

Barracks Log

3/29

Day 11

Barracks Log 11

What did I produce today?

- Top Player Analysis Document

Honorable, strong, and brave actions?

- Practiced tireless strength and mental control in labor matrix job.
- Forced my brain through Top Player analysis
- Forced my body to do the burpees

Cowardly actions?

- Went back to sleep, woke up 30 minutes late
- Ran away from morning burpees.
- Focused on an undeserved breakfast
- Prayed before the rest of the mosque did in order to get to work. I was late anyway.
- Caught myself scrolling twice
- Extremely slow burpees
- Bought a box of cinnamon buns. Ate the entire box. This was a “reward” for completing burpees. A deal I made with myself to keep going - but there’s no way it could have been a reward I didn’t achieve in anything of merit.
- Laid down after Isha. Fell asleep and burned the pizza
- Tried to pull an all-nighter for Top Player Analysis, instead of sleeping
- Ran away to bed when I started passing out
- Instead of allowing a good night’s rest, I woke myself up countless times on the premise of doing more work.
- Allowed myself to be distracted by stupid drama.

What actions will I take tomorrow to become a better me?

- I’m not going to text my girlfriend through the day. Good morning and that’s all.
- I’m going to do all 200 burpees in a row without rest.
- I won’t eat breakfast. Water only
- I’m going to handle my affairs quickly and go home

- Im going to focus on client work until I choose to sleep after Isha
- Im going to take a cold shower
- **13 DAYS**
- **Checklist: FAILED**
- **Why?** Because I chose to be extreme, trying to remove sleep instead of remaining consistent and disciplined.

Last week, I bought a ticket for a comedian performing in my city. This would have been my first show of any kind, and he's even one of my favorites. It's a shame that I have to sell it now. This would have made sense as a reward over bullshit cinnamon buns.

Are you proud of your day? ❌

Day 5

What did I produce today

1. A recreation of my enemy, also my ideal self.
2. A plan for my clients growth
3. This is abstract, but I used my brain to understand that ecommerce isnt selling to one market- there can be different subniches targeted for each product sold. More market research. More practice. More skill. Allahu Akbar

Greatest Lesson

4. Money doesnt exist, focus on the craft. Genuinely becoming excited on my progression in this skill, and others (marketing, business, communication). I need to do more and produce results for my clients. But I realized this progression feels better than money ever will. I get to enjoy such a wonderful experience.

Greatest Loss

5. Today I realized that I could have sold the car this week. The guy who wanted to see it, didnt have a ride. If I had offered to pick him up to see the vehicle, he would have bought. It was a kid, so now his interests have passed and Ive missed that specific opportunity. Onto the next one.

Greatest Win

6. An entire mindset shift. Responsibility is scary, but what was more concerning was that I wouldnt feel the pressure and live up to it. No chance. This, coupled

with renewed competition against my enemy/ideal self will undoubtedly keep me in momentum

Tomorrow's Winning Strategy

7. Create FB Post
8. Begin Winning Strategy Execution
 - Create copy for at least priority products
 - Create Ad testing plan
9. Provide maximum value in client call
10. Growth Analysis for final client
11. Go through flipping course, start selling some useless things.

16 Days until experienced. Time's ticking.

Daily checklist: Done

Outcomes: 1,2,3

3/28

Day 4

- **What did I produce today**
 - Client drops for website
 - Improvement to email
- **What were my goals for today**
 - Submit email copy to Copy Review. Have it reviewed, InshaaAllah ✓
 - Plan email sequence with the goal of increasing sales and value. Rewatch and take notes on email sequence work ✗
 - REVIEW important notes (I have a couple I found). In fact, I'm going to do that now.
 - Analyze and create a plan for fitness ecommerce client. Keep focusing on providing as much value as possible, proving my competency every step of the way (**In progress**)
 - Create first FB post for fitness ecommerce client ✗
 - Start uploading drops for crochet client ✓
 - Give her standalone advices, like graying out sold out items and creating a sense of scarcity. ✗
 - Beat the burpee PR of 13.30s. Wtf is 18 minutes? ✓
- **Wins and Losses**

- W - brave actions, fed two homeless G's. The matrix wants me to look at them and think "they put themselves there", "if it were me I could have fixed it". Both may be true. Doesn't matter, help a brother out.
- L - I took a warm shower instead of a cold one. On 0 sleep, this was not the best choice. I slept for an hour afterward before getting to work
- W - Burpee PR beaten.
- L - Burpee PR beaten by only 10 seconds, when it could have been 30+
- W - Instead of resting on the victory, I knew I could do better and that there is no reason to feel proud. Mindset growth
- L - Ate dinner, fell asleep, woke up at 12:30am. If I had done everything before I slept, I could have slept the entire night
- W - From my boy's YM advice, I came up with a nice idea for opt-in. I professionally clarified the idea, practiced it for about 30 minutes to an hour, and gave it to my client. She asked me for first post ideas, so we'll see what she thinks in the morning\
- L - I told my client I would send it tonight. I sent it at 2:20am because I fell asleep
- W - Good conversation with the cousin/roommate
- L - Took the wrong exit on the way home, adding 10 minutes because I was distracted by the Emergency Meeting playing
- W - Rejected cheap dopamine. It's ridiculous how enticing gas station crap is when you're going to one every day as a part of the job. *and im fasting*, why the hell would I need to buy a bunch of junk food to stash away. That's pathetic. I'm glad its not me.
- L - Did my clients design, forgot to apply it to mobile. I have to understand most people are on mobile phones.
- L - Said yes to meetings on Sunday with my second client and his team. I have another thing scheduled. Its amazing to me that I will replace things based on priority, rather than work them in at a different time. I'm working on this by keeping a record through ChatGPT of everytime I make a mistake that stems from "people pleasing".
- EXTREME L - My little sister had a performance today. Because I didn't prepare for the chance that I would forget, and I didnt schedule it on my calendar, or my brain wasnt present because I didn't sleep, I MISSED it. My mother bought the family tickets. The basketball game is at the arena across the street from my apartment. It was completely in my own hands to be a man, and keep my promise. Wallowing will get us nowhere, but to improve I will acknowledge exactly what the loser wants to do. He wants to recoil and stop speaking to his family to avoid saying he'll do things that he ultimately wont. He wants to detach from them with the idea of

