

🔥 RIGHTEOUS ARCHANGEL 🔥

⚔️ BATTLE PLAN ⚔️

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31.05.24

START: 9-5 JOB

MEDIOCRE PEOPLE

QUITTING

28.02.24

UPSCALE CLIENTS
TO 3-5K/EACH

31.03.24

SCALE TO 5 CLIENTS 4-5K/MO WITH AI
COMPLETED DIPLOMA PROJECT

31.03.24

\$50K

01.01.24

200 FV OUTREACHES

31.01.24

SIGN 2-3 MORE PAYING CLIENTS
PLAN PREDIPLOMA AND
DIPLOMA PROJECTS

NYE

23.11.23

LAST DAY OF 9-5 JOB

06.11.23

LANDING PAGE WITH 1ST
CASE STUDY

31.10.23

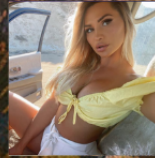
CLOSE 1ST CLIENT DEAL
1ST TESTIMONIAL/CASE
STUDY

10.09.23

ANALYZE INDUSTRY
(TOP 2-3 PLAYERS)
READ 100M LEADS

GERMAN 9-5
COLLEAGUES

I AM HERE



GOALS

✓ HOT BITCH ✓



✓ BMW F10 M5 ✓



✓ VIEW ✓



DEMONS

LOW VALUE COPYWRITER



Your average wannabe digital marketer

Special abilities:

- Braindead
- Spam 100s of prospects with compliment outreaches

9-5 GERMAN COLLEAGUES



Slave-minded software dork

Special abilities:

- Apathy
- Leeching wage without providing value

9-5 GERMAN OVERLORD



Hardstuck for life corporate slave

Special abilities:

- MEGA dork
- Catowner
- Liberal
- Eunuch

MILEN



Up and coming depressed middle manager

Special abilities:

- Depressing other people
- 0 Leadership

MARIA



Pensioner team lead

Special abilities:

- Subtle emotional manipulation
- Using other team members to do her dirty work
- Master of indirect criticism

MEDIOCRE PERSON



Complete fucking failure of a human being

Special abilities:

- Master of making excuses
- Fat
- Dead inside
- Broke

GYPSIE



Lives in the ghetto as a parasite to society

Special abilities:

- HORRID hygiene
- Drives BMW 320 with M-badge

NASKO



Soulless lawyer

Special abilities:

- Dead inside
- No morals

AVERAGE UNI DORK



Average University Dork

Special abilities:

- Broke (for life)
- Spends his last money on cheap vodka at a nightclub
- Scrolls on Instagram and TikTok all day

KRASI



Student office assistant

Special abilities:

- EXTREME arrogance
- Good with nothing else but documents
- Stuck for life in university

UNIVERSITY PROFESSOR



The most Matrix-minded slave of society

Special abilities:

- Educated dumbass
- No one loves him
- Virgin (forever)
- Takes out his insecurities on students

TASKLIST

	TASK	✓ ✗
1.	BEAT LAST WEEK'S TOTAL WINNING SCORE	✓ ✗
2.	COMPLETE THE DAILY CHECKLIST - 2/7	✓ ✗
3.	CALISTHENICS TRAINING SESSION LEVEL 9 - 2/5	✓ ✗
4.	BOXING TRAINING SESSIONS - 0/2	✓ ✗
5.	15 MUSCLE UPS - 9/15	✓ ✗
6.	200 PUSHUPS/DAY - 3/7	✓ ✗
7.	WATCH "HOW TO BE A G" UNINTERRUPTED	✓ ✗
8.	UNI: DIPLOMA PROJECT: SCHEMATIC DESIGN	✓ ✗
9.	UNI: DIPLOMA PROJECT: PCB DESIGN	✓ ✗
10.	UNI: DIPLOMA PROJECT: SPICE SIMULATIONS	✓ ✗
11.	REVISE THE COPYWRITING AI COURSE AND USE IT TO CREATE FV	✓ ✗
12.	UNI: DIPLOMA PROJECT: WRITE SOFTWARE	✓ ✗
13.	UNI: DIPLOMA PROJECT: WRITE DOCUMENTATION	✓ ✗
14.	UNI: DIPLOMA PROJECT: BOM	✓ ✗
15.	MY WEBSITE: POSITION LANDING PAGE ON FRAMER WEBSITE	✓
16.	CLIENT #2: FIRST AD SALE	✓
17.	CLIENT #1: ALIGN ON AD & WEBSITE METRICS	✓
18.	GATHER 100 PROSPECTS - 16/100	✓ ✗
19.	SEND 100 COLD OUTREACHES - 0/100	✓ ✗
20.	TEST A NEW FOOD DELIVERY SERVICE	✓ ✗
21.	10 IN PERSON COLD OUTREACHES - 0/10	✓ ✗
22.	PURCHASE MY DOMAIN	✓ ✗

23.	SETUP A GOOGLE WORKSPACE ACCOUNT	✓ ✗
24.	MY WEBSITE: PREPARE MY LANDING PAGE FOR WEBSITE LAUNCH	✓
25.	LAUNCH MY WEBSITE LIVE	✓
26.	CLIENT #2: FIX CHECKOUT PAGE	✓ ✗
27.		
28.		
29.		
30.		

