

WAR MODE DAY PLAN + REPORT

I DECIDED TO BE A KING

✓/✗	D/10	I/10	/20	King Checklist:	Task Time:
✓/✗	10	1	11	6:00AM I MUST Wake Up ✓	
✓/✗	10	10	20	6:03 AM to 6:08 AM I MUST Do 150 sit-Ups and 25 indu squats ✓	5 minutes
✓/✗	10	2	12	6:15 AM to 6:20AM I MUST Set a timer and do 100 push-ups, put in the Real world Accountability the result obtained ✓	1 minute 13 seconds
✓/✗	10	2	12	6:25 AM to 6:32 AM I MUST Drink a glass of water with lemon ✓	6 minutes
✓/✗	10	3	13	6:37 AM to 6:50 AM I MUST write down 10 primarily goals of the day in affirmation mode, say it loud ✓	13 minutes
✓/✗	1	1	2	6:55 AM to 7:15 PM I MUST write my primary issue to solve in the day and 20 possible solutions ✓	20 minutes
✓/✗	10	2	12	7:20 AM to 7:50 AM I MUST Go and jogging for 30 minutes ✓	30 minutes
✓/✗	10	3	13	7:55 AM to 8:05 AM I MUST Take a shower ✓	10 minutes
✓/✗	3	4	7	8:05 PM to 9:10 PM I MUST Keep researching and improving the email, LinkedIn message I am working with my brother Márton ✓	1 hour 5 minutes,
✓/✗	5	2	7	9:15 PM to 9:45 PM I MUST Review 3 fellow's copy. Add value to the G's copy, follow the structure of professor Andrew review copy ✓	30 minutes
✓/✗	2	2	4	9:50 PM to 1:15 PM I MUST Go to the matrix job (and watch Power Up morning call) ✓	3 hours and 35 minutes
✓/✗	10	10	20	1:40 PM to 2:40 PM I MUST Eat a wonderful meal ✓	1 hour
✓/✗	10	4	14	2:45 PM to 3:15 PM I MUST Break down a piece of copy from the swipe file, analyzed it and figure out what parts should I use ✓	30 minutes
✓/✗	2	6	8	3:20 PM to 4:50 PM I MUST work with my Facebook page, ask myself what improvements I need to do in order to make it better ✓	1 hour 20 minutes

✓/✗	D/10	I/10	/20	King Checklist:	Task Time:
✓/✗	1 ▾	1 ▾	1 ▾	4:55 PM to 6:55 PM Watch Professor Andrew Related bootcamp and take notes, consider what are the most important concepts for me ✓	2 hours
	1 ▾	1 ▾	1 ▾	7:00 PM to 7:30 PM Read the book How to win friends ✓	30 minutes
✓/✗	10 ▾	10 ▾	20 ▾	7:35 pm to 8:35 PM I MUST Calisthenics session ✓	1 hour
✓/✗	8 ▾	10 ▾	20 ▾	8:40 PM to 9:30 PM I MUST Dinner ✓	50 minutes
✓/✗	10 ▾	10 ▾	20 ▾	9:35 PM to 9:55 PM I MUST Summit daily check in and summit daily tasks (fill every page on Google document) show picture of white board wins and loses ✓	20 minutes
✓/✗	10 ▾	10 ▾	20 ▾	10:00 PM to 10:30 PM I MUST Make Tasks for Monday and make a King's Plan in my whiteboard ✓	30 minutes
✓/✗	10 ▾	2 ▾	12 ▾	10:35 PM to 11:00 PM I MUST Self Hypnosis to become a G ✓	25 minutes
✓/✗	10 ▾	1 ▾	11 ▾	11:00 PM to 6:00 AM I MUST Sleep ✓	7 hours

Start The Day With Tasks Valued 20 Then Move Down	Total Hours Planned In The Day: /24
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	 17 DAY NUMBER + DATE + TIME 
Day Number:	1
Date:	05/06/2023
Start Time:	6:00 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	Me getting my body in the best version possible, I'm glad that GOD gives me the power to have a perfect shoulder recovery.
2.	My mom and dad, keep breathing because they are the most Important human beings in my life
3.	Another day to demonstrates to God, to me and my family my real potencial

My KING Mode Words:

My unmatched perspicacity coupled with sheer indefatigability makes me a feared opponent, in any realm of human endeavor.

