












































# **DAILY DOMINATION**

 	 <b>Today's Tasks &amp; Steps To Success</b> 
<b>1.</b>  	<p>  <b>Task:</b> Daily Checklist/Agoge Daily Checklist   <b>Action Steps:</b> Envision the man I MUST become. Start taking action towards the tasks that need to be done         </p> <p>Do at LEAST 1 hour of a G-work session for my client's business (increasing social media engagement and local omnipresence). Reviews the notes taken from the Copywriting course</p> <p>Watch Power Up Call and Agoge Zoom Meeting Replay to gain new knowledge and have any personal questions answered</p>
<b>2.</b>  	<p>  <b>Task:</b> Meeting with client   <b>Action Steps:</b> Discuss new ideas to implement, review analytics from the past week and see what we can do to improve         </p>
<b>3.</b>  	<p>  <b>Task:</b> Work (Job)   <b>Action Steps:</b> From the hours of 9 am - 5pm, I have done my tasks at work. I'm a BDR (Business Development Representative) and I'm in charge of acquiring new contracts. I've made over 80 cold calls and sent over 25 emails. Did a follow up with leads that are getting warm who will potentially do business with us         </p>
<b>4.</b>  	<p>  <b>Task:</b> Workout   <b>Action Steps:</b> Today was back &amp; biceps. Did strength training on those muscle groups by training close to failure. Added in the 100 burpees.         </p>
<b>5.</b>  	<p>  <b>Task:</b> Studious   <b>Action Steps:</b> Read "The Closer's Survival Guide" and gained more knowledge on how to close professionally no matter the objections that will come.         </p>
<b>6.</b>  	<p>  <b>Task:</b> Cybersecurity Course   <b>Action Steps:</b> I've recently enrolled in cybersecurity courses to upgrade my skill sets. The world is changing rapidly and I MUST adapt in order to stay ahead and survive.         </p>
<b>7.</b>  	<p>  <b>Task:</b>   <b>Action Steps:</b> </p>
<b>8.</b>  	<p>  <b>Task:</b>   <b>Action Steps:</b> </p>
<b>9.</b>  	<p>  <b>Task:</b>   <b>Action Steps:</b> </p>
<b>10.</b>  	<p>  <b>Task:</b> </p>







Today's Tasks & Steps To Success



Action Steps:

	<div> <div>July 17</div> <div>July 17</div> <div>Date</div> </div>
Date:	19/04/2024

	<div>  <div>3 Blessings I'm Grateful To Have</div>  </div>
1.	My family, roof over my head, food & clean water and great health
2.	The Real World and The Agoge Program
3.	My sales job

	<div> <div>  <div>3 Priority Tasks</div>  </div> <div> <div>(These are non-negotiable tasks and must be conquered today!)</div> </div> </div>
1.	100 Burpees + Strength Training Workout
2.	At LEAST 1 hour of G-work Session on my client's business
3.	Outreach to at least 3-5 potential client's



# Hourly Commitments & Reflections



<b>Task</b> 🏆	Task: What will I do?
<b>Strategy</b> 🔍	Strategy: How will I do it, step-by-step action?
<b>Reflection</b> ✍️	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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<b>1 AM: Task</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	

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<b>2 AM: Task</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	

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<b>3 AM: Task</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	

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4 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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5 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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6 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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7 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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8 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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9 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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10 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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11 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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12 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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1 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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2 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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3 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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4 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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5 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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6 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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7 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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8 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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9 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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10 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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11 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	



12 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	



# Twilight's Review



<p>🌟 What wins did I achieve today? 🌟</p>

<p>📖 What lessons did I learn today? 📖</p>

<p>🚧 What roadblocks did I face? 🚧</p>

<p>💡 How will I improve and progress tomorrow? 💡</p>

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

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

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 **What tasks remain uncompleted** 

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

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

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# Freestyle Thoughts:

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