	 WEEK DETAILS 
WEEK NUMBER	1
START DATE	13.11.23
END DATE	19.11.23

	 LAST WEEK’S TOTAL WINNING SCORE TO BEAT 
	0
	168

	TIME DISTRIBUTION	H
1	TT - TOTAL TIME	168
2	WEEKLY COMMUTE (7X1H)	7
3	CALISTHENICS TRAINING (5X1H)	5
4	BOXING TRAINING (2X2H)	4
5	MORNING AND EVENING HYGIENE(15 + 15 MIN/DAY)	3,5
6	DAILY PLANNING (15 MIN/DAY)	1,75

7	COOK LUNCH (7X30 MIN)	3,5
8	EAT LUNCH (7X30 MIN)	3,5
9	EAT DINNER (7X30 MIN)	3,5
10	WATCH “HOW TO BE A G” UNINTERRUPTED	0,5
11	TEST NEW FOOD DELIVERY SERVICE	1
12	UNIVERSITY (COMMUTE 3X2H + EXERCISES 3X2,5H)	13,5
13	XT - TASKS TIME (OTHER THAN COPYWRITING)	46,75
14	ST - SLEEP TIME (7X7H)	49
15	COPYWRITING TT - (ST + XT)	72,25
16		
17		
18		
19		
20		

1/7 - MONDAY

	 DAY DETAILS 
DAY NUMBER	1
DATE	13.11.23
WAKE UP	7:30 AM

	 YESTERDAY'S WINNING SCORE TO BEAT 
	0
	16,5

	 PUSHUPS 
	239
	200

	 WHAT AM I GRATEFUL FOR IN LIFE? 
1.	I AM GRATEFUL FOR MY JACKET
2.	I AM GRATEFUL FOR THE OPPORTUNITY TO COLD OUTREACH
3.	I AM GRATEFUL FOR MY LEFT THUMB

	 WHAT AM I MASSIVELY LACKING IN LIFE? 
1.	A PAYING FUCKING CLIENT
2.	MONEY
3.	INCOME

	 AFFIRMATIONS FOR DIVINE POWER 
1.	I HAVE THE SPEED, THE FEROCITY AND THE KILLER INSTINCT OF A TIGER
2.	I AM A VAMPIRE WHO DOESN'T NEED SLEEP
3.	I RELENTLESSLY ACHIEVE EVERY SINGLE GOAL LIKE A TERMINATOR
4.	I AM THE SEXIEST AND MOST CHARISMATIC MAN IN THE WORLD
5.	I CONTROL MY MIND AT EVERY SINGLE MOMENT
6.	I RADIATE AN AURA THAT'S MORE ATTRACTIVE THAN THE SUN'S GRAVITATIONAL PULL
7.	I HAVE SUPERHUMAN HEALING ABILITIES
8.	DEPRESSION ISN'T REAL
9.	SICKNESS ISN'T REAL
10.	BURNOUT ISN'T REAL
11.	I AM MORE FINANCIALLY SUCCESSFUL THAN DONALD TRUMP
12.	НОСЯ КРЪВТА НА ЦАР СИМЕОН I ВЕЛИКИ

	 ARCHANGEL'S DAILY OBJECTIVES 	 / 
1.	WATCH THE MORNING POWER-UP CALL	
2.	SPEND 10 MINS ANALYZING A TOP PLAYER OR PROFESSIONAL COPY	
3.	1 CLIENT G WORK SESSION - 2/1	
4.	TRAIN - CALISTHENICS PUSH TRAINING SESSION LEVEL 9	

	 ARCHANGEL'S DAILY GOALS 	 / 
1.	GAIN AT LEAST 1 NEW INSIGHT INTO COPYWRITING AND INFLUENCE	
2.	FEEL ULTRA POWERFUL AT LEAST ONCE PER DAY	
3.	GET AT LEAST 1 NEW PROSPECT INTERESTED IN WORKING WITH YOU EACH DAY	

4.	BREAK A RECORD WITH YOUR COPY PERFORMANCE (MOST REVENUE GENERATED, HIGHEST CTR, ETC)	✓
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	 REMINDERS 	✓/✗
1.	LOOK OVER MY BATTLE PLAN, GOALS AND DEMONS	✓
2.	MORNING AFFIRMATIONS	✓
3.	EVENING AFFIRMATIONS	✓
4.	200 PUSHUPS - 239/200	✓
5.	MY WEBSITE: POSITION LANDING PAGE ON FRAMER WEBSITE	✓
6.	3 MUSCLE UPS - 0/3	✗
7.	CLIENT #2: ASK FOR SHOPIFY METRICS	✓
8.	CLIENT #1: ASK FOR GOOGLE ADS & WEBSITE METRICS	✓
9.	UNI: DIPLOMA PROJECT: SCHEMATIC DESIGN	✓
10.		✓/✗