1. I Am Acting With No Limits To My Abilities!

2. I Am Being All That I Can Be, Every Hour And Every Day!

3. Every Word I Am Saying And Thought I Am Thinking Is Positive!

4. I Am Being Enthusiastic About Completing Each Task!

5. I Am The Best Copywriter In The World!

6, I pissed off because I don't Have the life I want to live right now

7. I will be making money and become my best version to bring honor to my family, my parents will respect me.

8. I prefer to die right now than don't accomplish my goals

9. I'm not afraid to die right now, My desire to have a better live it's more powerful than die like a normal guy

10 I decide to take The sword besides The orange playful ball, no because it's easy, because is what a man does.

11 My word is IRON WILL.

12 I accepted my death, so I don't afraid, I must fight until I make it

WHY I AM DOING THIS? (My biggest why:)

TO HAVE 15 SONS

For years, I have been living in comfort and scary about being brave, on school I wasn't a guy with tons of females around, lots of friends, I Think that I was another NPC inside the world, or I might say I was in the worst situation I could live in, I was getting a part of the world. I just wanted to play FIFA and forget about my lonely reality.

As an only child with 2 hardworking parents, I grew up in a solitary and in lower self steam situation for my first 15 years, I never went on vacation with my parents, I don't remember any situation about it.

I grew up in a family with conflicts between my parents, even by now, they don't sleep together, I couldn't believe that I was it in that way,

Without females or even a single girlfriend, solitary as fuck and maybe in a regular shape and with bad communication skills, god puts me in a raw, difficult situation that involves the law and legal problems I fought.

by now everything is fucked, I had no friends around me, NOTHING.....I'm a solitary individual, but just by now , because I'm facing a battle against my mind and the devil, god put me this unique life path, full of suffering and loneliness to embrace my capacity and become my best version possible.

**God put me on this earth with a unique purpose, spread my genes on the earth, give to my children that I never had,
BROTHERS.**

**I WILL PREFER TO DIE RIGHT NOW AS A 22 MEXICAN ADULT
THAN LIVE MY WHOLE LIFE, AS A MEDIOCRE GUY THAT
COULDN'T HAVE 15 SONS.**

MY PARENTS DESERVE THAT, MY FAMILY DESERVE THAT

I DESERVE THAT

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Wake up
2.	Jogging
3.	Write down 20 solutions

 **Hour-By-Hour Tracking:** 
[Plan+Measure=Improve]

\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?
🔔 Sub-Task:	🔔 Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?
🖋️ Reflection:	🖋️ Reflection = Did I Complete This Task For This Hour? If Not, Then Why?

 **MY MORNING WAR PLAN** 

 What Do I Plan To Accomplish This Morning? 
 What is my principal accomplishment? Wake up, be ready to work hard and start my King's plan  How I will plan my accomplishment? Firs I'm going to wake up, do my morning workout routine, purify my body with lemon water write down my primary goals and solutions and jogging for a better health  How can I act as a king and destroy the accomplishment?

- **A king will done any of the tasks regardless of how he feels, he knows by fact that time is precious and every second matters a lot to make true the daily tasks for today.**

🎯What Is The Main Goal For This Morning?🎯

- **⚠ Main Principal goal?**
Wake up, regardless of my emotions
- **⚠ Main Plan goal?**
Wake up, don't make excuses to myself, take control of my emotions and fight against them and start my morning appreciating the sun

🔑How Will I Start My Morning With Power?🔑

Knowing that I'm alive and that God is giving me another chance to live a wonderful life, I most certainly show how beautiful it is to live to maximum and with a purpose.

\$ 6:00 AM \$

Wake up

🔔 Intention 🔔

- **⚠ What is the intention of this conquer?**
Wake up, look through the window and know by fact that is time to perform and act like a king
- **⚠ How a King will complete this task successfully?**
Wake up regardless of how am I feeling

 Reflection 	- 🧠 Did I accomplish my conquest ? Yes, I'm a king - 🧠 Was I focused during the conquest ? I was focused on wake up early - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? Yes, by taking raw actions beside only thinking - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By not wasting time on scrolling down on instagram, be focused about my work

