World Conquest

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	Wake up and sleep 🌙
1. 🗙	⊚ MISSION: Wake up 6:00 AM
2. 🗙	⊚ MISSION: Sleep 11:30 PM
	Strategic Steps:
	💪 Health and training 🥊
3. 🔽	MISSION: Eat daily 3280 cals
	Strategic Steps: Do 2 big meals, one lunch and one dinner
4. 🔽	
	⊗ Strategic Steps:
5. 🔽	
	Strategic Steps:
6. 🔽	⊚ MISSION: Do 250 push ups
	⊗ Strategic Steps:
	1-Do 2 sets of 25 reps and 4 sets of 50 reps 2-Do them during the mental reset between G work sessions and do one set before every meal

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7. //	MISSION:
	⊗ Strategic Steps:
8. 🗙	MISSION: Stretch for 5 minutes
	⊗ Strategic Steps:
9. 🗙	
	Strategic Steps: Do three 1 hour sessions
10. 🔽	MISSION: Work on client's website design
	Strategic Steps: Also do research to find out how to add reviews to the website
11. 🗙	
	⊗ Strategic Steps:
12. <mark>☑</mark> /Ⅹ Dylan didn't	MISSION: Check the daily-content-idea chat to get ideas for client's IG posts
post so I	⊗ Strategic Steps:
searched for a	
successful post and	
saved it in my	
successful posts folder	
13. 🔽	MISSION: Do market research for barbershop niche

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	Strategic Steps: Focus on target market research
14. 🔽	MISSION: Review successful copy for 15 minutes Strategic Steps:
15. 🔽	MISSION: Review student's copy for 10 minutes Strategic Steps:
16. 🗙	MISSION: Analyze competitors' logos Strategic Steps:
17. 🔽	 MISSION: Complete the daily checklist ✓ Strategic Steps: ☑ 15 seconds focus on your ideal future self ☑ Review your plans to win that day ☑ Watch the PUG ☑ 10 minutes analyzing good copy from the swipe file or top players ☑ 3-10 outreaches or 1G work session on client work ☑ Train ☑ Review your wins and losses for the day ☑ Plan out your next day accordingly
18. 🔽	
19. 🔽/🗙	

V / X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
20. 🔽/🔀	⊚ MISSION:
21. 🔽/🔀	⊚ MISSION:
	⊗ Strategic Steps:
22. 🔽/🗙	© MISSION:
	Strategic Steps:
23. 🔽/🗙	⊚ MISSION:
	Strategic Steps:
24. 🔽/🗙	© MISSION:
	Strategic Steps:
	X Review of the day's conquest and new battle plans 🗷
25. 🔽	MISSION: Plan the next day
	⊗ Strategic Steps:
26. 🔽	MISSION: Review the work did in a day and come up with new ideas to improve and get more work done faster in a day
27. 🔽	MISSION: Carefully measure how you spend your time
	⊗ Strategic Steps:
	1-Measure how you spend every second of your life.

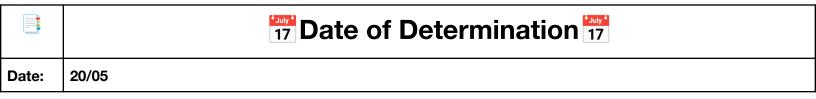
V/X	√ Today's Missions & Strategic Steps To Success √ (Tackle each mission, step by step, and track your progress.)
	2-Measure how much time you spend on garbage and remove it. 3-At the end of the day review the time you spent and how you spent it 4-Hold yourself accountable and maximize the time you spend on tasks that move you forward with your goals.
28. 🔽	MISSION: Review the day's attack plan and visualize your future self for 15 seconds Strategic Steps:
29. 🔽	MISSION: Read yesterday's improvements in yesterday's daily planner and act on them. Strategic Steps:
Knowledge 🧠	
30. 🗙	MISSION: Practice German for 15 minutes Strategic Steps: not urgent/not important so don't do the whole 15 minutes if there are urgent important or not urgent important tasks to do

Work to complete in order to get the reward	Extra tasks - rewards for conquering the day 💢
Complete 3 G work sessions 🗸	Watch and take notes on Sabri Suby's how to unlock hyper focus video
Complete all the daily tasks	Reading 10 pages of a marketing/conquest/personal development book

Get gym training done in max 1 hour and 30 minutes	Watch upcoming Canelo fight highlights

Weekly goals- conquests for the week		
1. 🗸/🗙	State of completion: Deadline: 26/05/2024	
	<u>Deauline</u> . 20/05/2024	
2. 🚺/💢	State of completion:	
	Deadline: 26/05/2024	
3. 🚺/💢	State of completion: working on it	Get the website's design done
	<u>Deadline</u> : 26/05/2024	
4. V / X	State of completion: not started	Get SEO done
	<u>Deadline</u> : 26/05/2024	

5. V / X	State of completion: 1/7	Complete the daily checklist everyday
	Deadline: 26/05/2024	
6. 1 / X	State of completion: 0/7	Get at least 6 hours of sleep per night
	Deadline: 26/05/2024	



