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

# **X**magic broc

## Xflavored 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 X

#### 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 habbit, 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.

# **X**Fall back and scrolled through instagram for an hour waiting for my train **X**Doom scrolled for another 1.5 hour (shit)

Rise up with FIRE BLOOD **X**Review your own copy and get it ready for aikido review **X** 

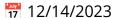
#### I will push myself and dedicate the next 72 hours

#### Hassaan



Today at 5:45 PM





- Morning Checklist
- X Daily Checklist
- X Copywriting Checklist
- X Social Media Checklist
- X Night Checklist
- X Bad Habits Checklist
- 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.

#### Y Victories + Work Acheived:

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 <u>& & &</u> 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 checklistsWasted 2-3 hoursDid all 3 had 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.