\$ 6:03 AM to 6:08 AM \$	Do 150 sit-Ups and 25 hindu squads
 Intention 	- ⚠️ What is the intention of this conquer? Fulfill my body with the best exercises, the best cardiovascular morning routine allows my body to have a perfect start and have enough energy for me - ⚠️ How a King will complete this task successfully? A king will perform with confidence and excellent technic, it doesn't matter how much I take doing this exercises, I must doing with perfection

 Reflection 	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ? I was focused on doing my conquest - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Morning ? By conquer every little goal I have, and I must do in order to succeed - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? Improving my technique allows me to not suffer injures
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\$ 6:15 AM to 6:20AM \$	Set a timer and do 100 push-ups, put in the Real world Accountability the result I obtain
 Intention 	- ⚠️ What is the intention of this conquer? Doing 100 push ups, Will allow me to have more strength and resistance trough my day, it will prepare me to the battle in my day - ⚠️ How a King will complete this task successfully? A king will do the 100 push-ups in a perfect time to show the beauty of doing 100 push-ups against the clock
 Reflection 	- 🧠 Did I accomplish my conquest ? Yes I did 100 push-ups in 1 minute - 🧠 Was I focused during the conquest ?

	Yes, I was focused on doing my 100 push ups - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? My executing in a better way push ups, that is going to allow me to maintain a perfect body and a perfect technic - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By focus more on the tension that my chest does and be conscious about the effort I'm making about
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\$ 6:25 AM to 6:32 AM \$	Drink a glass of water with lemon
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Purify my body and fight against the toxics my body could had while I was sleeping - ⚠️ How a King will complete this task successfully? A King will be conscious about the importance of having money, but also the importance of drink, eat and do the necessary to make his body a weapon of conquest, if I'm healthy I can conquer anything I put on my mind

 Reflection 	- 🧠 Did I accomplish my conquest ? - Yes I did - 🧠 Was I focused during the conquest ? I was focused on drinking lemon water and feeling in a better way - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? By taking more lemon water trough the morning - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By buying more lemons
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\$ 6:37 AM to 6:50 AM \$	write down 10 primarily goals of the day in affirmation mode, say it loud
 Intention 	- ⚠️ What is the intention of this conquer? Writing down my 10 goals, will allow me to have a right orientation through the day, it's like having a GPS or a Map to navigate into success - ⚠️ How a King will complete this task successfully? A king will think with intention to have 10 clearly goals of the day, and he will start to do the necessary goals that will allows him to be his best version.
 Reflection 	- 🧠 Did I accomplish my conquest ?

	Yes I did, - 🧠 Was I focused during the conquest ? Yes I was focused on having direction. - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? By thinking more about better goals and better results - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By been more specific about my 10 goals, I must understand that the most clarity I have, the better I will be
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\$ 6:55 AM to 7:15 PM \$	write my primarily issue to solve in the day and 20 possible solutions
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Stop to masturbate me and start to recognize better ways to use that time, energy, and effort to succeed - ⚠️ How a King will complete this task successfully? A king will pick the best strategy to stop to doing that, and the best possible answers is why am I doing this, I must be conscious about I only will have certain times to spread my semen then I will die, I can't just masturbate me and be happy to waste my semen.

 Reflection 	- 🧠 Did I accomplish my conquest ? Yes I did, I choose the best way to fight against it - 🧠 Was I focused during the conquest ? Yes, I was focus - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? By follow the path I have from today - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By having better thoughts about this Issue, better clear Ideas and I will have better results
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\$ 7:20 AM to 7:50 AM \$	Go and jogging for 30 minutes
 Intention 	- ⚠️ What is the intention of this conquer? Improve my cardiovascular form and in order to lose weight I must be jogging in the morning regardless if I like that or not - ⚠️ How a King will complete this task successfully? A King will jog by 30 minutes regardless if he wants or not, he has a mission, and he has to do anything to be successful trough the morning.
 Reflection 	- 🧠 Did I accomplish my conquest ? Yes I did

	- 🧠 Was I focused during the conquest ? I was focused on jogging and being ready to work hard - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Morning By keep conquering my daily goals, I must be ready for any kind of work or any kind of problem, I'm a more powerful version of myself - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By jogging with speed at the park.
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\$ 7:55 AM to 8:05 AM \$	Take a shower
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Having a shower and get ready for work, this allows me to become a better person and a better human being - ⚠️ How a King will complete this task successfully? By taking the shower as soon as possible.
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ?

