






















DAILY DOMINATION

|  |  Today's Tasks & Steps To Success  |
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| 1.  | <p> Task: Wake up Checklist (FAST)</p> <p> Action Steps:</p> <ul style="list-style-type: none"> - Review my Identity document - Review tasks for the day (daily domination) - Post my task list for the day in chat - Post my GMs - Visualize my higher self - Post in the gratitude chat - Hydrate |
| 2.  | <p> Task: Social Media Work (business account)</p> <p> Action Steps:</p> <ul style="list-style-type: none"> - Post some content to my business IG account and add it to my story. |
| 3.  | <p> Task: Client Work (Hadrien)</p> <p> Action Steps:</p> <ul style="list-style-type: none"> - Complete my client's social media management duties for today. <ul style="list-style-type: none"> - Post 3 stories on IG. - Post 1 on pinterest. - Post 1 short on YT. - Talk with my client of our next steps and what needs to be done, sharing tasks between each other as he sees fit. - Pause, take a step back and review everything I've done so far. What needs to be done to reach 500\$ for intermediate and what would I do if I was Prof Andrew and I could not fail? |
| 4.  | <p> Task: Ask for feedback and interact with fellow students.</p> <p> Action Steps:</p> <ul style="list-style-type: none"> - Interact with fellow students in TRW - Ask for feedback - Patrol the chats - Ask questions to rainmakers or expert students (higher than me). - Get anything I've done reviewed by AI and the new copywriting bot. - Ask personalized questions to AI to get some ideas and actionables from. |
| 5.  | <p> Task: Physical exercise.</p> <p> Action Steps:</p> <ul style="list-style-type: none"> - Complete today's chosen daily workout |
| 6.  | <p> Task: Daily Lessons Check</p> <p> Action Steps:</p> <ul style="list-style-type: none"> - View the daily Power Up Call |



Today's Tasks & Steps To Success

- Review the unseen lessons from the CA & SM campus
- Review the remaining lessons from the Hero's Year

7.

 **Task: Reflect on today and plan tomorrow**

 **Action Steps:**

- Review today's daily domination doc
- Check off the whiteboard entirely
- Write in my journal today's progress
- Reflect on today and see how to improve tomorrow
- Plan out tomorrow's daily domination + Google Calendar



Date



Date: 08/31/24



3 Blessings I'm Grateful To Have



1. I am grateful that my family isn't only living in a single country.
2. I am grateful to have such loving and caring parents.
3. I am grateful for the challenges ahead and the work I have to do.



3 Priority Tasks



(These are non-negotiable tasks and must be conquered today!)

1. - Take care of my client's social media management duties.
2. - Take action on selecting an option for myself and going through with it. Reviewing my options with my friends and family and how I should move forward.
3. - Plan our next moves with my client, have an exchange or talk with him about how we need to share tasks and proceed.



Hourly Commitments & Reflections



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| Task 🏆 | Task: What will I do? |
| Strategy 🔍 | Strategy: How will I do it, step-by-step action? |
| Reflection ✍️ | Reflection: Was the task finished? If not, why & what stopped me and how will I fix it? |

(Fill in as you go & remove the hours you are asleep.)

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| 8 AM: Task 🏆 | Morning Checklist. |
| Strategy 🔍 | <ul style="list-style-type: none"> - Review my Identity document - Review tasks for the day (daily domination) - Post my task list for the day in chat - Post my GMs - Visualize my higher self - Post in the gratitude chat - Hydrate |
| Reflection ✍️ | Completed my entire morning checklist quickly and efficiently. |

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| 9 AM: Task 🏆 | Social media work (for my account and my client's account). |
| Strategy 🔍 | <ul style="list-style-type: none"> - Post some content to my business IG account and add it to my story. - Complete my client's social media management duties for today. <ul style="list-style-type: none"> - Post 3 stories on IG. - Post 1 on pinterest. - Post 1 short on YT. |
| Reflection ✍️ | Completed my social media work for my own account and for my client's account. |

