

Didn't watch yesterday's MPU out of **pure laziness. Time to get serious** and complete my daily checklist fully.

✗ **magic broc**

✗ **flavored air**

Send 10 Warm outreaches or 1 G- Workout for a client (Did work for my client by getting him into group chats that he can use as inspiration for his newsletters that I produce. I also made content for him. However I don't really see it as a G workout, but I will let you be the judge of that)

11:55 breakfast while reading new identity ✗

MINI OODA LOOP

Good day, checklist is complete.

Felt focused and strong today, but I could have been more organised when it came to doing my tasks in order, but nonetheless I still got them done.

Another step closer in the right direction, I feel like my brain is more sharp and I'm learning more about the marketing game.

But there is still so much more to be learned, I have to stay dialled in and focused. Tomorrow must be better than today. Let's get it.

Analysis of the day:

Poor day. Didn't get anything from the checklist completed.

Felt completely flat lined and exhausted after the gym **but to be honest it may have been a different story** without having social media.

Very possible that my diet has an impact.

Got to move past today's weaknesses and onto tomorrow.

Wasted minutes of time here and there - will optimize my life for being the most competitive I can be to achieve my desired outcomes

Question for you Gs: **How did you and how will you implement the PUC notes about Becoming the most competitive self to win you have made?** I've also caught myself slipping into complacency. And I don't want you slipping either.

Answering a bunch of identity questions isn't production, it's not really a task either.

I used to have this bad mental habit of writing down EVERYTHING and answering in detail. Spending like 1h answering a bunch of questions from the MPUC.

It's all mental masturbation and I highly suspect you are doing it as well. Don't take this as flame or anything, just saying it's a waste of time. Asking the questions in your head and answering immediately gets you 90% of the effect in 5m.

I'm cutting out this bad habit, I hope you do too.

Also, this SEO course is taking you way too long bro. No expert on SEO, but how can it take you 3-4 days to complete DAY 7 (one single day) of a course. Makes no sense. Cmon bro, let's get back on track Massive production fixes all our issues.

PS: good insight on first impressions

Didn't make the conversation empathetic and long

Didn't follow my schedule, was late for most tasks thus didn't have 4G work sessions.

Ate right before training so my stomach hurt the whole training so I wasn't as intense as I needed to be to get closer to my Villain

Had a hot shower - felt really bad after training and **didn't ignore my feelings.** Wasn't doing things till they were ready to publish but perfected them

Yesterday I **woke up late.**

I'm working a lot right now on going to sleep earlier so I can get enough sleep in since poor sleep is the major cause of me waking up late.

Daily checklist completed and sent three outreaches.

Today I will finish watching the live call Andrew did a couple days ago on how to find growth opportunities for businesses so I can see how he performs all the process so I can find ways I can speed up my process.

Boxing training completed but I could have pushed more during sparring. I didn't do sparring last week because I couldn't go to the sparring session of last Wednesday and, even though I trained at home, I had to get used back to the high intensity of sparring.

Yesterday I did my slowest time for the 150 burpees. I let my sore legs' muscles keep me from going faster.

I have to defeat this pain in my mind and attack the burpees at Max power and speed when this roadblock gets in my way.

❌ Fall back and scrolled through instagram for an hour waiting for my train

❌ Doom scrolled for another 1.5 hour (shit)

Rise up with FIRE BLOOD 🔥❌

Review your own copy and get it ready for aikido review ❌

I will push myself and dedicate the next 72 hours

Hassaan



Today at 5:45 PM



Nightly Check-In 🌙



12/14/2023

✅ Morning Checklist

❌ Daily Checklist

❌ Copywriting Checklist

❌ Social Media Checklist

❌ Night Checklist

❌ Bad Habits Checklist



View Checklists: tinyurl.com/hsdailychecklist



Lessons Learned:

Weakness and Fear is only in my head

I must fight temptations, laziness, and do the pain of work, not try to get rid of them.

I need to always make the best move on the chessboard, regardless of how bad I screwed up on that day and when all odds are against me.

No more thinking, just action. Thinking → Overthinking → Self-doubt and Self-lies → Bad Habits

I need to work on smaller goals, a lambo is cool, but it's slowing me down since it's far away, so I'll stick to the checkpoints I wrote earlier and urge towards finishing before my deadline.

🏆 Victories + Work Achieved:

50% of "Become Famous" videos in social media campus completed.

That's about it, today was traveling, tomorrow I will make sure to get the work done.

🦁 Brave Choices Made:

Set aside some 💰💰💰 for donations

Stopped in the middle of my bad habits and made the right decision of going back to work

I slept 5 hours after staying awake for 40 hours

Told truth to parents even if that means I get in trouble

Worked in the airport, airplane, and in the car even though I could've slept

🐻 Cowardly Choices Made:

Didn't finish basically any of my checklists

Wasted 2-3 hours

Did all 3 bad habits

😞 Questions or Challenges:

I need to figure out how to complete my checklist because since I've been traveling for past 2 weeks, I've only completed them once or twice.

Gs how do I reignite the burning FEELING to conquer?

I feel like I no longer have the feeling where I'd have a bunch of tasks and get through them 1 by 1 in no time, then find a way to CONQUER EARTH EVEN MORE.

And it saddens me.

So, my guess is that others have also felt this.

How did you reignite it?

Or is there a MPUC where Andrew addresses this?

I feel like I have no purpose though. Not the suicidal way.

I just sit there and watch the day wither away from my hands.

I do tasks and now I get by them VERY slowly. It's killing me.

But I'll look into it. I'll find a way to refind myself again.