### ? Who You Are Now vs Who You Want to Be ?

- Now:
  - o I am a Brokie
  - o I am a Dreamer
  - o I am a Thinker instead of an action taker.
  - o I am a procrastinator
  - o I am too calm
- Who You Want to Be:
  - A professional who gets the job done regardless of any endeavor
  - A financially stable and action taking individual
  - I want to remove the status of broke from my name and not disappoint my brotherhood
  - I want to always improve my intelligence and brain power. I want to plan but then immediately take action regardless of the failure of the plan or the success of the plan.
  - I want to learn, I want to be smart, I want to improve, I want to conquer.
  - I WANT TO WIN

### ♦ Your Reason Why ♦

• I want to do this for my family and friends. I want to do this for myself, for my future daughter and for the sake of my bloodline.

## **G Work Checklist**

- ☐ Set a binary, tangible goal
- ☐ Pick an attitude
- ☐ Hydrate, Caffeinate, Get the blood flowing

☐ Remove distractions	
☐ Set a challenging timer and try to beat it	
☐ Get started	
☐ Evaluate afterwards	

# Day - 5.11.2024

#### **MORNING**

- **Wake up shower breakfast 7:00 7:30** 
  - Get out of bed and drink water to freshen up
  - Take a shower to rejuvenate and prepare to conquer the day
  - Look at yourself in the mirror and remember who you are and what you want to become.
  - Prepare lunch for later conquest
- ☑ Ride to work and complete the 9 to 5 like a professional
  - Post yesterday's accountability doc
  - Begin todays accountability doc

Find personal or Gmail address

#### **AFTERNOON/EVENING**

$\checkmark$	Comp	lete some client work during working hours
	0	Complete 9 to 5 and client work when finished riding home.
	0	Complete all useless but important tasks as quickly as possible.
		☐ Clean room
		☐ Dishes
		Go for a Jog around the area to increase stamina and fitness
$\square$	Start	Completing Client work to speed up the cooperation process
_	0	Go through TRW and build your knowledge and freshen up and sharpen skills.
	0	Finish Completing client tasks
	0	Start planning ahead with what has been discussed with the client
	0	Start creating new ideas for client
	0	Only provide client with details once first client task has been completed
$\checkmark$	Start	going through Local Outreach
	0	Start Sending Outreaches after investigations.
	0	Complete client tasks and plan outreaches for a particular niche.

- Create Outreaches for these businesses
- o Improve each email and make it personal and professional

#### ☐ Take some time to read and pray to calm the mind and connect with GOD

- Spend a bit of time with Girlfriend
- o Read for 30 to 60 mins
- Pray about all the things you are thankful for and want to achieve
- Get ready to get back into G mode and work
- Make coffee to bring your working spirit back in action and take control
- Search for Good fighting gyms to Join

#### ☐ Start to work out and complete training tasks

- While training make sure you are improving form.
- Make sure to add anything you think is missing.
- Don't forget to take a shower once finished.
- Then make protein filled dinner

#### ☐ Get back to work on Al automations

- Start taking action and trying new things
- Listen to the lessons and take notes
- Start to implement the AI tools to speed up the process

#### ☑ Complete accountability doc + plan tasks for tomorrow + TRW Tasks

- See anything happen inside TRW
- Complete the Accountability doc
- Plan out tomorrow

### **GWS Reflection:**

#### What tasks/objectives did I demolish?

- Don't skip any fields...
- I tackled my first G work planning
- Started to go down the list and accomplished all objectives
- Started to realize what i need to do and where i need work

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#### Problems/mistakes encountered?

- Don't skip any fields...
- I was not able to complete all the tasks that i assigned myself
- I stopped at one point and i could've been faster in doing my tasks

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### Solutions to each mistake/problem?

- Don't skip any fields...
- Complete all tasks at the fastest speed with efficiency
- Think about efficiency instead of the long way

#### ☐ GWS #1

- Client work was done in sections
- Piled up the first part of the photos and have completed
- Thinking and planning the next step so i can take action and complete all tasks tomorrow

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# End day review:

### Overall problems/mistakes throughout the day?

- I could've been a whole lot faster with all my tasks
- Need to take more action instead of planning
- I stopped working to read which was bad

### Solutions to each mistake/problem?

- Use timers for each task and try to beat them
- Now that I have planned ahead i have no excuse
- Complete all tasks to reach the reward