















	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
1	Q1 ▾	Prospecting	✓
2	Q1 ▾	Analyze the top player 1h	✓
3	Q1 ▾	Analyze the Avatar 30min	✓
4	Q1 ▾	Speaking lesson 30min x2	✓
5	Q1 ▾	100 burpees	✓
6	Q1 ▾	Doing a hard workout(back training) 1h	✓
7	Q2 ▾	Doing a hard workout(legs training) 1h	✓
8	Q2 ▾	Read one chapter	✓
9	Q2 ▾	AI tinkering	✓
10	Q2 ▾	Running- 2km 30min	✓
11	Q2 ▾	Watch daily POWER UP call 10min	✓
12	Q2 ▾	Help other students on the campus 1h	✓
13	Q2 ▾	Check the announcement channel 5min	✓
14	Q2 ▾	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min	✓
15	Q2 ▾	Pray the Rosary 30min	✓

	Priority	Task List For The Day - Fill In ALL 20!	✓/✗
16	Q3 ▾	Lunch 90min	✓
17	Q3 ▾	Breakfast 30min	✓
18	Q3 ▾	Give a genuine compliment to 3 people	✓
19	Q3 ▾	Family time 1h	✓
20	Q3 ▾	Set the task list for tomorrow 10min	✓

	 Day Number + Date + Time 
Day Number:	57
Date:	7.28.2023
Start Time:	8:00







	 Three Things That I Am Grateful to Have in My Life 
1.	My family
2.	church community
3.	God and the hardship that he gives me

	 My Top Three Priority Tasks That I WILL Complete 
1.	Analyze the top player 2h
2.	Pray the Rosary
3.	Doing a hard workout(legs training and abs training)



	 My Top Three Goals That I WILL Achieve This Year 
1.	Get a paying client
2.	Build an unbreakable mindset
3.	Be able to do 100 pushups in a row

Half-An-Hour Plan + **Reflection:**

How To Use This:

 Task:	 Task = Set the task that I intend to complete.
 Intention:	 Intention = What is my step-by-step plan of action to complete this task?
 Reflection:	 Reflection = Did I complete this task? If not, then why?

Example:

9 am: Task 	Chest Workout At The Gym - 1 Hour
Intention 	<ul style="list-style-type: none"> - Warm Up - 100 Push-Ups In 4 Sets Of 25 Reps - 5 Sets x 10 Reps of Bench Press Using 100KG - 3 Sets x 25 Reps of Incline Dumbbell Bench Press Using 35KG <p>And so on...</p>

Reflection ✍️	<p>My workout went as planned, and I achieved exactly what I wanted.</p> <p>I also got an idea for a new exercise to try out during my next workout.</p> <p>And so on...</p>
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**(Remove any
boxes below that
do not match the
times when you
are awake.)**

✂️ **My Morning Plan** ✂️

8 am: Task 💰	Breakfast 15min + Running 15min
Intention 🔔	<p>-Make yourself a sandwich</p> <p>- Wash my face and teeth</p> <p>-2km</p>
Reflection ✍️	Did it

8:30 am: Task \$	Morning TRW tasks
Intention 🔔	-Check the announcement channel -Watch daily POWER UP call
Reflection ✍️	Did it

9 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	-warm-up -4 different exercises for my ankles and calves
Reflection ✍️	Done

9:30 am: Task \$	Doing a hard workout(legs training) 1h
Intention 🔔	4 different exercises for my ankles and calves -stretch
Reflection ✍️	Done

10 am: Task \$	Analyze the Avatar 30min
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Intention 🔔	What are their biggest desires/ pains...
Reflection ✍️	Did it

10:30 am: Task \$	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Did it

11 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Done

11:30 am: Task \$	Doing a hard workout(back training) 1h
Intention 🔔	-50 pull-ups -10x5
Reflection ✍️	Done

12 pm: Task \$	AI tinkering
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Intention 🛎️	
Reflection ✍️	Done

12:30 pm: Task \$	Family time 1h
Intention 🛎️	
Reflection ✍️	Did it

🎯 End-Of-Morning Rerport 🎯

🧠 What Did I Learn This Morning? 🧠
I learned how to speak more like Andrew Tate and his way of speaking. I have Analyzed my avatar as much as I can.