PLAN OF ATTACK



CALISTHENICS PUSH TRAINING SESSION

TASK	WAKE UP
START TIME	7:30 AM
END TIME	8 AM
STEPS	☒ WAKE UP ON TIME ☒ GET UP IMMEDIATELY ☒ COLD SHOWER ☒ 10 PUSHUPS ☒ COFFEE ☒ PERSONAL HYGIENE
TASK	COMMUTE TO OUTDOOR PARK
START TIME	8 AM
END TIME	8:30 AM
STEPS	☒ WALK
TASK	TRAIN
START TIME	8:30 AM
END TIME	9:30 AM
STEPS	☒ WARM UP: SKIP ROPE 3 MIN ☐ REPORT ☐ ARCHER PUSHUPS 4X10 ☒ 10/10 ☒ 10/10 ☐ 7/10 ☐ 4/10 ☐ PUSHUPS 1X12 ☒ 12/12 ☐ PIKE PRESSES 5X15

	☒ 15/15 ☐ 7/15 ☐ 10/15 ☐ 8/15 ☐ 0/15 ☐ DIAMOND PUSHUPS 5X15 ☐ 10/15 ☐ 6/15 ☐ 0/15 ☐ 0/15 ☐ 0/15 ☐ LEG RAISES 5X12 ☐ 0/12 ☐ 0/12 ☐ 0/12 ☐ 0/12 ☐ 0/12 ☐ MUSCLE UPS ☐ 0/3
 WINS 	 LOSSES 
	- FAILED THE TRAINING SESSION
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I WAS SO INCREDIBLY PISSED OFF THAT I'VE FALLEN IN MY COACH'S FRAME AND LOST ALL CONTROL OF THE PROJECT	
I COULDNT GET IT OUT OF MY HEAD	
...	
I SHOULD HAVE CLEARED MY HEAD AND FOCUSED ON THE TRAINING SESSION	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
FUCK WAITING FOR RESULTS FROM MY LOSER CLIENTS	
I MADE A HUGE MISTAKE BY WAITING IN THESE LAST 2 WEEKS	
I SHOULD HAVE IMMEDIATELY SET THE NEXT HIGHER GOAL, EVEN WITHOUT TESTIMONIALS AND	

