

Day 3/7 Till \$300

Accountability Document



Twilight's Review



[****28.08.2024 - Day 3/7 Till \$300****](A)

****NON-NEGOTIABLES:****

- ✓ Watch the morning POWER UP call of the day
- ✓ 3 GWS on Critical Task from Process Map
- ✓ Train
- ✓ Make hourly plan to win tomorrow
- ✓ Check off tasks in TRW
- ✓ Patrol the chats
- ✓ 5min candle exercise
- ✓ Cold shower
- ✓ Read Identity Doc

****DAILY GOALS:****

- ✓ Gain at least 1 new insight into copywriting and influence
- ✓ Feel ultra-powerful at least once per day
- ✗ Get at least 1 new prospect interested in working with you each day
- ✗ Break a record with your copy's performance (most revenue generated, highest CTR, etc)
- ✓ Break a PR

****Daily Standards:****

- ✓ Get 1 sales
- ✓ 5h work
- ✓ 400 calories burned
- ✗ Read 2k characters
- ✓ 105 pushups/squats/burpees

****Positive Masculinity****

- ✓ No porn -> if fail, back to day 1
- ✓ No masturbation -> if fail, back to day 1
- ✗ No music - slightly heard the music of PUC
- ✓ No sugar
- ✓ No alcohol/smoking
- ✓ No videogames -> if fail, back to day 1
- ✓ No social medias

- ✓ Post everyday in the daily check in
- ✓ Exercise everyday (something physical)
- ✓ Get a good night of sleep (at least 7 hours for most people, but know your body)

How many hours of sleep did you get last night?

- 8,5h in bed - 7h sleep - 23min to fall asleep

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

- Really updated the book by learning the info for Chpater 5 video
- Recorded half of Chapter 5

What were your achievements today?

- None

Twilight review on the day:

- Today was bad, I didn't squeeze nearly enough time from the day, it was kind of going through the motions with no clear goal, why?

- I didn't follow my schedule Why? Because I have a goal of Intermediate in 4 days, but I don't believe I can achieve it so it's the same as having no goal
 - Don't set stupid deadlines, first start meaning what you say, then start saying what you want do and you'll do it
 - Look at other Gs wins
 - MORE RAW ACTION WINNING

Wins:

- 105 squats 16sec faster, in 2:15min

Losses:

- My dad talked about some shit how all successful people reach a point where they either accept the devils offer or they stop growing, I know it's not true, Tate is a living example of it
 - I control the conversation, when there's something I don't want to talk about say "Let's switch the topic"

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

- One of my biggest roadblocks in creating a good video ad voice over and recording video courses/YT organic, is that my voice is TRASH, I need to train it
 - Analyze the weaknesses of my voice after each video while I'm editing it, write them down, ask AI and the experts how to improve it

Tomorrow's tasks:

- Finish recording Chapter 5 video
- Edit Chapter 5 video
- Learn and create a script for chapter 6
- Record chapter 6

New standards:

- 110 squats/burpees/pushups

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TEMPLATES

End Week OODA Loop:

Lessons!

OODA LOOP,  X/X/24  -  X/X/24 

****1 - WHAT IS YOUR GOAL?****

- > * SPECIFIC TARGET
- > * WHY IT'S IMPORTANT
- > * DEADLINE

****2- WHAT DID YOU GET DONE LAST WEEK TO PROGRESS TOWARD YOUR GOAL?****

****3 - WHAT ARE THE BIGGEST OBSTACLES YOU NEED TO OVERCOME TO ACHIEVE YOUR GOAL?****

****4 - WHAT IS YOUR SPECIFIC PLAN OF ACTION FOR THIS WEEK TO MOVE CLOSER TO YOUR GOAL?****

****BONUS****

> * WHERE ARE YOU IN THE PROCESS MAP?

> * HOW MANY DAYS DID YOU COMPLETE YOUR DAILY CHECKLIST LAST WEEK?

> * WHAT LESSONS DID YOU LEARN LAST WEEK?

Root Cause Analysis:

Identify a problem I am facing (bad outcome/symptom)

Perceived problem:

Symptoms:

-

Walk the factory line

Identify every element of the machine (from daily planning to next day's daily planning):

-

...

The trend is obvious. _____

-

Ask why until I find the root cause (5x). Use outside resources if needed.

Symptom:

PATH #1:

- Why #1:
- Why #2:
- Why #3:
- Why #4:
- Why #5:

PATH #2:

- Why #1:
- Why #2:
- Why #3:
- Why #4:
- Why #5:

PATH #3:

- Why #1:
- Why #2:
- Why #3:
- Why #4:
- Why #5:

Create or update my strategy and tasks to solve the problem and get my outcomes.

What specific changes to my machine will I implement today to fix my machine?

-

Expected outcomes:

-

Brainstorming:

Current Project/Problem:

Brainstorming Methods:

Free flow Association

Role-playing

- If I was Andrew Bass what would I do:
-
- If I was Tate what would I do:
-

Extra Constraints

- If I had to fix this problem by tomorrow or my family would die what would I do:
-

Reverse Thinking

- What can I do to completely go off the rails and _____
- Instead do:

Dreamers

Realist

Critical - How IT WILL FAIL

Winning Strategy/Plan

Winner's Writing Process

Business objective -

Niche -

Who am I talking to?

Where are they at now?

What do I want them to do?

What do they need to experience/think/feel to do that?



Twilight's Review



[****X.08.2024 - X days to \$10,000****](A)

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-

What were your achievements today?

-

Twilight review on the day:

-

Wins:

-

Losses:

-

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

-

Tomorrow's tasks:

-

New standards:

-

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<@01HM7AKPY4SMEKXH1W4DGDH71T> <@01GX1K5PRB2SQ893GDH9P3A3KY>

[****📅X/08/24📅****](A)

🏆 Did Dominate 🏆

🔍 Top Question/Struggle 🔍

📝 What did I produce today? 📝

🚧 Mistakes? 🚧

⚡ Solutions? ⚡

🕒 Time Distributed? You have 7-8 working hours 🕒

>* Sleep ->

>* G Work -> X GWS(X h)

📌 Tasks uncompleted📌

🌧 New Standard🌧

💡 How will I improve and progress tomorrow?💡

X DAYS LEFT

Daily checklist: Done/Not Done

Outcomes: 1, 2,3,4

\$0/\$300

📌 Notes📌

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