

Day 23

Accountability Document

What is the critical task you completed today that is moving the needle most?

- Teams meeting set up for Monday with big landscaper CEO
- Organized all my clients/prospect documents.
- Made a referral+giveaway funnel strategy for interior designer
- Launched DM campaign garden design

What were your achievements today?

- Garden design client asked if I wanted to help on a project with their job. (Digital health research)
 - They are struggling getting research recruits through their FB ads.
- Daily hard
 - 100 Burpees
 - Cold shower
 - 10 morning pushups
- Teams meeting booked
- Interior designer is in on referral project.

Twilight review on the day:

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Wins:

- Followed morning routine perfectly.
- Cold shower
- 90m karate
- 100 burpees right after.
- 5m candle staring contest
- Call with the CEO booked for Monday. 15 million dollar a year landscaping company
- Interior designer liked my IG plan
 - Haven't replied yet though, because I was a bit confused. She didn't say if she liked my referral idea.

Losses:

- Didn't work on my conquest planner
- lost the flow state when switching tasks in a GWS.
 - Finished task 2, on to task 3, lost the focus
- Could've time squeezed more
 - Move stretching
 - Move burpee power message.

- Move email replies
- To cooking/eating time or training time.
- Fill in daily analysis throughout the day, as stuff happens
- I haven't Been sticking to bedtime.
6-7 hours sleep.

Insights learned today and how you will apply them to hit your goal:

Tomorrow's tasks:

- ☐ GET 8 HOURS SLEEP MINIMUM

MORNING

- Roll out of bed, open blinds, do 10 pushups
- Make bed
- 5 - 15s cold shower to wake up
- Pray
- Read identity document

- ☐ TIME SQUEEZE →
Conquest planner
Stretch
Burpee message and power ups
Email replies

Gws - Call Prep

Gws - Call prep

Gws - Client ads

Gws - Referral funnel

- 100 Burpees
- Candle
- Daily review
- Shower
- Be in bed by 21:30

- ☐ 21:30 Bed

- ☐ 5:55: Wake up.

That's 8,5 hours.

Any other thoughts you have on your current situation and what you need to work on:

- My main roadblock is fear of askingIt's literally devaluing myself & my time.
- Sleep 8 hours every night. That is your goal.

- Write the # of hours of sleep you get every night on your accountability doc (new version coming soon)
- Plan out your days by the GWS the night before. BE SPECIFIC WITH IT
- CONSTANTLY check yourself throughout the day to make sure you're moving AS FAST AS POSSIBLE, and doing THE TASK YOU NEED TO DO TO PUSH THE NEEDLE.
- And decide to actually do the work. No one else can do it for you.
- DO 1 HARD THING EVERY DAY
- Stare into a candle and focus on it for 5m at night, every day.