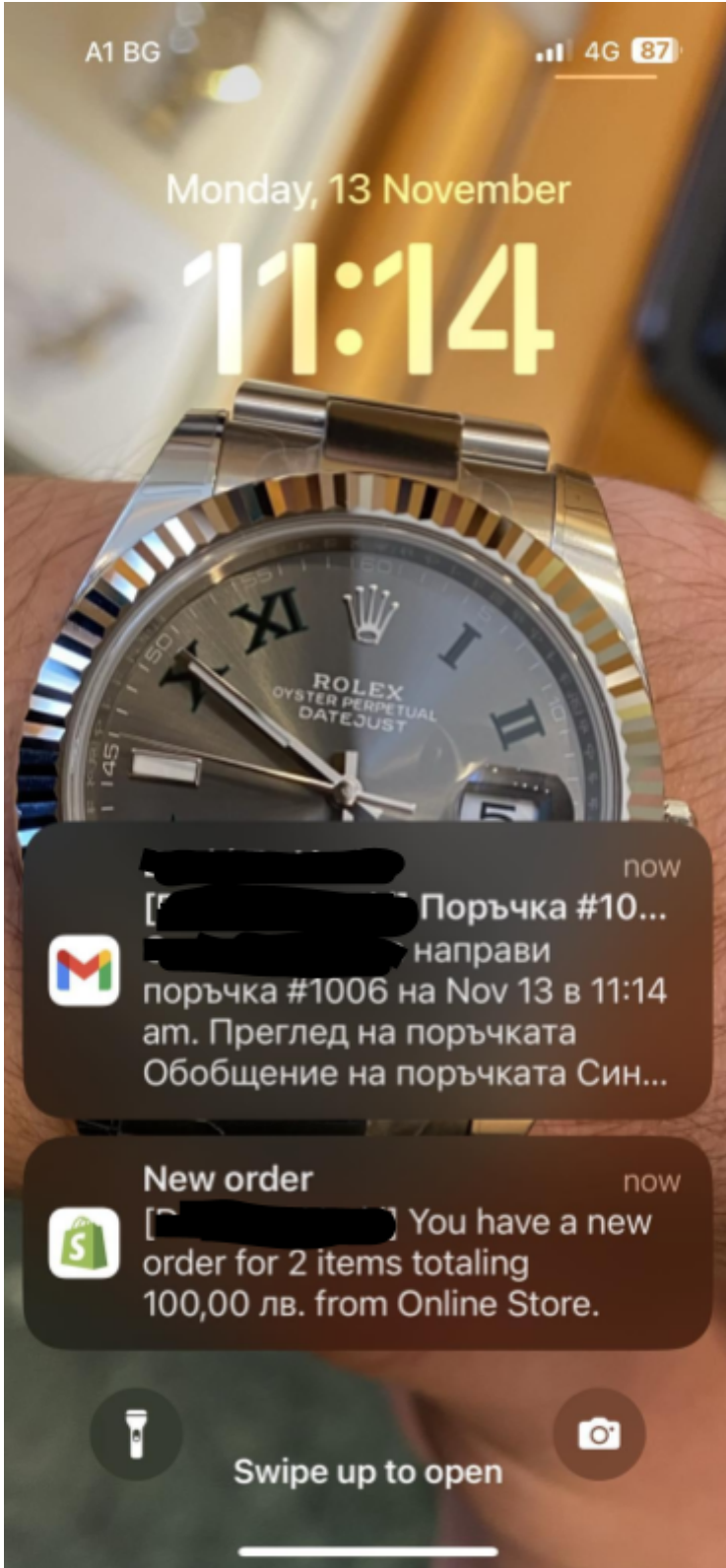
RESULTS
I'M STARTING COLD OUTREACH TODAY
I AM GETTING A PAYING CLIENT THIS WEEK

UNI: MCECA CLASS	
TASK	CHANGE CLOTHES IN CAR
START TIME	9:30 AM
END TIME	10 AM
STEPS	☒ CHANGE CLOTHES IN CAR ☒ LEAVE WORKOUT CLOTHES IN CAR
TASK	COMMUTE TO UNI
START TIME	10 AM
END TIME	10:30 AM
STEPS	☒ COMMUTE BY UNDERGROUND
TASK	MCECA CLASS
START TIME	10:30 AM
END TIME	12 PM
STEPS	☒ STAY IN CLASS ☒ USE MY PHONE
TASK	COMMUTE BACK HOME
START TIME	12 PM
END TIME	1 PM
STEPS	☒ COMMUTE BACK HOME

🏆 WINS 🏆

✂️ CLIENT WIN ✂️ - CLIENT #2 MADE A SALE. WE COVERED THE COST OF FB ADS IN THE FIRST 12H (GRAND SLAM OFFER FOR COLD OUTREACH)

💀 LOSSES 💀



HOW MANY HOURS WERE USED TO WIN?
0
WHAT COULD I HAVE DONE TO WIN EVEN MORE?
I SOLVED THE TEST WE'LL HAVE ON WEDNESDAY
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
USE THE SOLUTIONS ON WEDNESDAY'S TEST TO CRUSH IT

TRIM MY HAIR	
TASK	TRIM MY HAIR
START TIME	1 PM
END TIME	1:30 PM
STEPS	☐ TRIM MY HAIR ☐ COLD SHOWER
REFLECTION	SKIPPED BECAUSE I WAS COMING HOME LATER THAN EXPECTED FROM UNI I'LL TRIM MY HAIR IN THE NEXT FEW DAYS

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	1:30 PM
END TIME	3 PM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☒ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ...

	☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS ☒ SET OBJECTIVE: UNI: DRAW SCHEMATIC ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ UPDATE KICAD TO LATEST VERSION ☒ CREATE A GITHUB REPOSITORY ☒ CREATE A KICAD PROJECT INSIDE THE GITHUB REPOSITORY ☒ GO THROUGH THE MAIN PART'S APPLICATION NOTES ☐ DRAW THE SCHEMATIC ☐ TAKE SCREENSHOTS OF SCHEMATIC TO PRESENT ON WEDNESDAY ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 1H15M ☒ UNLEASH G-WORK SESSION ☒ RECORD WINS/LOSSES ☒ RECORD WINNING HOURS ☒ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK	
	 WINS	 LOSSES 
		- UNPRODUCTIVE 1H30M JUST TO TECHNICALLY SETUP EVERYTHING
HOW MANY HOURS WERE USED TO WIN?		
0		
WHAT COULD I HAVE DONE TO WIN EVEN MORE?		
PROBLEM: I WAS INTERRUPTED BY MY DAD. HAD TO HELP HIM GET A NEW BOILER INSIDE.		
ONE-TIME THING		

...
NOW THAT EVERYTHING IS SETUP, I CAN HAMMER DOWN THE SCHEMATIC
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?

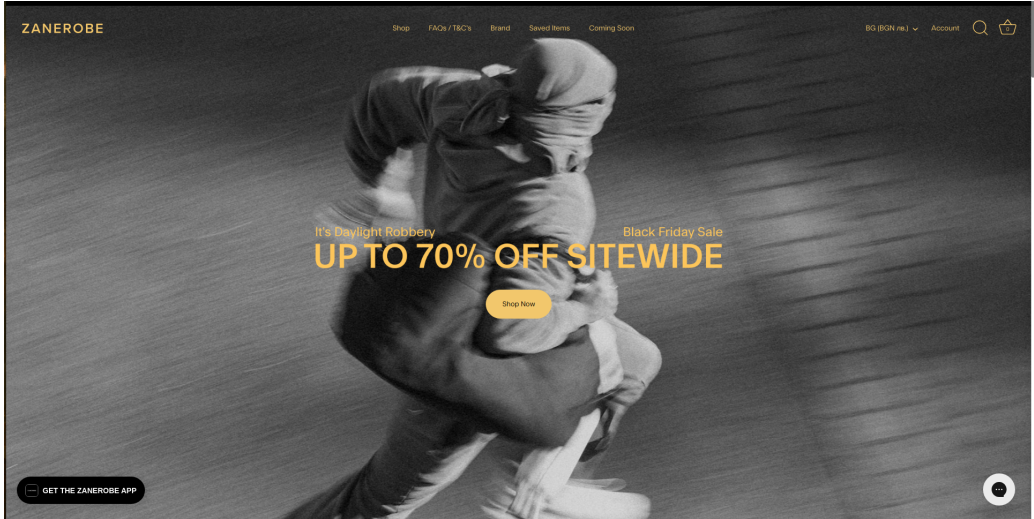
RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	3 PM
END TIME	4 PM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☒ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS ☒ SET OBJECTIVE: DIPLOMA PROJECT: DRAW SCHEMATIC ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ DRAW SCHEMATIC ☒ TAKE SCREENSHOTS TO SHOWCASE ON WEDNESDAY ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 1H ☒ UNLEASH G WORK SESSION ☒ RECORD WINS/LOSSES ☒ RECORD WINNING HOURS

	☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
🏆 WINS 🏆	💀 LOSSES 💀
- DREW THE DIPLOMA PROJECT SCHEMATIC	
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I COULD HAVE SET A TIMER FOR 45M AND GOTTEN THE SCHEMATIC DONE FASTER	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
SET A TIMER FOR 45 MIN WHEN DESIGNING THE PROJECT'S PCB	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	4 PM
END TIME	5 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A

	TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
COOKED LUNCH	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	

LUNCH	
TASK	COOK LUNCH
START TIME	5 PM
END TIME	5:30 PM
STEPS	☐ COOK LUNCH
TASK	EAT LUNCH
START TIME	5:30 PM

END TIME	6 PM
STEPS	☐ DO NOT MULTITASK ☐ EAT LUNCH
NOTES	ATE LUNCH GENIUS MARKETING  PROBLEM: I NEED TO ADD A GENERAL NOTES SECTION TO EACH TEMPLATE PIECE IN THE NEW DAILY PLANNER. I'VE NEEDED A GENERAL NOTES SECTION MULTIPLE TIMES TODAY.

MORNING POWER-UP CALL	
TASK	WATCH THE MORNING POWER-UP CALL
START TIME	6 PM
END TIME	6:30 PM
STEPS	☒ TURN ON FULLSCREEN ☒ REMOVE ALL TABS, DOCUMENTS, PHONE, ALL DISTRACTIONS

☒ ~~WATCH THE MORNING POWER-UP CALL WITH 100% ATTENTION~~

☒ ~~ANSWER THE 3 QUESTIONS BELOW~~

WHAT DID I LEARN FROM THIS POWER-UP CALL?

- MEN ARE FORGED IN HELLFIRE
- IF I'M NOT SCARED BY MY GOALS, I'M GOING THROUGH THE MOTIONS
- I SHOULD BE ABLE TO FAIL MY GOALS. THERE SHOULD BE RISK.
- DOING TERRIFYING THINGS BUILDS CONFIDENCE

WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE DISCUSSED PROBLEM/TOPIC?

- "WHAT THINGS CAN I DO THIS WEEK THAT ARE TERRIFYING?"
 - COLD OUTREACH
 - ASKING A PROSPECT FOR A 1000 BGN DISCOVERY PROJECT
 - IN-PERSON COLD OUTREACH
- "WHAT HAVE I BEEN PUTTING OFF?"
 - LEARNING HOW TO USE CHATGPT TO WRITE COPY FOR ME

HOW CAN I APPLY THE TEACHINGS FROM THE POWER-UP CALL TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?

- UPDATE MY WEEKLY PLAN WITH
 - 100 COLD OUTREACHES
 - ASK A PROSPECT FOR A 1000 BGN DISCOVERY PROJECT
 - REVISE THE COPYWRITING AI COURSE AND USE IT TO WRITE FV FOR PROSPECTS
 - IN-PERSON COLD OUTREACH

RIGHTEOUS G WORK SESSION

TASK	G WORK SESSION
START TIME	6:30 PM
END TIME	8 PM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☒ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 20 PUSHUPS ☒ SET OBJECTIVE: 10 FV COLD OUTREACHES ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ BRAINSTORM KEYWORDS TO SEARCH FOR ☒ GATHER 10 SUITABLE PROSPECTS ☐ WRITE 10 OUTREACHES WITH FV/CLIENT TESTIMONIAL/CLIENT WIN ☐ SEND 10 OUTREACHES ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 1H15M ☒ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
NOTES	PROBLEM: CLIENT #1 SENT ME THE METRICS OF THEIR GOOGLE ADS. THEY MUST HAVE MISCONFIGURED SOMETHING BECAUSE THE ADS HAVE BEEN SHOWN TO 0 PEOPLE. USED CHATGPT TO BRAINSTORM A LIST OF 100 LUXURY GOODS ITEMS. I'VE GOT A

