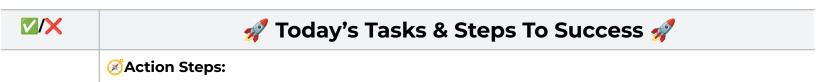


V/X	🚀 Today's Tasks & Steps To Success 🚀
1. 🔽/🗙	
	Do at LEAST I hour of a G-work session for my client's business (increasing social media engagement and local omnipresence). Reviews the notes taken from the Copywriting course
	Watch Power Up Call and Agoge Zoom Meeting Replay to gain new knowledge and have any personal questions answered
2. 🚺/🗙	
3. 🚺/💢	⑥ Task: Work (Job) Ø Action Steps: 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
4. V /X	⑥ Task: Workout ⊗ Action Steps: Today was back & biceps. Did strength training on those muscle groups by training close to failure. Added in the 100 burpees.
5. V/ ×	
6. V /X	
7. V/X	⊚ Task: ⊗Action Steps:
8. // /	© Task: ⊗Action Steps:
9. 🚺/💢	
10. 🚺/🗙	⊚ Task:
4	



	17 Date 17
Date:	19/04/2024

	🌄 3 Blessings I'm Grateful To Have 🙌
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

	🎩 3 Priority Tasks 🎩				
	(These are non-negotiable tasks and must be conquered today!)				
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				

Τ



Mourly 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.)

		-
1 AM: Task 辈		
Strategy 🔍		
Reflection /		
		-
2 AM: Task 辈		
Strategy 🔍		
Reflection /		
		-
3 AM: Task 辈		
Strategy 🔍		
Reflection /		
	-	

4 AM: Task 辈		
Strategy 🔍		
Reflection /		
5 AM: Task 辈		
Strategy 🔍		
Reflection /		
6 AM: Task 辈		
Strategy 🔍		
Reflection /		
7 AM: Task 辈		
Strategy 🔍		
Reflection /		
8 AM: Task 💃		
Strategy 🔍		
Reflection /		

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9 AM: Task 辈		
Strategy 🔍		
Reflection /		
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10 AM: Task 💃		
Strategy 🔍		
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11 AM: Task 辈		
Strategy 🔍		
Reflection /		
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12 PM: Task 辈		
Strategy 🔍		
Reflection /		
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l PM: Task 🖐		
Strategy 🔍		
Reflection /		

2 PM: Task 辈			
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5 PM: Task 辈			
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7 PM: Task 💃			
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8 PM: Task 辈			
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9 PM: Task 辈			
Strategy 🔍			
Reflection /			
10 PM: Task 辈			
Strategy 🔍			
Reflection /			
11 PM: Task 🖔			
Strategy 🔍			
Reflection /			

12 AM: Task 辈	
Strategy 🔍	
Reflection /	
	Twilight's Review
☆ What v	vins did I achieve today? 🌟
 ■ What le	essons did I learn today?
₩ What ro	adblocks did I face? 🚧
Phow will	I improve and progress tomorrow? 💡

☑ 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.)