

Day 4/31 - \$0/\$10K Client Revenue

? Who You Are Now vs Who You Want to Be ?

- **Now:**

- I'm broke. My family loves me, but I haven't provided for them. I'm known as the "guy with a future" and people know I work hard every day, but I haven't achieved anything significant yet. I'm making good progress, but I'm stuck where I live and cannot travel where I want. I'm physically strong, but weak compared to the men I respect. I have no medals. My friends respect me for my effort and ambition but I don't fully respect who I am now because I haven't achieved any of my ambitions. No matter how much I try to hide it from others (and myself), I'm broke, and I'm not seen as competent yet. Everyday I get stronger, more disciplined, more experienced, and get closer to the man I want to be. But I need to move **FASTER**.

- **Who You Want to Be:**

- I'm Competent
- I'm Dependable
- I'm Focused
- I'm Intense
- I'm In Control
- I'm a Cold, Quiet Professional
- I'm Methodically Organized
- I'm Disciplined
- I'm Confident
- I'm Commanding
- I'm At ease with myself
- I have Impeccable manners
- I'm Healthily Arrogant
- I'm Socratic
- I'm have very little patience for stupidity around me

- I'm Internally driven to succeed
- I'm Like a man double my age
- I'm Charismatic
- I'm Comfortable within myself

I live with total freedom, control, and purpose. Financially independent with multiple income streams, I don't worry about bills and have everything I want. Physically, I'm disciplined and in peak shape, with a reputation for strength and skill that commands respect. Professionally, I'm at the top, and my results speak louder than words. I work on my terms, travel when I choose, and have full control of my time. My family and friends respect me, and the women in my life see my competence and strength. My life is structured, intentional, and disciplined. Every day, I move with speed and precision, stay in control, and never settle. I'm always laser-focused on my goals, own every decision, and never back down.

My *Why*

- To bring hope and freedom back into our family, give my parents the life they want, and be the "one" that changed everything.
- For my mom. She's always been so good at making the most out of little, but I'm tired of her having to do that. Right now, she works a draining medical job, struggles to pay the bills, and works hard every day. I'm going to retire her for good, so she can live the life she deserves.
- For my future. I want to be fucking awesome. I want to be known, and respected. I want my name to go down in history, for honor, courage, bravery, and strength. I want to be so great, but I need to act NOW if I'm going to make it as high as possible. I cannot relax. I need to give it my all until I achieve that.
- For my relationships. I'm tired of having regular friends with basic futures. I want KILLER friends. I want CONNECTIONS. I'm tired of having basic girlfriends and short-lasting relationships. I want to be a respected and admired man. I want control over my life, and I want to deserve that control.
- For my current life. I hate the brokie life. I want MONEY. I want to be able to just... buy whatever I want. I want to be my own boss and in control of my life.

Oct 29

☐ GWS #1 - 2:15 pm - 3:40 pm

- ☒ ~~Set a binary, tangible goal~~
 - Create landing page on wix, style, and add copy
 - Copy page from services page
 - Make website outline align with copy outline
 - Paste copy
 - Style
 - Add images
 - Embed quiz
 - Touch up and publish
 - Add popup
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a challenging timer and try to beat it~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

GWS Reflection:

What tasks/objectives did I demolish?

- Created landing page on wix, styled, and added copy

Problems/mistakes encountered?

- Took 15 mins to prepare for this GWS and get situated. Had to use restroom, settle down, remove distractions, etc.

Solutions to each mistake/problem?

- Move faster to get to work spot earlier, so I don't need to carve out time from the GWS.

☐ GWS #1 - 2:15 pm - 3:40 pm

- ☒ ~~Set a binary, tangible goal~~
 - Finish styling landing page for women's quiz on wix
 - Add images
 - Optimize for mobile
 - Publish
 - Add popup

- Create copy for men's quiz landing page
 - Use outline and same chat as women's page to create men's copy.
 - Go back and forth until I have a decent first draft.
 - Tweak myself until I have a useable draft.
- ☒ ~~Pick an attitude~~
- ☒ ~~Hydrate, Caffeinate, Get the blood flowing~~
- ☒ ~~Remove distractions~~
- ☒ ~~Set a challenging timer and try to beat it~~
- ☒ ~~Get started~~
- ☐ Evaluate afterwards

GWS Reflection:

What tasks/objectives did I demolish?

- Finished both landing pages.
- Used extra time to launch an email to my client's list.

Problems/mistakes encountered?

- To be honest, this GWS went amazing. I got the task done with extra time and got it reviewed by someone I know to make sure everything was good. AND sent to client and they loved it. So this was successful.

Solutions to each mistake/problem?

End day review:

Overall problems/mistakes throughout the day?

- I didn't go that hard in the gym today. I only did 4 sets of chest and abs, which isn't bad, but I wasn't shooting for a goal. I was just going until my timer beeped. But time means nothing.
- I wasted 30 minutes this morning typing out an angry text to one of my housemates who did something stupid. But I ended up deleting it before sending, and realizing it wasn't a big deal.

Solutions to each mistake/problem?

- **Next time, I'm going to go to my written workout routine, and when I'm sick or recovering, just doing everything the same, but lighter. I need to at least fit everything in.**
- **As far as the morning thing, I need to detach my emotions from pointless things entirely. Next time something like this happens, I'm going to remind myself of the man I want to be, detach myself from the situation, and save myself the trouble of worrying about it.**