	CRAPTON OF SEARCHING TO DO.
🏆 WINS 🏆	💀 LOSSES 💀
- GATHERED 10 PROSPECTS	- DIDN'T CREATE A SINGLE OUTREACH
HOW MANY HOURS WERE USED TO WIN?	
1,5	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I AM GATHERING PROSPECTS TOO SLOW. IT TOOK ME ~1H30M TO FIND 10 SUITABLE PROSPECTS AND GATHER THEIR CONTACT INFORMATION. I PICKED TAILORED SUITS AS A NICHE. MOST OF THE PROSPECTS I FOUND HAVE PHYSICAL PARLORS BUT VERY WEAK SOCIAL MEDIA ACCOUNTS (MAINLY FB AND INSTAGRAM). ALSO VERY WEAK SOCIAL MEDIA & GOOGLE ADS. THIS IS PERFECT! - I CAN LEVERAGE THE RESULTS FROM BOTH CLIENT #1 AND CLIENT #2 TO ADVERTISE. ALSO, A LOT OF THE SHOPS ARE HERE IN SOFIA. I COULD DO IN-PERSON OUTREACH...	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
FUCK IT! IT'S TERRIFYING WHICH IS EXACTLY WHY I SHOULD DO IT! I'LL NEED SOME TIME TO DEVELOP THE STRATEGY AND FV THOUGH SINCE I WON'T BE SPEAKING TO THE BUSINESS OWNER DIRECTLY IN THE SHOP. MY THURSDAY AND FRIDAY SCHEDULES ARE FREE FROM UNI, SO I'LL BE OUTREACHING IN PERSON THEN 🔪🔪🔪🔪🔪🔪	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	8:30 PM
END TIME	10 PM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY

	☒ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS ☒ SET OBJECTIVE: PLACE LANDING PAGE COPY ON MY FRAMER WEBSITE ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ COPY DESIGN FROM ONE OF THE CASE STUDY PAGES ☒ POSITION MY COPY ON THE LANDING PAGE ☐ PLACE APPROPRIATE IMAGES ON MY LANDING PAGE ☒ REFINE DESIGN ☒ MARK CASE STUDIES AS "COMING SOON" ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 1H20M ☒ UNLEASH G WORK SESSION ☒ RECORD WINS/LOSSES ☒ RECORD WINNING HOURS ☒ REFLECT ON QUESTIONS BELOW ☒ 5-MIN DIVINE REENERGIZING WALK	
	 WINS  - POSITIONED THE COPY ON MY LANDING PAGE - SYNCHRONIZED DESIGN WITH COPY	 LOSSES  - DIDN'T COMPLETE ALL STEPS
	HOW MANY HOURS WERE USED TO WIN?	
	TOOK AN EXTENDED 20 MIN BREAK (WC)	
	1,5	

WHAT COULD I HAVE DONE TO WIN EVEN MORE?
I HAVE A FEW MORE IDEAS TRY OUT: - PUT “COMING SOON SIGNS” ON WHOLE CASE STUDY SEGMENTS - MAKE THE LANDING PAGE RESPONSIVE - ADD MORE CLIENT RESULTS IMAGES
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
USE THE NEXT G WORK SESSION TO IMPLEMENT THSESE IDEAS

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	10 PM
END TIME	10:30 PM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☒ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 20 PUSHUPS ☒ SET OBJECTIVE: REFINED LANDING PAGE ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ PUT “COMING SOON SIGNS” ON WHOLE CASE STUDY SEGMENTS ☒ MAKE THE LANDING PAGE RESPONSIVE ☒ ADD MORE CLIENT RESULTS IMAGES ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON’T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED

	☒ SET MISSION TIMER: 30M ☒ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
- DONE WITH MY LANDING PAGE DESIGN AND LAYOUT	
HOW MANY HOURS WERE USED TO WIN?	
0,5	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I WASN'T ABLE TO GET ALL THE WORK DONE IN 30 MINS	
I CONTINUED DESIGNING WHILE EATING DINNER	
I COULD HAVE CHECKED ON MY TIMER DURING THE G WORK SESSION TO ADD URGENCY	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
KEEP MY TIMER OPEN DURING G WORK SESSIONS	

END OF DAY	
TASK	DINNER
START TIME	10:30 PM
END TIME	11 PM
STEPS	☒ REMOVE ALL DISTRACTIONS ☒ EAT DINNER

TASK	EVENING HYGIENE
START TIME	11 PM
END TIME	11:30 PM
STEPS	☐ BRUSH MY TEETH ☐ MOUTH WASH ☐ FACE WASH
TASK	SLEEP
START TIME	12 AM
END TIME	7:30 AM
STEPS	☐ PRAY ☐ SLEEP ON THE FLOOR

2/7 - TUESDAY

	 DAY DETAILS 
DAY NUMBER	2
DATE	14.11.23
WAKE UP	7:30 AM

	 YESTERDAY'S WINNING SCORE TO BEAT 
	4
	16,5

	 PUSHUPS 
	200
	200

	 WHAT AM I GRATEFUL FOR IN LIFE? 
1.	I AM GRATEFUL FOR MY AFFIRMATIONS
2.	I AM GRATEFUL FOR MY BRAVERY
3.	I AM GRATETUL FOR MY TSHIRT