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| 10 AM: Task 🏆 | Physical training / workout. |
| Strategy 🔍 | <ul style="list-style-type: none">- Go outside and take care of today's physical daily workout. |
| Reflection ✍️ | Went outside and did some calisthenics, then I moved boxes of heavy stuff around all day so that was a good workout. |

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| 5 PM: Task 🏆 | Daily Lessons check |
| Strategy 🔍 | <ul style="list-style-type: none">- View the daily Power Up Call- Review the unseen lessons from the CA & SM campus- Review the remaining lessons from the Hero's Year |
| Reflection ✍️ | Reviewed the replay for today's PUC and learned about something I can really relate to today. Biting the bullet or changing the entire plan even if it's uncomfortable to make sure that I'm able to get optimal growth. |

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| 6 PM: Task 🏆 | Ask for feedback and interact with fellow students. |
| Strategy 🔍 | <ul style="list-style-type: none">- Interact with fellow students in TRW- Ask for feedback- Patrol the chats- Ask questions to rainmakers or expert students (higher than me).- Get anything I've done reviewed by AI and the new copywriting bot.- Ask personalized questions to AI to get some ideas and actionables from. |
| Reflection ✍️ | Got into contact with a few fellow students, updated a few of them to what I'm current doing and asked my closest contacts for advice on my current situation. |

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| 7 PM: Task 🏆 | Bonus time to act on client work or any checklist related tasks. |
| Strategy 🔍 | <ul style="list-style-type: none">- Review my tasks for today and see what I have yet to do and accord myself with any bonus time to complete any tasks I have yet to do today. |

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| Reflection  | Didn't have bonus time but I did complete all of my tasks for today. I did have a quick talk with my client this evening though to update and get our strategy clear. |
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| 8 PM: Task  | Reflect on today and plan tomorrow |
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| Strategy  | <ul style="list-style-type: none"> - Review today's daily domination doc - Check off the whiteboard entirely - Write in my journal today's progress - Reflect on today and see how to improve tomorrow - Plan out tomorrow's daily domination + Google Calendar |
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| Reflection  | Reflected on today and planned for tomorrow. |
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Twilight's Review



What wins did I achieve today?

Completed all of my tasks and checklists for today.
 Took care of all of the heavy lifting to move out of my current apartment.

What lessons did I learn today?

Today I learned that I need to work on my social empathic approach when first talking to someone as they could spread word of how I talk to them to other people and give me bad rep for it. From tomorrow onward I need to be more careful of the words I choose.
 Today I learned that I need to become active when in discussion to think more about what I am going to say, who am I to say it to and how I should say it to make it sound more persuasive to the other person.
 Today I learned about the fact that I need to be taking riskier opportunities, grabbing my nuts and

going for it much more than I currently am. This is most likely why I haven't gotten the results I wanted just yet.

 **What roadblocks did I face?** 

Faced a time constraint roadblock. Didn't have nearly enough time as I thought I would've to do work related tasks. I've been ultra focused on moving out from my apartment so much that I started from sun up to sun down working on it.

 **How will I improve and progress tomorrow?** 



Tomorrow I need to get as much work done in as short an amount of time as possible in the morning and then in the evening, making sure my checklists are complete and my stuff is packed and ready to go.

 **What worked well and will be repeated?** 

Making sure my daily checklists are completed no matter what.

 **Who are the People I need to connect with?** 

My family in NZ.
My family in France.
My friends that are affected by where I move to.

 **What tasks remain uncompleted** 

None.

 **What changes do I need to make to my CONQUEST PLAN?** 

None.

 **The final assessment of the day's productivity** 

7/10

Freestyle Thoughts:

(Let your thoughts flow here. No judgment, no boundaries.)

Didn't get much work done but I still completed my daily checklist in 2 to 3 hours more or less.