	I ws totally focused on having a shower - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? By being the most attractive guy at work - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? Spending less time possible taking the shower
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\$ 8:05 PM to 9:10 PM \$	Keep researching and improving the email, LinkedIn message I am working with my brother Márton
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Keep doing a better research about the CBCT software found the best way to send an outreach and be different - ⚠️ How a King will complete this task successfully? A king will do a complete research about the product, will be focused about how he feels and how he is thinking about create an unique approach to the right people to offer the CBCT
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ? I was totally focused to developing a new way to do outreach

	- 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? By thinking more about the product, how can I make it funny - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By improving my marketing IQ, that will help me to develop the correct mindset while working
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\$ 9:15 PM to 9:45 PM \$	Review 3 fellow's copy. Add value to the G's copy, follow the structure of professor Andrew review copy
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Add value to 3 G's copy and improving their outreach or free value, that will help them to see in another way their mistakes - ⚠️ How a King will complete this task successfully? A king will give a correct feedback about the current situation that the fella G, is going through, my mission is to help my brothers to be successful on this campus
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? I did 3 - 🧠 Was I focused during the conquest ? I did, this task took me a certain amount of time but it doesn't matter

	- 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? I will fix my mistake by doing a better analysis of the fella outreach and with speed - 🧠 Did I complete my conquest , if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By stick to my word and doing what I suppose to do on my daily tasks
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\$ 9:50 PM to 1:15 PM \$	Go to the matrix job (and watch Power Up morning call)
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Going to the matrix job, watch the morning power up morning call and perform at my best - ⚠️ How a King will complete this task successfully? A king will listen what professor Andrew wants to teach, Apply daily lessons and become my best version possible
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ? I was totally focused and ready to do the real work - 🧠 Did I complete my conquest, if yes, how can I maintain this momentum during the Mornig ? By develop a better mindset, a better momentum through the work and

live

- 🧠 **Did I complete my conquest , if no, how can I change this momentum right now ?**
- 🧠 **How can I improve doing these tasks ?**
By doing my work very quickly and with speed, I don't want to do a lot of matrix job by now

END-OF-THE-MORNING REPORT

What Did I Learn This Morning?

- ⚠️ **What have I learned during my morning tasks?**

That I can do my daily tasks without a problem

- ⚠️ **What have I learned about being a KING?**

That Performing as a King will be the best way to develop the perfect mindset and the perfect direction

- ⚠️ **What have I learned that I will apply in my life?**

I'm most being conscious about my daily decisions in order to improve my life.

What Problems Did I Face This Morning?

- ⚠️ **How I acted like a peasant during my morning tasks?**

I took a lot of time taking the shower and that was the reason I didn't complete my tasks, that was My entirely fault

-  **What work problems did I went through in my conquest?**
Taking too much time at the shower

-  **What issues in my daily life I went through that I will resolve as a KING?**
Argue with my parents about TRW
-

How Will I Solve These Problems For This Afternoon?

-  **How God help me to solve my problems as a KING?**

God is guiding me through the battle, he wants me to be my best version possible

-  **What do I will learn/ask, watched, that will help me to stopped to be a peasant**

I will eat a wonderful meal like a King, then I will go trougt live doing my tasks and comple them as the king

-  **How I share with others how I am overcoming my problems and conquer them?**

I will show my all document fulfilled in order to motivate my fellas Gs'

MY AFTERNOON WAR PLAN

How Will I Start My Afternoon With Power?

-  As a KING, What is my principal source of power this afternoon ?

The meal my mom is going to do in order to become a better person

-  As a KING How I will plan this afternoon conquests?

First, I will eat, then I will conquer the TRW lessons and I will take action

-  AS a KING How I should act on this afternoon ?

I should act with power, I'm a King that is ready to destroy an empire

What Is The Main Goal For This Afternoon?

-  Main Principal goal?

Learn new TRW lessons

-  Main Plan goal?

Be conscious about the lessons that professor Andrew gave us in order to develop better skills

How Will I Start My Afternoon With Power?

