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 	 Today's Tasks & Steps To Success 
1.  	 Task: Flnish Daily Domination  Action Steps: Dial in, think logical, and plan accordingly
2.  	 Task: Watch Agoge Live Call  Action Steps: Set a firm time frame in my schedule to watch the call, take notes.
3.  	 Task: Train  Action Steps: 60 minute training
4.  	 Task: 100 Burpees  Action Steps: Try to beat my PR
5.  	 Task: Warm Outreach at least 3 people  Action Steps: Send outreach to Jay detailing, thomas, and find one more
6.  	 Task: Eat Grass-Fed Steak, Pasture Raised eggs, fruit, & raw honey  Action Steps: Set out 45 minutes to cook and eat
7.  	 Task:  Action Steps:
8.  	 Task:  Action Steps:
9.  	 Task:  Action Steps:
10.  	 Task: Action Steps:

	<div> <div>July 17</div> <div>Date</div> <div>July 17</div> </div>
Date:	April 20, 2024

	<div>  <div>3 Blessings I'm Grateful To Have</div>  </div>
1.	I am grateful for my health
2.	I am grateful for my family
3.	I am grateful for all the resources I have: Clean water, food, internet, a roof over my head, etc.

	<div> <div>  <div>3 Priority Tasks</div>  </div> <div>(These are non-negotiable tasks and must be conquered today!)</div> </div>
1.	Train & 100 Burpees
2.	Finish Daily Domination Assignment
3.	Finish Missions



Hourly Commitments & Reflections



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.)

10am: Task 🏆	Train & 100 Burpees
Strategy 🔍	I will train for 70 minutes and do 100 burpees as fast as possible
Reflection ✍️	I just got back from the gym so yes I did finish this task.

12 PM: Task 🏆	Finish Daily Domination Assignment
Strategy 🔍	Sit down and rigorously finish this assignment.
Reflection ✍️	I am working on this right now and should be done in the next 5-10 minutes.

1 PM: Task 🏆	Revise, edit, and analyze the conquer planner
Strategy 🔍	I will read over it, get more specific with my plan and set it on my calendar.
Reflection ✍️	

2 PM: Task 🏆	Watch Agoge Live Call & Warm Outreach
Strategy 🔍	Watch and take notes on the live call. Go on Instagram and reach out to these potential clients.
Reflection ✍️	




3 PM: Task 🏆	Prepare lunch & dinner
Strategy 🔍	I will cook 2 Grass-Fed Steak, cook Pasture Raised Eggs, with some fruit, and honey
Reflection ✍️	

4 PM: Task 🏆	Work from 4-10pm
Strategy 🔍	Go to work and try my best to be the best at what I do.
Reflection ✍️	

11 PM: Task 🏆	Review my notes/what I learned for at least 10 minutes. Reflect on win and losses and plan next day accordingly
Strategy 🔍	
Reflection ✍️	




AM: Task 🏆	
Strategy 🔍	



Reflection 	
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AM: Task 	
Strategy 	
Reflection 	


10 AM: Task 	
Strategy 	
Reflection 	

11 AM: Task 	
Strategy 	
Reflection 	


12 PM: Task 	
Strategy 	
Reflection 	

1 PM: Task 	
Strategy 	

Reflection 	
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2 PM: Task 	
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Strategy 	
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Reflection 	
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3 PM: Task 	
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Strategy 	
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Reflection 	
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4 PM: Task 	
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Strategy 	
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Reflection 	
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5 PM: Task 	
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Strategy 	
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Reflection 	
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6 PM: Task 	
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Strategy 	
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Reflection 	
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7 PM: Task 	
Strategy 	
Reflection 	

8 PM: Task 	
Strategy 	
Reflection 	

PM: Task 	
Strategy 	
Reflection 	

PM: Task 	
Strategy 	
Reflection 	









11 PM: Task 	
Strategy 	

Reflection 	
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12 AM: Task 	
Strategy 	
Reflection 	



Twilight's Review



 What wins did I achieve today? 	
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 What lessons did I learn today? 	
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 What roadblocks did I face? 	
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 How will I improve and progress tomorrow? 	
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 **What worked well and will be repeated?** 

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

 **What tasks remain uncompleted** 

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

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

Freestyle Thoughts:

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