

**How many hours of sleep did you get last night?**

- 7.5

**What is the critical task you completed today that is moving the needle most?**

- Launched a retargeting ad for my client.

**What were your achievements today?**

- Finished my checklist
  - Daily gratitude
  - Gmail/dm's
  - Prayer
  - check stats
  - Agoge competitions chat
  - Check andrew's daily checklist
  - Hourly plan to win tomorrow
  - Process Map critical task GWS
  - Patrol TRW chats
  - Watch the daily POWER UP CALL
  - Train
  - Sunlight
  - GM
  - Business Campus Daily marketing task
- Got clarity on the next step to take with my Meta campaign (Keep gathering data or test) using Ai
- Wrote a retargeting ad for people who clicked my clients' previous ad.
- Got the copy reviewed, refined and launched.

**Twilight review on the day:**

- Overall, I wasted like 4 hours today. One was on talking with a roommate, the reast was lolligagging and moving slow. I'm pissed. Today was pathetic. I need to kick myself back into shape. I need to get my shit together.

**Wins:**

- I launched the new ad and I know the next step to take with my other ads, so at least I have a clear vision moving forward.
- Got a \$750 invoice from my client for finishing her website redesign, and for running ads for September.

**Losses:**

- I hit a huge writer's block today that made writing the copy for my ad take all day. The reason was my first draft didn't follow the WWP so I had to scrap it 2 GWS's in, and restart. This took so much time.

**Insights learned today and how you will apply them to hit your goal:**

- I learned I've been taking my foot off the gas in boxing and the gym, and it's seeping into the other areas of my life. I got in the ring, and where I could usually last 5-6 rounds, I only lasted 3. I was dead. Burnt out. And I felt lazy. I felt uninspired. I felt like I wasn't me. This was a huge wake up call for me. I learned the same thing yesterday but it was confirmed again today. It's time to wake up.

**Tomorrow's tasks:**

- ☐ Morning checklist items
- ☐ Church
- ☐ View my client's campaign results and see if it's time to test new things or not.
- ☐ OODA loop for this week, and have an updates conquest plan for this month.
  - ☐ Go through this week's achievements and reflect, based on Andrew's outline.
  - ☐ Use copy Ai to look at my current conquest plan, overview my goal for this month, look at where I am now, and create a detailed conquest plan for this month to achieve my goal.

**Any other thoughts you have on your current situation and what you need to work on:**

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