With a wonderful meal make by mom

\$ 1:40 PM to 2:40 PM \$	Eat a wonderful meal
🔔 Intention 🔔	- ⚠️ What is the intention of this conquest? Eat a meal prepare from mom and be happy to eat my meal - ⚠️ What King behavior will I take to completed this task successfully? EAT like a king and talk like a king
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ? I was totally focused on eating like a king - 🧠 Did I complete my conquestes, if yes, how can I maintain this momentum during the day ? By remember all the good my mom do for me, I have a debt on her - 🧠 Did I complete my conquestes, if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By enjoy more the meal

\$ 2:45 PM to 3:15 PM \$	Break down a piece of copy from the swipe file, took the most important parts and used them in my copy toolbox.
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Break down a piece of copy, in order to develop a better IQ mindset - ⚠️ What King behavior will I take to completed this task successfully? I most learn about a TOP G copywriter and listen about how is applying the lesson
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ? I was totally focused on my task - 🧠 Did I complete my conquests, if yes, how can I maintain this momentum during the day ? By analyzing my toolbox - 🧠 Did I complete my conquests, if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? Reading more and better pieces of copy, that will allow me to have a better mindset

\$ 3:20 PM to 4:50 PM \$	work with my facebook page, ask myself what improvements I need to do in order to make it better
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Looking better ways to improve my facebook page in order to obtain a better and visual page - ⚠️ What King behavior will I take to completed this task successfully? Analyzing what should I do in order to develop a better mindset
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ? Yes - 🧠 Did I complete my conquestes, if yes, how can I maintain this momentum during the day ? By applying the thol box I used - 🧠 Did I complete my conquestes, if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By acting with more speed

\$ 4:55 PM to 6:55 PM \$	Watch Professor Andrew Related bootcamp and take notes, consider what are the most important concepts for me.
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Wacht the content professor andrew gave us and be better analyzing the content and learn - ⚠️ What King behavior will I take to completed this task successfully? Taking better notes and being a better and skilled copywriter
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ? Yes - 🧠 Did I complete my conquestes, if yes, how can I maintain this momentum during the day ? By remeber more about the lessons profesor andrew gave us - 🧠 Did I complete my conquestes, if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By taking more notes

\$ 6:35 PM to 7:00 PM \$	Read the book How to win friends
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 Intention 	-  What is the intention of this conquer? Read the best book about social behavior and apply them into my copy job -  What King behavior will I take to completed this task successfully? Read the book and analyze how the book is good or how can improve my live for better
 Reflection 	-  Did I accomplish my conquest ? Yes I did -  Was I focused during the conquest ? Yes -  Did I complete my conquestes, if yes, how can I maintain this momentum during the day ? Yes, by reading more about -  Did I complete my conquestes, if no, how can I change this momentum right now ? -  How can I improve doing these tasks ? By analyzing the book in a better situation

\$ 7:35 pm to 8:35 PM \$	Calisthenics session
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Make my body the best instrument I can have, and prepare my body trough the war - ⚠️ What King behavior will I take to completed this task successfully? I will prepare for war, I will be my best version when I do my excercises
✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes I did - 🧠 Was I focused during the conquest ? I was focus on grow in up - 🧠 Did I complete my conquestes, if yes, how can I maintain this momentum during the day ? Yes I comlete my daily conquest - 🧠 Did I complete my conquestes, if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By imrpoving the time under tension
\$ 8:40 PM to 9:30 PM \$	Dinner

🔔 Intention 🔔	- ⚠️ What is the intention of this conquer? Become a better soldier of god by eating properly I must succeed - ⚠️ What King behavior will I take to completed this task successfully? Eating the food mom gave to me
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✍️ Reflection ✍️	- 🧠 Did I accomplish my conquest ? Yes - 🧠 Was I focused during the conquest ? I was focus eating a wonderful meal - 🧠 Did I complete my conquestes, if yes, how can I maintain this momentum during the day ? Remembering how powerful I am and how I must appreciate life today - 🧠 Did I complete my conquestes, if no, how can I change this momentum right now ? I complete the conquest - 🧠 How can I improve doing these tasks ? Appreciating better the fod mom gave me
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\$ 9:35 PM to 9:55 PM \$	Summit daily check in and summit daily tasks (fill every page on Google document)
🔔 Intention 🔔	- ⚠️ What is the intention of this conquer?

