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 	 <b>Today's Tasks &amp; Steps To Success</b> 
1.  	 <b>Task:</b> LLAW LU2  <b>Action Steps:</b> Spend 3 focused G work hours smashing as much LLAW as humanly possible.
2.  	 <b>Task:</b> Import over Ryan's glute subscribers  <b>Action Steps:</b> Load up messages, download CSV, import onto laptop, add to TMF list.
3.  	 <b>Task:</b> Create Landing Page for Lead Magnet  <b>Action Steps:</b> Load up Cardd, follow advise from Dylan, build & finalize LP. Create ActiveCampaign account to link in landing page.
4.  	 <b>Task:</b> Create 4 email sequence for lead magnet delivery & outreach tutoring call  <b>Action Steps:</b> Load onto ActiveCampaign, Draft up 4 emails, test with Fin & Ross. Finalize the perfect email sequence.
5.  	 <b>Task:</b> Draft Lead Magnet  <b>Action Steps:</b> Watch how Andrew uses AI to build his ebook, create topics for discussion > chapters >
6.  	 <b>Task:</b> 200 burpees  <b>Action Steps:</b> Brace myself and get that shit done.
7.  	 <b>Task:</b> Top Copy Analysis  <b>Action Steps:</b> 10 minutes of focus, improving my copy skill
8.  	 <b>Task:</b> BEFORE ANY of the Agoge assignment tasks, conduct market research.  <b>Action Steps:</b> Follow Winner's Writing Process from Tao of Marketing, look deeply into Amazon book reviews, create detailed day in the life of the avatar, understand their desires, pains, motives etc. intrinsically. Leverage AI as best as possible.
9.  	 <b>Task:</b>  <b>Action Steps:</b>
10.  	 <b>Task:</b>  <b>Action Steps:</b>

	<div> <div>July 17</div> <div><b>Date</b></div> <div>July 17</div> </div>
<b>Date:</b>	26 April

	<div>  <div>3 Blessings I'm Grateful To Have</div>  </div>
1.	The opportunity to graduate from the Agoge challenge.
2.	The ability to level up with my brother by my side.
3.	To have made as much money as I have this month.

	<div> <div>  <div>3 Priority Tasks</div>  </div> <div>(These are non-negotiable tasks and must be conquered today!)</div> </div>
1.	LLAW ½ learning unit
2.	Market Research
3.	Landing Page



# Hourly Commitments & Reflections



<b>Task</b> 🏆	Task: What will I do?
<b>Strategy</b> 🔍	Strategy: How will I do it, step-by-step action?
<b>Reflection</b> ✍️	Reflection: Was the task finished? If not, why & what stopped me and how will I fix it?

( Fill in as you go & remove the hours you are asleep. )

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<b>1 AM: Task</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	

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<b>2 AM: Task</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	

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<b>3 AM: Task</b> 🏆	
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	

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4 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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5 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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6 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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7 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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8 AM: Task 🏆	Wake Up
Strategy 🔍	Get at it immediately. Start with 500ml water, then shower, then boiled eggs
Reflection ✍️	

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9 AM: Task 🏆	Complete LLAW G work sessions
Strategy 🔍	Complete focus on LLAW for 3 hours to smash as much content as humanly possible. Use caffeine to my advantage.
Reflection ✍️	

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10 AM: Task 🏆	See above
Strategy 🔍	
Reflection ✍️	

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11 AM: Task 🏆	See above
Strategy 🔍	
Reflection ✍️	

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12 PM: Task 🏆	Head to gym mid-day for a break
Strategy 🔍	Arms session
Reflection ✍️	

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1 PM: Task 🏆	Finish gym at 1:30pm, head home & eat
Strategy 🔍	Whilst on way home, listen to top copy breakdown.

Reflection 	
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2 PM: Task 	Market Research
Strategy 	Delve deep into amazon reviews, create detailed avatar & day in the life.
Reflection 	




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3 PM: Task 	Complete market research at 3:40 and do burpees
Strategy 	Get that shit done.
Reflection 	

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4 PM: Task 	Eat + landing page for offer.
Strategy 	Use caffeine once more to my advantage. Use Dylan's tips for effective landing pages. Use Active Campaign & free trial on Cardd to deliver LM.
Reflection 	

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5 PM: Task 	Complete LP, begin drafting LM itself.
Strategy 	Use AI as much as possible. Use Prof. Andrew's tips and advice from favorited videos in copywriting campus.
Reflection 	

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6 PM: Task 	Finalize main content to be covered in LM, topic headings, chapters.
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Strategy 🔍	Use AI to fill in all gaps, as well as own images & case studies.
Reflection ✍️	

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7 PM: Task 🏆	Visit Hussar grill for obligatory steak dinner w/ Ross
Strategy 🔍	Enjoy the fruits of the most profitable month I have ever experienced
Reflection ✍️	

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8 PM: Task 🏆	Above
Strategy 🔍	
Reflection ✍️	

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9 PM: Task 🏆	Return home at 9:15, continue working at 9:30
Strategy 🔍	Complete entire lead magnet
Reflection ✍️	

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10 PM: Task 🏆	LM done by 10:30
Strategy 🔍	Complete and head to bed asap.
Reflection ✍️	

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11 PM: Task 🏆	Sleep
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Strategy 🔍	
Reflection ✍️	

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12 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	



# Twilight's Review



<p>🌟 What wins did I achieve today? 🌟</p>
<p>I completed a large amount of work. I did more burpees than I ever thought possible. I used to hate burpees, now I see that I was just being cowardly.</p>

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<p>📖 What lessons did I learn today? 📖</p>
<p>I learned the power of the mind. We truly are our biggest limitations. Often times, if you set a huge goal that seems completely unrealistic, all you need to do is break it down into step-by-step points and the goal will be conquered before your very eyes. The root cause analysis tool seriously works incredibly well.</p>

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<p>🚧 What roadblocks did I face? 🚧</p>
<p>A time shortage, due to poor previous planning. Conquest planner and daily domination are helping me fix this every day.</p>



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 **How will I improve and progress tomorrow?** 

**I will be more efficient with my time, be more mentally resilient, be braver, CONQUER MORE.**

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 **What worked well and will be repeated?** 

**My laser focus when I kept my phone far away from me while I worked.**

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 **Who are the People I need to connect with?** 

**My client, fellow Agoge students.**

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 **What tasks remain uncompleted** 

**Part of my client's work, which I have scheduled to complete tomorrow before our call.**

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 **What changes do I need to make to my CONQUEST PLAN?** 

**I need to schedule a bit of time in the evenings to unwind and complete more work earlier in the day, so I can sleep better.**

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 **The final assessment of the day's productivity** 

**7.5/10**

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# Freestyle Thoughts:

(Let your thoughts flow here. No judgment, no boundaries.)