

Wake Up And Sleeping Times

☒ ~~Wake up - 6:00~~

☐ Sleep - **23:30**

Daily Goals

☐ 500 push-ups

☐ 5-10 personalized outreaches

☐ Writing to yesterday's 2 interested prospects and getting them on the phone

Daily Tasks & Daily Schedule

☒ ~~6:00 → 6:35 I will Wake and Get up → Morning Routine~~

INPUT:

- First, visualize your ideal-self in the future
- Hygiene → 20-25 striq push-ups with elbows behind back
- Prepare everything for the matrix school and repeat my hygiene habits again.

- ☒ ~~6:35 → 7:00 I will spend some time reading my battle plans' goals and look at all of the values I'll have one day in the future + Leave for the matrix bus at 6:50~~

INPUT:

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6:00 — Mission 🏆	1. Morning Routine 2. Visualization + leave for bus
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Reflection ✍️	1. Done - Got up, turned the alarm off and instantly cranked out 20-25 push-ups - Got addicted to them thanks to Petar. 2. Done - Now onto catching my bus!
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- ☒ ~~7:00 → 7:20 I will travel to the matrix and plan today's performance while I'm inside the bus~~

INPUT:

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- ☒ ~~7:20 → 8:10 I will prepare for the first classes and talk with a bunch of girls → Then I'm going to attend first classes (history)~~

INPUT:

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7:00 — Mission 🏆	1. Travel 2. Preparation + First attendance
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Reflection ✍️	1. Done
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	2. On it! - Will breakfast, because there is time for it.
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☒ ~~8:10 → 9:00 I will use this break to search for 3-5 prospects on Instagram THEN I will attend biology and take notes~~

INPUT:

- 3-5 prospects
- Biology

8:00 — Mission 🏆	1. Finish classes 2. Prospecting
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Reflection ✍️	1. Done 2. Done - Found 5 crazy good prospects.
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☒ ~~9:00 → 9:20 I will breakdown 2-3 prospects THEN..... have a breakfast → *Replaced* → Talk with Jasmine + hydrate~~

☒ ~~9:20 → 10:00 Will attend Bulgarian Classes and take notes~~

9:00 — Mission 🏆	1. Breakdowns 2. Attendance
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Reflection ✍️	1. Undone - Instead of breaking them down, I was lazy and chose to talk with one girl from my class during the whole break - Next time I will just go to the restrooms right as I leave my school books
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	at our main room. - Though I will replace the task using my buffer time I. 2. I will attend my Bulgarian Classes and take notes - Done
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☐ 10:00 → 10:10 *Will use this break to reflect on the past and next hours*

INPUT:

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☐ 10:10 → 10:50 *Second bulgarian classes*

INPUT:

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☒ ~~10:50 → 11:00 Will use this break go to Pam Nick and purchase a coffee (kapuchino)~~

INPUT:

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10:00 — Mission 🇧🇬 ★	1. During this break I will sleep
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Reflection ✍️	1.
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☒ ~~11:00 → 11:40 Will take notes during my deutsch classes~~

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☒ ~~11:40 → 11:50 Drink my coffee + reflect~~

INPUT:

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- ☒ ~~11:50 → 12:30~~ *Will finish my final deutsch classes for today and take notes during them*

INPUT:

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11:00 — Mission 🏆	
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Reflection ✍️	
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- ☒ ~~12:30 → 12:50~~ *Travel to the gym directly*

INPUT:

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- ☒ ~~12:50 → 13:00~~ *Change of clothing → Stretching → Begin workout*

INPUT:

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12:00 — Mission 🏆	
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Reflection ✍️	
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- ☐ 13:00 → 14:00 *I will finish my workout (Triceps)*

INPUT:

- 4x12 Tricep Pushdowns
- 4x8-12 Dips for triceps
- 4x10-12 Skull Crusher

13:00 — Mission 🏆	1. Finish Workout
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Reflection ✍️	1. On it!
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- ☐ 14:00 → 14:50 **Go to the bus station, catch your bus and travel to home**

INPUT:

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- ☐ 14:50 → 15:00 **Change of clothing → navy seal shower → change of clothing + TIMER!!!**

INPUT:

- Set a timer for spending time with your family!

14:00 — Mission 🇫🇷 ⭐	
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Reflection ✍️	
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- ☐ 15:00 → 15:20 **Spend time with your family, but DO NOT EAT ANYTHING!!!!**

INPUT:

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- ☐ 15:20 → 16:00 **Revise some of your notes on Physics + Begin with math**

INPUT:

- Simply review them + write few more things
- Begin with math

15:00 — Mission 🇫🇷 ⭐	
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Reflection ✍️	
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- ☐ 16:00 → 16:30 **Watch a youtube video from someone that is capable of teaching you the latest lesson you've taken notes on**

INPUT:

- Arithmetical Progressions

- ☐ 16:30 → 17:00 **Respond to both interested prospects from yesterday and tease about your script/s**

INPUT:

- Send 2 follow-ups to each individual prospect's reply

16:00 — Mission 🏆	
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Reflection ✍️	
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- ☐ 17:00 → 17:40 **Send 3 outreaches to the prospects you've broken down at the matrix school**

INPUT:

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- ☐ 17:40 → 18:00 **Send 1-2 outreaches to those same prospects**

INPUT:

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17:00 — Mission 🏆	
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Reflection ✍️	
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- ☐ 18:00 → 18:35 **Today's mpuc + Lesson/s Application**

INPUT:

- Take notes on today's mpuc
- And apply the lesson/s

- ☐ 18:35 → 19:00 **Read where you've been tagged + respond to messages**

INPUT:

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18:00 — Mission 🏆	1.
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Reflection 	
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☐ 19:00 → 19:30 **Analyze Dan Kennedy's self-magnetism ad**

INPUT:

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☐ 19:30 → 20:00 **Do as many push-ups as possible within this time block | Shoot 250 and use your timer!!!!**

INPUT:

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19:00 — Mission 	
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Reflection 	
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☐ 20:00 → 20:30 **Continue with the push-ups until you finish them**

INPUT:

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☐ 20:30 → 21:00 **Dinner with family + dish washing**

INPUT:

- Dinner with your family
- Was hthe dishes

20:00 — Mission 	
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Reflection 	
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21:00 — Mission 	
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Reflection 	
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☐ 21:00 → 21:30 **Collective Reflection of Today**

INPUT:

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□ 21:00 → 22:00 ***Plan tomorrow in accordance and make it simple, yet effective***

INPUT:

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22:00 — Mission 🌟

Reflection 	
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☐ 22:00 → 22:30 **PRAYER to the Lord, my God - Jesus Christ**
→ **Go to bed**

23:00 – Mission 🌟	
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Reflection 	
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[illegible]

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