





## **Task: DAILY CHECKLIST Action Steps:**

- •• | 15 secs focus on your ideal future self then review your plans to win that day.
- 📝 | Spend 10 minutes reviewing your notes and/or analyzing good copy from the swipe file or

Top Players.

- ▼ G-WORK SESSION on outreach/client work.
- MPUC.
- 🦍 | Train.
- | Review your wins and losses for the day. Plan out your next day accordingly.

Date 17

Date:

7/8/2024





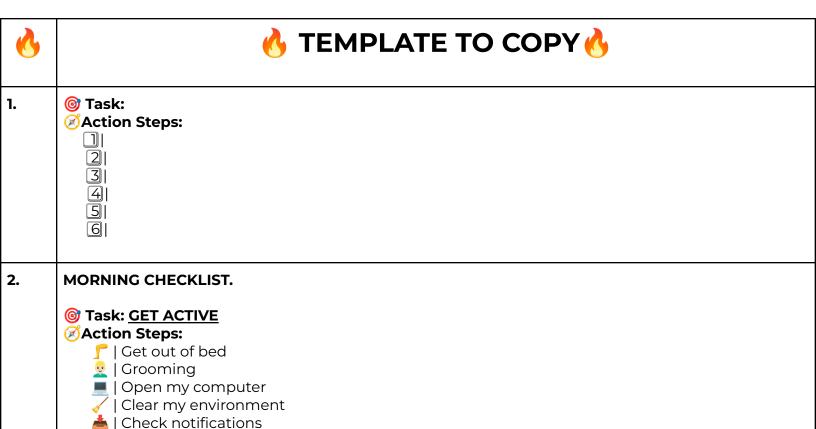
🌄 3 Blessings I'm Grateful To Have 🙌

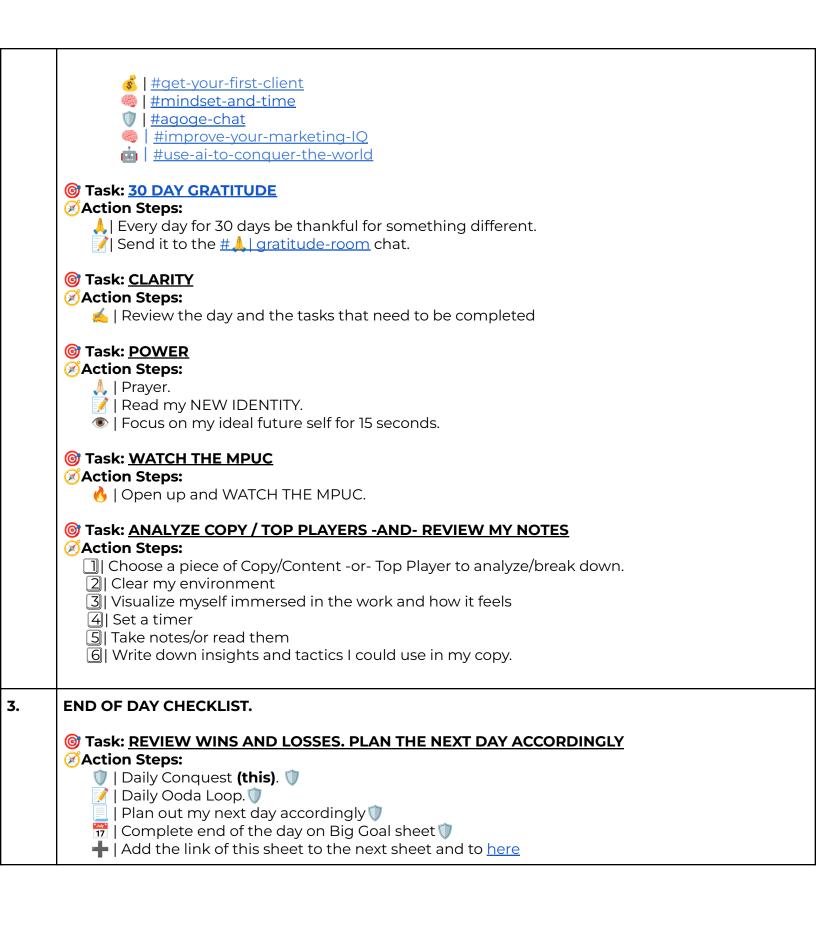


**God and Jesus** 

- Their forgiveness of my sins
   Healthy body
   James are non-negotiable tasks and must be conquered today!)
- Completing the tasks on my calendar, which are at least 2 G-work sessions, and spending time with my family (apart from the daily checklist tasks)
   Daily checklist
- 3. Avoid cheap dopamine

| Say GM in the chats.







## 🏅 Hourly Commitments & Reflections 🏅



9 AM: Task 🟅 **⊚** Task: <u>30 DAY GRATITUDE</u> ✓ **⊚** Task: WATCH THE MPUC ✓ Strategy Q **®** Task: GET ACTIVE **Action Steps:** f | Get out of bed 👱 | Grooming | Open my computer / | Clear my environment 📥 | Check notifications @ Task: GM **Action Steps:** | Say GM in the chats. | #get-your-first-client #mindset-and-time #agoge-chat #improve-your-marketing-IQ in | #use-ai-to-conquer-the-world **Task: 30 DAY GRATITUDE Action Steps:** | Every day for 30 days be thankful for something different.  $||\vec{y}||$  Send it to the ||#| || gratitude-room chat. **Task: CLARITY Action Steps:** <u>६</u> | Review the day and the tasks that need to be completed **®** Task: POWER **Action Steps:** 🙏 | Prayer. 📝 | Read my NEW IDENTITY.

