- **Daily Checklist Must be done each day**
- 1 15 secs focus on your ideal future self then review your plans to win that day
 - Micro purpose is to visualize a vivid picture of my future self and how it feels like then plan a way forward to get there.
- 2 Watch the morning POWER UP call of the day
 - Micro purpose Is to power up myself mentally and physically with Mr Andrew's word of advice/motivation/tips/guides on how to become a successful copywriter and stay winning in the game
- 3 Spend 10 mins reviewing your notes and/or analyzing good copy from the swipe file or Top Players
 - Micro purpose is to keep momentum in perfecting my skill
 - Become better at writing a good copy
- 4 Send 3-10 outreach messages OR perform 1 G-work session on client work
 - Micro purpose is to increase chances of getting more clients
 - Normalize daily deep work

5 - Train

- Micro purpose is to stay physically fit and have a healthy sharp mind
- Befriend pain, suffering and discomfort
- 6 Review your wins and losses for the day. Plan out your next day accordingly.
 - Micro purpose is to understand my strengths and weaknesses, keep improving on my strengths and eradicate my weaknesses
 - Work on them each day and become better