	 WHAT AM I MASSIVELY LACKING IN LIFE? 
1.	A HOT BITCH
2.	A PAYING CLIENT

3.	MONEY
----	-------

	 AFFIRMATIONS FOR DIVINE POWER 
1.	I HAVE THE SPEED, THE FEROCITY AND THE KILLER INSTINCT OF A TIGER
2.	I AM A VAMPIRE WHO DOESN'T NEED SLEEP
3.	I RELENTLESSLY ACHIEVE EVERY SINGLE GOAL LIKE A TERMINATOR
4.	I AM THE SEXIEST AND MOST CHARISMATIC MAN IN THE WORLD
5.	I CONTROL MY MIND AT EVERY SINGLE MOMENT
6.	I RADIATE AN AURA THAT'S MORE ATTRACTIVE THAN THE SUN'S GRAVITATIONAL PULL
7.	I HAVE SUPERHUMAN HEALING ABILITIES
8.	DEPRESSION ISN'T REAL
9.	SICKNESS ISN'T REAL
10.	BURNOUT ISN'T REAL
11.	I AM MORE FINANCIALLY SUCCESSFUL THAN DONALD TRUMP
12.	НОСЯ КРЪВТА НА ЦАР СИМЕОН I ВЕЛИКИ

	 ARCHANGEL'S DAILY OBJECTIVES 	 /X
1.	WATCH THE MORNING POWER-UP CALL	
2.	SPEND 10 MINS ANALYZING A TOP PLAYER OR PROFESSIONAL COPY	
3.	1 CLIENT G WORK SESSION - 1/1	
4.	TRAIN - CALISTHENICS PULL TRAINING SESSION LEVEL 9	

	 ARCHANGEL'S DAILY GOALS 	 /X
1.	GAIN AT LEAST 1 NEW INSIGHT INTO COPYWRITING AND INFLUENCE	

2.	FEEL ULTRA POWERFUL AT LEAST ONCE PER DAY	✓
3.	GET AT LEAST 1 NEW PROSPECT INTERESTED IN WORKING WITH YOU EACH DAY	✗
4.	BREAK A RECORD WITH YOUR COPY PERFORMANCE (MOST REVENUE GENERATED, HIGHEST CTR, ETC)	✗

	 REMINDERS 	✓/✗
1.	LOOK OVER MY BATTLE PLAN, GOALS AND DEMONS	✓
2.	MORNING AFFIRMATIONS	✓
3.	EVENING AFFIRMATIONS	✓
4.	200 PUSHUPS - 200/200	✓
5.	3 MUSCLE UPS - 3/3	✓
6.	UNI: AMEIT	✓
7.	WATCH THE NEXT LEVEL OF ACQUIRING CLIENTS	✓
8.		✓/✗
9.		✓/✗
10.		✓/✗

PLAN OF ATTACK

CALISTHENICS PULL TRAINING SESSION	
TASK	WAKE UP
START TIME	7:30 AM
END TIME	8 AM
STEPS	☒ WAKE UP ON TIME ☐ GET UP IMMEDIATELY ☒ COLD SHOWER ☐ 10 PUSHUPS ☒ COFFEE ☒ PERSONAL HYGIENE
TASK	COMMUTE TO OUTDOOR PARK
START TIME	8 AM
END TIME	8:30 AM
STEPS	☒ WALK
TASK	TRAIN
START TIME	8:30 AM
END TIME	9:30 AM
STEPS	☒ WARM UP: SKIP ROPE 3 MIN ☐ REPORT ☐ PULL UPS 5X10 ☒ 10/10 ☐ 6/10 ☒ 10/10 ☐ 6/10 ☐ 6/10

	☒ LONG LEVER PLANK 5X75 SEC ☒ 75/75 ☒ 75/75 ☒ 75/75 ☒ 75/75 ☒ 75/75 ☒ CHIN UPS 5X10 ☒ 10/10 ☒ 10/10 ☒ 10/10 ☒ 10/10 ☒ 10/10 ☒ ADVANCED JACKKNIFE 5X15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ MUSCLE UPS ☒ 3/3
 WINS 	 LOSSES 
- ALL SETS OF CHIN UPS COMPLETED - ALL SETS OF LONG LEVER PLANK COMPLETED - ALL SETS OF ADVANCED JACKKNIFE COMPLETED - 3/3 MUSCLE UPS	- FAILED 3 SETS OF PULL UPS - DIDN'T GET UP IMMEDIATELY (LAZINESS) - WENT OUT 20 MINS LATE - FORGOT TO DO 10 PUSHUPS
HOW MANY HOURS WERE USED TO WIN?	
1	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I COULD HAVE GOTTEN UP IMMEDIATELY. DELAYING GETTING UP SETS ME UP FOR LAZINESS WHICH IS UNACCEPTABLE DO 10 PUSHUPS IN THE MORNING I WAS VERY DISTRACTED AND NOT MINDFUL DURING THE WORK SESSION. ESPECIALLY IN THE BEGINNING WHICH IS WHY I DIDN'T PUSH HARD ENOUGH TO COMPLETE THE PULL UPS	

HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
GET UP IMMEDIATELY TOMORROW
DO 10 PUSHUPS AFTER I GET UP
SET REMINDERS ON EVERY TASK SECTION TO BE MINDFUL DURING EXECUTION
BRAIN DUMP
WANTED TO GIVE UP ON 1ST SET OF JACKKNIFE BUT I PUSHED THROUGH REGARDLESS. PROUD OF MYSELF
ALSO I DID LONG LEVER PLANKS AND CHIN UPS BACK-TO-BACK TO SPEED UP THE SESSION
I'M DISAPPOINTED THAT I DIDN'T GET UP IMMEDIATELY UP FROM THE FLOOR. I ALSO WENT OUT 20 MINS LATE. NOT ACCEPTABLE.