🔥 Igniting Your Flame - Outshine Yesterday's Blaze 🔥

Yesterday's Overall Benchmark Score to Surpass Today = 13/16

	3 Blessings I Cherish This Morning 🙌
1.	I'm healthy
2.	I'm strong
3.	My loved ones are healthy



1.	Putting together an execution plan
2.	Target market research
3.	Training



	(Design each hour with intention and reflect upon its journey)
Mission 🕌	Mission: What will I do?
Strategy Q	Strategy: How will I do it, step-by-step action?
Reflection /	Reflection: Was the mission accomplished? If not, what stopped me?
Score 🏆	Hourly Score: How did this hour measure up to my standards? Good
4 AM: Mission 辈	
Strategy Q	
Reflection /	
Score 🏆	
5 AM: Mission 💃	
Strategy Q	

Reflection /	
Score 🏆	
6 AM: Mission 辈	Wake up, shower, and study
Strategy Q	
Reflection /	
Score 🏆	
7 AM: Mission 辈	Finish studying and go to school
Strategy 🔍	While going to school review the day's plan, visualize your future self, and review a student's copy
Reflection /	
Score 🏆	
8 AM: Mission 辈	School
Strategy Q	
Reflection /	
Score 🏆	
9 AM: Mission 辈	School
Strategy Q	

Reflection /	
Score 🏆	
10 AM: Mission ₩	School
Strategy Q	
Reflection /	
Score 🏆	
11 AM: Mission [™] ⁄	School
Strategy Q	
Reflection /	
Score 🏆	
12 PM: Mission 💃	School
Strategy Q	
Reflection /	
Score 🏆	

Get home, cook, do 50 push-ups, and eat

1 PM: Mission 辈

Strategy 🔍	While getting home send yesterday's accountability, while cooking do the push-ups and practice German, and while eating review copy
Reflection /	
Score 🏆	
2 PM: Mission 💃	Finish eating and analyze competitors' logos
Strategy 🔍	While finishing eating do target market research, and start first G work session when analyzing competitors' logos
Reflection /	
Score 🏆	
3 PM: Mission 💃	Work on client's website design
Strategy Q	Finish first G work session, take a 10 minute mental reset, and start second G work session
Reflection /	
Score 🏆	
4 PM: Mission 💺	Work on client's website design

Finish second G work session, take a 10 minute mental reset, and start third G work session

Strategy Q

Reflection /

Score 🏆

5 PM: Mission 💃	Work on client's website design
Strategy Q	Finish third G work session, take a 5 minute mental reset, and start shorter G work session
Reflection /	
Score 🏆	
6 PM: Mission 💃	Boxing
Strategy <	
Reflection /	
Score 🏆	
7 PM: Mission 💃	Boxing
Strategy Q	
Reflection /	
Score 🏆	
8 PM: Mission 辈	Get home,shower, cook, and do 50 push-ups
Strategy Q	While cooking do the push-ups and listen to the PUC
Reflection /	
Score 🏆	

9 PM: Mission 💃	Eat
Strategy Q	While eating finish listening to the PUC, and finish last tasks
Reflection /	
Score 🏆	
10 PM: Mission 🖔	Review the work did in a day, read the bible, pray, get ready to go to sleep and go to sleep
Strategy Q	
Reflection /	
Score 🏆	
11 PM: Mission 💃	
Strategy Q	
Reflection /	
Score 🏆	



Twilight's Review 🌇



🌟 What wins did I achieve today? 🌟

- Drank 1.5L of water before 1 PM
- Got a good boxing training in (I could have pushed more during the final body weight training
- Reviewed copy for 30 minutes instead of the planned 15 minutes. I did this while I was at school

- as the professor did oral tests for about 45 minutes
- Got good information on my target market's pains and beliefs during target market research

What lessons did I learn today?



- Drinking a good amount of water (around 1L of water) during the first hour of your day makes you feel great
- God is constantly helping and supporting me. Today I asked for his help and he helped me out in the exact way I asked him. I'm very grateful for having God always by my side
- I can't lose too much of my working time figuring out how to add specific software programs to my client's website, only to then find out that I can't add them because of the type of website my client created before working with me. I must get clear on the specific programs I want to add and then immediately see if they're compatible with the type of website my client has
- Literally everything is a sale, even school oral tests (you have to increase the professor's trust in you having learned well the arguments and the certainty he has in you knowing the arguments)
- If you don't want to do a task, start doing it but with the objective of only doing half of that task. By the time you have completed half of that task, you'll want to complete the other half as it will seem like it requires less work and effort, and it will make you feel bad not completing it as you already did half of it
- When you do a block in boxing you only have to rotate your hips, not rotate and flex them

🚧 What roadblocks did I face? 🚧



- Woke up 1 hour and 10 minutes late
- Discovered that I can't add software programs, like EmbedReviews, Hotjar, lubenda, ..., to my client's website because of the type of website he has. Changing the type of website would require my client to cancel his current subscription and make a new one which costs 2,50€ more. It's not a big sum but he already bought his own domain since starting to work with me so I don't want to ask him to buy more things. I'll first get him amazing results with the type of website he has now and then I'll ask him to make this upgrade



How will I improve and progress tomorrow? 💡



- Get the main training done
- Do all the push-ups

• Wake up	on time
	What worked well and will be repeated?
Praying	
TrainingFocused	client work
	Who are the People I need to connect with?
	📌 What tasks remain uncompleted 📌
. Waking	up on time
_	sleep on time
3. Stretchir	ng G work sessions
	ew top player's SEO and website analysis
6. Analyzin	g competitors' logos
7. Practicin	g German for 15 minutes
	/hat changes do I need to make to my CONQUEST PLAN?

