










[illegible]

**Start The Day With Tasks Valued 20 Then Move Down**





**Total Hours Planned In The Day: /24**



	 <b>DAY NUMBER + DATE + TIME</b> 
<b>Day Number:</b>	<b>19</b>
<b>Date:</b>	<b>4/7/23</b>
<b>Start Time:</b>	<b>12am (job)</b>

	 <b>3 Things That I Am Grateful To Have In My Life</b> 
<b>1.</b>	<b>My Health</b>
<b>2.</b>	<b>My capabilities</b>
<b>3.</b>	<b>My business</b>

	 <b>My Top 3 Priority Tasks That MUST Be Completed</b> 
<b>1.</b>	<b>Gym Time</b>
<b>2.</b>	<b>Run</b>
<b>3.</b>	<b>Watch PUC</b>

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

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Sub-Task:</b>	 <b>Sub-Task = What Is My Plan Of Action To Complete This Task For This Hour?</b>

 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>
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# **MY MORNING WAR PLAN**

 <b>What Do I Plan To Accomplish This Morning?</b> 
<b>Gym Time after work then run</b>

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 <b>What Is The Main Goal For This Morning?</b> 
<b>Gym Time/Run</b>




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 <b>How Will I Start My Morning With Power?</b> 
<b>Just do it</b>

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<b>7 am: Task</b> 	<b>Gym Time/Run</b>
<b>Sub-Task's</b> 	
<b>Reflection</b> 	<b>Completed Gym Time/Heavy rain stopped Me from running</b>

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# **END-OF-THE-MORNING REPORT**

 **What Did I Learn This Morning?** 

**I don't have it in Me to run in heavy rain**

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 **What Problems Did I Face This Morning?** 

**The weather**

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 **How Will I Solve These Problems For This Afternoon?** 

**n/a**

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## **MY AFTERNOON WAR PLAN**

 **What Do I Plan To Accomplish This Afternoon?** 

**Rest**

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 **What Is The Main Goal For This Afternoon?** 

**n/a**

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 **How Will I Start My Afternoon With Power?** 

**n/a**

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<b>6 pm: Task</b> 💰	<b>Watch PUC/Check Announcements</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	<b>Completed Both</b>

<b>7 pm: Task</b> 💰	<b>Watched Stage 3 videos</b>
<b>Intention</b> 🔔	
<b>Reflection</b> ✍️	

## **End-Of-The-Day Report:**

<b>🧠 What Did I Learn Today? 🧠</b>
<b>The root of My frustration is I'm not where I want to be in Life</b>

<b>❌ What Problems Did I Face In The Day? ❌</b>
<b>Inner issues</b>

<b>🔑 How Will I Solve These Problems Tomorrow? 🔑</b>
<b>I solved them tonight</b>



**What Do I Plan To Do Differently Tomorrow?**



**n/a**



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



**n/a**



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



**Call Mushirah**



**What Tasks Were Left Undone?**



**Brain Dump: I'm where I am in Life because I've "chosen the ball" over the years. I claimed My 30s would be the Financial Era in My Life yet I've spent most of it pursuing women and smoking weed/drinking. Prior to starting My business, I settled for**

**one stream of income. Moving forward My Focus must be on getting money so I can take care of My Future Self. I must do the uncomfortable things. I must put in work when I don't feel like it. I must endure certain People and things in order to move forward. I must reign in My impulsive behavior. I must continue to learn and apply the lessons. I must move strategically. I must continue to improve Myself.**