

All PM Challenge Tasks

Day 1 Task

1. What do you want to have in your life?

I want to hit 88 kg by next summer—I'm at 94 kg right now (Updated 92kg 08.09.2024)(91kg 15.09.2024), with low body fat, which is good. But yeah, I gotta lose a few kilos while keeping the muscle. I've got about 10 months to do it, so that means slowly dropping about half a kilo a month, nothing too crazy, just keeping up with the gym and eating right. (TLDR: I want to achieve and maintain a weight of 88 kg by next summer (within 10 months), keeping my body fat low while retaining muscle.

On the work side of things, I really want to hold onto my current job, but at the same time, I need to level up. My goal is to add 3 new local business clients and land one online client for my Social media management services by the end of this year. That gives me around 5 months to hustle and make it happen. I'll be reaching out to potential clients, refining my pitch, and following up on leads every week.

(TLDR: add 3 new local business clients and land one online client for my Social media management services)

Why do I wanna do all this? Well, for the health goal, getting down to 88 kg is gonna make me feel stronger, more energetic, and just better overall. And professionally, expanding my client base will secure my income and diversify what I do so that I have safety and improve a skill

2. How will you know you achieved this?

- **Physical Goal:** I'll see a more defined physique in the mirror, wear clothes that fit better, and feel more energetic throughout the day. My body will feel stronger, and I'll notice the change in my endurance and strength during workouts. I'll hear compliments from others about my appearance, and I'll feel a sense of accomplishment.
- **Professional Goal:** I'll hear positive feedback from clients and see my income increase with the additional clients. My confidence will grow as I see my business expand, and I'll feel more secure and satisfied with my professional achievements.

3. What will happen if you get this result?

- Achieving the physical goal will boost my confidence, improve my health, and increase my overall happiness. I'll likely become more disciplined and focused in other areas of my life as well.
- Professionally, securing these clients will bring financial stability, reduce stress related to income, and allow me to invest in myself and my business further. It will also give me a stronger reputation in my field, leading to more opportunities.

4. What will not happen if you get it?

- If I achieve these results, I will not feel regret about not taking care of my health or not pushing myself professionally. I won't experience the anxiety of financial instability, nor the physical discomforts that come with being overweight.

5. What will happen if you don't get it?

- If I don't reach these goals, I'll likely feel disappointed in myself, my health might decline, and my confidence may take a hit. Professionally, I'll miss out on potential income, opportunities, and may face more stress and instability in my career.

6. What do you get to have by remaining the same person?

- By remaining the same, I maintain a comfort zone that doesn't push me to grow or improve. It might allow me to avoid the discomfort of change and hard work temporarily, but at the cost of long-term benefits. In a way, staying the same protects me from the fear of failure, but it also keeps me from achieving my full potential.

7. How do you know it's worth getting?

- It's worth it because it's not easy; these goals align with my deeper values of health, security, and personal growth. Achieving them will enhance my life, making me feel more fulfilled and capable. The potential positive impact on my physical well-being and professional life makes these goals essential.

8. How will this affect your life?

- **Health Goal:** My family and friends will see me as more energetic and positive, possibly inspiring them to make healthy changes too. I'll have more stamina and focus in my work, and my confidence will improve my interactions with others.
- **Professional Goal:** My business will grow, leading to more stability and potentially more time to spend with loved ones. I'll be able to contribute more to my family financially and will have the resources to invest in future opportunities.

9. What will be different as a result of having this?

- I'll have a stronger sense of self-discipline and a greater sense of achievement. My lifestyle will be healthier, with better habits that positively affect every aspect of my life. Professionally, I'll have a more secure and diversified income, giving me more freedom and peace of mind.

DAY 2 TASK: New do's and don'ts added to checklist

DAY 5 TASK Code Task

He was a genuinely kind and loving person. If you ever needed someone, he was always there, ready to help without a second thought. His heart was huge, and he made everyone feel like they mattered. When he set his mind on something, he gave it everything he had. There was no half-measure with him. If he said he would do something, you could count on it being done, and done well. He was reliable, and you could trust him with anything. If he couldn't solve a problem right away, he'd keep at it until he found a solution. That's just how he was—persistent and determined. He lived each day with purpose, never wasting a moment. Challenges didn't scare him; they motivated him. Whether it was at work, in his fitness, or in his relationships, he always gave it his all. If he wanted something, he went after it—he didn't wait for it to come to him. He took pride in everything he did. It wasn't just about doing a good job; it was about doing his best in every aspect of life. He stood out in a crowd, not because he wanted attention, but because of the way he carried himself—with confidence and positivity. He always looked after himself, both physically and mentally, and it showed. He had a natural ability with people. He could talk to anyone and make them feel comfortable. He had this way of connecting with others, leaving a lasting impression after just a brief conversation. He built strong, meaningful relationships with family, friends, and even those he met just once or twice.

DAY 16 TASK

Updated Daily Schedule:

- **7:30 AM:** Wake up
- **7:30 AM - 8:00 AM:** Morning routine
- **8:00 AM - 8:30 AM:** Breakfast and hydration
- **8:30 AM - 9:00 AM:** Quick review of the day's tasks
- **9:00 AM - 12:00 PM:** Work session 1 (9-to-5 job tasks)
- **12:00 PM - 1:00 PM:** Lunch break
- **1:00 PM - 5:00 PM:** Work session 2 (9-to-5 job tasks)
- **5:00 PM - 5:30 PM:** Commute home or wrap up work
- **5:30 PM - 6:00 PM:** Break (light exercise, walk, hydrate)

- **6:00 PM - 7:00 PM:** Workout (strength training/cardio)
- **7:00 PM - 7:30 PM:** Dinner
- **7:30 PM - 8:00 PM:** Skill improvement (learning new tools or techniques)
- **8:00 PM - 9:00 PM:** Outreach and client follow-up (contact potential clients, networking)
- **9:00 PM - 9:30 PM:** Review progress and plan for the next day
- **9:30 PM - 10:00 PM:** (reading, light activities)
- **10:00 PM:** prepare for bed

2. Eisenhower Matrix:

Urgent and Important:

- Tasks related to 9-to-5 job
- Workout
- Client follow-up

Not Urgent but Important:

- Skill improvement
- Networking
- Tracking weight and client contacts