
- ☐ 12:00-12:10 - Make bed, brush, toilet
- ☐ 12:10 - drink 750ml water, shadowbox outside, start day.

- ☐ 12:25 - 12:50 scroll through TRW chats, respond to messages. (procrastination in another form)
- ☐ 12:50-1:18 Eat
- ☐ 1:21-2:27 Begin and Finish MPUC .
- ☐ 2:27-3:21 procrastinate on phone and go outside.
- ☐ 3:21-4:26 ate and sat on phone handling a argument.
- ☐ 4:27-5:32 Cooking and finishing another meal for bulk. (Caught myself scrolling on X)
- ☐ 5:32-6:10 Scrolling again.
- ☐ ~~6:12-7:12 GWS #1~~
6:32-7:32 Root cause analysis on why we fall into slumps.
- ☐ Ended up procrastinating until 7:04PM.
- ☐ 7:05-8:50 Gym. (Planned)
- ☐ 7:30-10:30 Gym. Filled with procrastination, going in to the basketball court next door to the gym, checking on our friend, delaying our warm up, and talking and checking out the pump, not laser focused with not enough urgency.
- ☐ 10:35-11:30 Eating (slow eating because on call.)
- ☐ 11:30-11:50 Distracted by a FaceTime with friends.
- ☐ 12-12:30 Distracted on IG.
- ☐ 1:03 Begin oodalooping and planning day,

End day review:

Overall problems/mistakes throughout the day?

- We waste hours of time throughout our day, spend too much time eating.
- Not enough urgency in our workout to get shit done, attention diverted instead of laser focus.
- Sleeping late and getting up late.

Solutions to each mistake/problem?

- Time everything, time breaks after MPUC and everything.
- Defeat the tasks and time in your calendar as if it's a war, follow it religiously. Have a schedule, a schedule in which we can't fall behind in, in our tasks.

- Be done with all tasks by 12pm, when the urge comes up to do something. Save it was a reward for later to develop work-reward in the brain.

As you go in the gym, hang inside TRW chat for the environment in between sets, remind yourself of your over arching purpose.