	Focus on my ideal future self for 15 seconds.				
	<ul> <li>Task: ANALYZE COPY / TOP PLAYERS -AND- REVIEW MY NOTES</li> <li>Action Steps:         <ul> <li>□ Choose a piece of Copy/Content -or- Top Player to analyze/break down.</li> <li>□ Clear my environment</li> <li>□ Visualize myself immersed in the work and how it feels</li> <li>□ Set a timer</li> <li>□ Take notes/or read them</li> <li>□ Write down insights and tactics I could use in my copy.</li> </ul> </li> </ul>				
Deadline 🖑	1H 30 MINUTES				
What did this session lack?	Focus, I was getting a bit distracted in my mind, so I need to bring more focus to my work.				
What was good about this session?	I was constantly doing work with speed and wasn't stopping.				

10 AM: Task 🖔	<ul> <li>⑥ Task: Finishing tasks from previous hour</li> <li>⑥ Task: Outreach to 4-5 prospects in my Dream 100 List</li> </ul>			
Strategy 🔍	<ul> <li>Task: Outreach to 10 prospects in my Dream 100 List</li> <li>Action Steps: <ul> <li>☐ Get a G-work session ready</li> <li>☐ Visualize myself performing the work</li> <li>☐ Open up sheet</li> <li>☐ Open up 10 profiles</li> <li>☐ Engage with their content</li> <li>☐ Send them a DM either with a question or a compliment</li> </ul> </li> </ul>			
Deadline 🕛	1Н			
What did this session lack?	Nothing, absolutely crushed it			

What was good about this session? 17	Speed and focus					
11 AM: Task 辈	⊚ Task: <u>Watch a quick video in the trading campus as a reward</u>					
Strategy 🔍	Watch					
Deadline 🕛	30M					
What did this session lack?	Nothing					
What was good about this session?	Nothing					
1 PM: Task 辈	⊚ Task: Analyze as many G's copy's as possible in 1 HR ✓					
Strategy 🔍	<ul> <li>Task: Analyze as many G's copy's as possible in 1 HR</li> <li>Action Steps:         <ul> <li>□ Open up as many outreaches and copy's as possible</li> <li>□ Analyze target market research</li> <li>□ Analyze copy</li> <li>□ Give helpful comments and ideas how to improve</li> <li>□ Repeat</li> </ul> </li> </ul>					
Deadline Ů	1Н					
What did this session lack? /	Nothing					
What was good about this session? 77	Great GWS, helped a LOT of G's out with their outreach and copy's - and I improved my skills as well so great GWS.					

2 PM: Task 🖔					
Strategy 🔍	Do it				
Deadline 🖰	1Н				
What did this session lack? /	Nothing				
What was good about this session? 17	Focus				
3 PM: Task 🖐					
Strategy 🔍	Do it				
Deadline 🖑	N				
What did this session lack?	N				
What was good about this session?	N				
4 PM: Task 🖔					
Strategy 🔍	<ul> <li>Task: Do outreaches to my Dream 100 List</li> <li>Open up 4 profiles</li> <li>Analyze profiles</li> <li>DM</li> <li>Task: Train (I'm sick so going to do less)</li> <li>Shadowbox</li> <li>Walk</li> </ul>				
Deadline 逝	1Н				

What did this session lack?	Nothing					
What was good about this session?	Completing it					
7 PM: Task 💃	<b>⊚</b> Task: <u>REVIEW WINS AND LOSSES. PLAN THE NEXT DAY ACCORDINGLY</u>					
Strategy 🔍	Task: REVIEW WINS AND LOSSES. PLAN THE NEXT DAY ACCORDINGLY  Action Steps:  □   Daily Conquest (this). □  □   Daily Ooda Loop. □  □   Plan out my next day accordingly □  □   Complete end of the day on Big Goal sheet □  ■   Add the link of this sheet to the "call to war" sheet and to here					
What did this session lack? /	Nothing					
What was good about this session? 77	I just did it.					



## DAILY OODA LOOP

- 1. Lessons Learned
  - a. Don't waste time, have your day planned really specifically so you're always moving forward
- 2. Victories Achieved
  - a. Got 2 G-work sessions done today
  - b. Completed all of my tasks on my calendar

What lessons did I learn today?

- c. Going to spend time with my family
- 3. Did you complete the #| daily-checklist?
  - a. Yes
- 4. Goals for next day:
  - a. Wake up at 6:00-6:30
  - b. Get 2 G-work sessions done on client's project
  - c. Get 1 G-work session done on reviewing G's copy
  - d. Get 1 G-work session done on re-writing an advertorial
  - e. Get 15-30 minutes of movement/shadowboxing/walking/ect.
- 5. Top question/challenge
  - a. None for today.

## 🚧 What roadblocks did I face? 🚧

My day wasn't planned AS specifically as it could be which caused me to waste around 1-2 hours, need to fix that

How will I improve and progress tomorrow? 💡

By having a more specific plan

★ What tasks remain uncompleted ★

Didn't get a G-work session on client's work done since I'm still waiting for review in the advanced copy-aikido review channel.

 ${\color{red} igsep}{\color{black} igsep}$  The final assessment of the day's productivity (1-10)  ${\color{red} igsep}{\color{black} igsep}$