	Summit my daily tasks and become a better person, a better human being, show god the beauty of my body -  What King behavior will I take to completed this task successfully? Summit the tasks properly will gave me a better perspective
 Reflection 	-  Did I accomplish my conquest ? Yes I did -  Was I focused during the conquest ? Yes -  Did I complete my conquestes, if yes, how can I maintain this momentum during the day ? By keepin on track every day -  Did I complete my conquestes, if no, how can I change this momentum right now ? -  How can I improve doing these tasks ? By filling the tasks better

\$ 10:00 PM to 10:30 PM \$	Make Tasks for Wednesday and make a King's Plan in my whiteboard
 Intention 	-  What is the intention of this conquer? Do my daily tasks and make a plan that will allow me to be prepared for anything -  What King behavior will I take to completed this task successfully?Doing my tasks will improve the quality of my live

	for better
 Reflection 	- 🧠 Did I accomplish my conquest ? Yes - 🧠 Was I focused during the conquest ? Yes - 🧠 Did I complete my conquests, if yes, how can I maintain this momentum during the day ? By doing every day my daily tasks - 🧠 Did I complete my conquests, if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ? By making on time my daily tasks

\$ 10:35 PM to 11:00 PM \$	Self Hypnosis about how to become a G
 Intention 	- ⚠️ What is the intention of this conquer? Self hyponosis to become a G, to perfom ike a G and having the correct G mindset - ⚠️ What King behavior will I take to completed this task successfully? By leding my mind tought the right mindset that will allow me to be prepare

 Reflection 	-  Did I accomplish my conquest ? Yes -  Was I focused during the conquest ? Yes -  Did I complete my conquests, if yes, how can I maintain this momentum during the day ? By keeping my daily self hypnosis session -  Did I complete my conquests, if no, how can I change this momentum right now ? -  How can I improve doing these tasks ? Believe you are the man is the correct mindset for me

\$ 11:00 PM to 6:00 AM \$	Sleep
 Intention 	-  What is the intention of this conquer? Get a perfect recovery and a perfect dream for be prepare -  What King behavior will I take to completed this task successfully? A king must sleep only if he did a good work, if not, He must be think about it.

 Reflection 	- 🧠 Did I accomplish my conquest ? Yes - 🧠 Was I focused during the conquest ? - 🧠 Did I complete my conquestes, if yes, how can I maintain this momentum during the day ? - 🧠 Did I complete my conquestes, if no, how can I change this momentum right now ? - 🧠 How can I improve doing these tasks ?



End-Of-The-Day Report:



	🧠 What Did I Learn Today? 🧠
- ⚠️ What have I learned about this day in general? That I more stronger than ever	
- ⚠️ What have I learned about my etic work? That I most do everything on time	

-  **What have I learned about life?**
I learn what would make my parents happy
-

What Problems Did I Face In my Daily conquest?

-  **AS A KING, What tasks and problems did I have?**

I didnt take the right time to do my tasks

-  **AS A KING, What work problems did I have?**

I didnt conquer all my goals

-  **AS A KING What life problems did I have?**

I was driven by emotions because of the new challenge professor andrew put

How Will I Solve These Problems Tomorrow?

-  **AS A KING, How will I rely on God to help me to have the correct wisdom to guide me to the victory ?**

By fixxing my mistakes

-  **AS A KING What do I need to relearn/ask, watch, listen that will help me solve my problems?**

I must whatch the whole step 2 content

-  **AS A KING, How I Will share with others how I am conquer my problems?**
I will share my daily conquest on TRW on the accountability channel
-

What Do I Plan To Do Differently Tomorrow?

-  **AS a KING How will I implement what I learned to make tomorrow better and conquer my goals?**

SPEED is the only key

- ⚠️ **As a KING What mindset do I need to be reminded of?**
I only have one life then nothing

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

- ⚠️ **AS A KING, What did I do well today?**
Completing the majority of Tasks in form
- ⚠️ **AS A KING, How will I replicate this tomorrow?**
By thinking about performing instead of my emotions

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

I will share my journey about the first challenge I went trough

📝What Tasks Were Left Undone?📝

- ⚠️ **How many tasks are left? (There should be none)**
- ⚠️ **Why did you not finish them?**
I must be responsible and I fail taking a shower for a long time
- ⚠️ **How to avoid this peasant behavior? And what will be my punishment**
- **My punishment will be sleep late, in order to analyze my day.**

Brain Dump 🧠:

PUNISH ⚠️ :

REWARD 🏆 :