improving himself, and return with ultimate competency. I should do that. I should keep up with my family here and there, and avoid making promises until I know they're going to be kept. But I won't recoil. I'm going to take control of my communications now. I'm tired of putting off contacting people because I'm afraid I'll get invited to something that I will say yes to, ultimately ruining my own plans for the day. Have some fucking discipline and say no.

- **What are my goals for tomorrow**
 - No matter what, no matter where I am, no matter who I'm working with, **go to Friday prayer**
 - Read at least 20 pages of the Quran
 - Do complete analysis of fitness niches, markets, top players, and of my clients business
 - Create his first FB post
 - Plan out email sequence for when client agrees to my idea for her page
 - Write more emails to fix the issue of hyperfocusing on the only copy Ive ever made
- **17 Days LEFT TO JOIN EXPERIENCED**
- **Daily checklist: Done**
- **Outcomes: 1, 2**

3/27

Day 3

- **What did I produce today**
 - FB Profile, client said "yo this looks good asf"
 - IT TOOK ME THREE HOURS TO WRITE A BIO AND MAKE A PROFILE PICTURE. but it's ok. You see, my professor told me to think about how I can provide maximum value to my client. This is probably the first time I've overdelivered, even by a small amount. Let's keep it going.
 - Finally, I have produced copy. A welcome email sequence for a lead opt-in. Took me about 5 hours from when I first sat down, *using ChatGPT*.
 - I recognized that my brain was passively fighting against this. Even though the next step was obvious, it was too busy trying to think about other things I could be doing. Or may be more important. It made me understand how true the words "You're afraid of doing the work" are. I don't have to say this, but I will. Professor Andrew has always been absolutely correct

The way I beat this was pretty simple Aikido. Because the prestigious @Y.M asked me what my battle plan is, and I got extremely angry with my current state, I clearly identified what I needed to do next. It didn't take thinking. It took "stop being a BITCH. Do the damn burpees, clean up the house, sit down, watch growth opportunities..." Then we had the MPUC. And what a revelation it was: the steps I told myself to take to achieve my goals are the same steps that were presented. *You mean to tell me I know exactly what I need to do to reach my goals?* Professor Andrew is always right. So gone are the days where I sit thinking "no, that can't be it." I know now.

- **What were my goals for today**
 - Analyze my 3 clients ❌
 - Create 3 plans ❌
 - Create Copy until its prepared for copy Aikido ✅
 - Submit one to three copy to copy Aikido ❌
- **What mistakes did I make?**
 - I should have began using ChatGPT much earlier in life. Now I will use it to speed up everything, to help with everything. ChatGPT 4 is a CRAZY WORLD OF DIFFERENCE.
 - I just took too long. Seriously, it's a little annoying to think it nearly takes me 24 hours to analyze growth opportunities, analyze top players, and create one email. WTF is that.
 - I didn't think about the fact that the Advanced Review Channel Closes. I actually expected to submit at 2am
 - I LIED yesterday. I woke up this morning and realized I did not plan my tomorrow. I have failed to maintain 7/7 daily checklists.
- **Why and how will I improve**
 - I will use ChatGPT 10x more, optimizing my speed and prompt engineering
 - I will root cause why it takes me so long to do copy things. Primarily analysis. One aspect I understand is that I actually am not prepared for 90 minute G-work sessions. Despite sitting down to do them since I first joined, I arrogantly ignored the advice to build up to them. My brain is fatigued after 60 minutes, slowing progress. Pushups and prayer usually fixed it. I don't think I have enough information to determine why it takes me so long- I genuinely try to perfect every step as much as possible, and I haven't gotten an idea of when is a good stopping point. So the answer is to write more copy, do more analysis.
 - I'll be submitting in Copy Aikido tomorrow, recording my video tonight.

- I write this out before planning tomorrow. Instead, I will plan tomorrow before I begin writing my daily checklists.
- **What are my goals for tomorrow**
 - Submit email copy to Copy Review. Have it reviewed, InshaaAllah
 - Plan email sequence with the goal of increasing sales and value.
Rewatch and take notes on email sequence work
 - REVIEW important notes (I have a couple I found). In fact, I'm going to do that now.
 - Analyze and create a plan for fitness ecommerce client. Keep focusing on providing as much value as possible, proving my competency every step of the way
 - Create first FB post for fitness ecommerce client
 - Start uploading drops for crochet client
 - Give her standalone advices, like graying out sold out items and creating a sense of scarcity.
 - Beat the burpee PR of 13.30s. Wtf is 18 minutes??
- **18 Days**
- **Daily checklist: Done**
- **Outcomes: 1, 2**