❌ What Problems Did I Face This Morning? ❌
My mind wanted to go into my comfort zone and do what was easy but I defeated that feeling.

🔑 How Will I Solve These Problems? 🔑
I will remember my ancestors and that I can't live like an average person.

🔪 My Afternoon Plan 🔪

1 pm: Task \$	Lunch 90min
Intention 🔔	
Reflection ✍️	

1:30 pm: Task \$	Lunch 90min
Intention 🔔	
Reflection ✍️	

2 pm: Task \$	Lunch 90min
Intention 🔔	
Reflection ✍️	

2:30 pm: Task \$	Read one chapter
Intention 🔔	
Reflection ✍️	Did it

3 pm: Task 💰	Analyze the top player 1h
Intention 🔔	How does he monetize his attention(funnels)
Reflection ✍️	Done

3:30 pm: Task 💰	Analyze the top player 1h
Intention 🔔	How does he monetize his attention(funnels)
Reflection ✍️	Done

4 pm: Task 💰	Speaking lesson 30min
Intention 🔔	Recording myself speaking and trying to improve the flow
Reflection ✍️	Did it and saw new mistakes I was doing in my speaking.

4:30 pm: Task 💰	Help other students on the campus 1h
Intention 🔔	-Help their copy
Reflection ✍️	Helped some guy with his short-form copy.

5 pm: Task 💰	Help other students on the campus 1h
Intention 🔔	-Help their copy

Reflection ✍️	Helped some guy with his short-form copy
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5:30 pm: Task 💰	Analyzing my understanding of Copywriting/ outreach/ mindset and trying to see where I can improve 30min
Intention 🔔	-Hard OODA loop on day
Reflection ✍️	OODA looped it

6 pm: Task 💰	Prospecting
Intention 🔔	Finding the prospect
Reflection ✍️	Did it

6:30 pm: Task 💰	Prospecting
Intention 🔔	Making the free value
Reflection ✍️	Did it

7 pm: Task 💰	Prospecting
Intention 🔔	Frothing an outreach
Reflection ✍️	Done

7:30 pm: Task 💰	Prospecting
Intention 🔔	-Making my outreach and FV better by using AI -Sending it to the prospect
Reflection ✍️	Did it

8 pm: Task 💰	Set the task list for tomorrow
Intention 🔔	-All of the tasks
Reflection ✍️	Done

8:30 pm: Task 💰	Pray the Rosary 30min
Intention 🔔	-praying
Reflection ✍️	Done

9 pm: Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



What Did I Learn Today?

I learned how to use AI to make my copy more interesting and analyze my avatar.

✗ What Problems Did I Face In The Day? ✗

My mind wanted to go into my comfort zone and do what was easy but I defeated that feeling.

How Will I Solve These Problems Tomorrow?

I will remember my ancestors and that I can't live like an average person.

What Do I Plan To Do Differently Tomorrow?

I will try to put myself as much as possible out of my comfort zone.

What Do I Plan To Do The Same Tomorrow?

I will do all of my tasks.

Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?

No one

None

Brain Dump:

Question on my mind: "If another person wishes to outperform me, what would they do to win?"

My answer: They would plan their day better and do a couple of tasks that are important first and other tasks would be just extra tasks I can do if I have time.

And I shall do just that.

I feel like I'm doing my tasks just to do all tasks. And that is bad because I don't get as much from them and just go through the motions. That is why I will have just a couple of important tasks I need to do and the rest will be tasks I can do if I have time. That is how I will make my

**tasks teach me more and I will faster
become a Copywriting G.**

Hrvoje P. —Soon a great Copywriter