UNI: AMEIT CLASS	
TASK	CHANGE CLOTHES IN CAR
START TIME	9:30 AM
END TIME	10 AM
STEPS	☐ CHANGE CLOTHES IN CAR ☐ LEAVE WORKOUT CLOTHES IN CAR
TASK	COMMUTE TO UNI
START TIME	10 AM
END TIME	10:30 AM
STEPS	☒ COMMUTE BY UNDERGROUND
TASK	AMEIT CLASS
START TIME	10:30 AM
END TIME	1 PM

STEPS	☒ STAY IN CLASS ☒ USE MY PHONE
TASK	COMMUTE BACK HOME
START TIME	1 PM
END TIME	2 PM
STEPS	☒ COMMUTE BACK HOME
 WINS   LOSSES 	
- HELPED A BUNCH OF GS IN THE CHATS	- WASTED 3H ON UNI
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I COULD HAVE HELPED EVEN MORE PEOPLE, ESPECIALLY THE GS IN THE GET-YOUR-FIRST-CLIENT CHATS	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
DURING UNI CLASSES, ABUSE MY PHONE TO HELP GS	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	2 PM
END TIME	3 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: 📺 BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY

	☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
	- DIDN'T DO ANY WORK AT ALL
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I SPENT THIS HOUR THINKING THROUGH THE METRICS THAT CLIENT #2 SENT ME ABOUT THE ADS REVIEWED A COUPLE OF PROFESSOR REVIEWS FROM THE ECOM CAMPUS IT'S HARD TO MAKE OUT WHETHER THE ADS ARE GOOD OR NOT SINCE IT'S MY FIRST AD CAMPAIGN I THINK THE METRICS SHOW THAT THE AD IS PERFORMING WELL ...	

RIGHT AFTER I WAS DONE WITH REVIEWING THE METRICS, I HAD A CALL WITH A BRO IRL

HE MENTIONED GOING TO A MALL TO BUY CLOTHES (ESPECIALLY DENIM JEANS, WHICH CLIENT #2 ALSO HAPPENS TO SELL)

I SUBTLY ASKED HIM A FEW QUESTIONS AND HE HAD A COMPLAINT THAT HE DOESN'T LIKE ONLINE ORDERING BECAUSE OF HARD RETURNS (HAS TO FILL OUT FORMS OR GO TO A PHYSICAL SPOT, ETC)

THIS MUST BE A SIGN BY GOD THAT I CAN LEVERAGE THIS COMPLAINT AS A USP IN CLIENT #2'S ADVERTISING

HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?

I WILL REDO A COUPLE OF THE ADS FOR CLIENT #2 IN THE NEXT G WORK SESSION

I SHOULD HAVE CONTINUED INTERVIEWING MY FRIEND BY ENDING THE CONVERSATION WITH "IS THERE ANYTHING ELSE YOU DON'T ENJOY ABOUT ONLINE SHOPPING?"

I COULD HAVE EXTRACTED MORE GENUINE TARGET MARKET INFORMATION THAT WAY

BRAIN DUMP

CHANGE OF PLANS: I'LL BE GOING TO A BOXING SESSION WITH A FRIEND TONIGHT, SO I HAVE TO SWITCH UP MY SCHEDULE

Righteous G Work Session	
Task	G Work Session
Start Time	3:30 PM
End Time	4 PM
Steps	☒ WC Break ☒ Embrace the Archangel's Holy Identity ☒ Enrage:  Berserk 1 hour of epic dark dramatic intense massive action ... ☒ Remove phone from vicinity ☒ Power up with pushups: 50 pushups ☒ Set objective: Client #2: Write FB ads to leverage new insight about

	RETURNS ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ BRAINSTORM WAYS TO LEVERAGE THE NEW INSIGHT☐ WRITE FB ADS VARIATIONS ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 30M ☒ UNLEASH G-WORK SESSION ☒ RECORD WINS/LOSSES ☒ RECORD WINNING HOURS ☒ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS  - WROTE AD VARIATIONS WITH “HASSLE-FREE” RETURNS AS A USP - WROTE RETURNS DESCRIPTION FOR EACH PRODUCT PAGE	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
0,5	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I COULD HAVE REWRITTEN THE ENTIRE GUARANTEE PAGE TO MATCH OUR NEW USP	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
TEST AD VARIATIONS WITH THIS NEW USP. IF SUCCESSFUL, REWRITE THE GUARANTEE PAGE.	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	4 PM
END TIME	5 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: ▶ BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
🏆 WINS 🏆 💀 LOSSES 💀	

HOW MANY HOURS WERE USED TO WIN?
0
WHAT COULD I HAVE DONE TO WIN EVEN MORE?
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
BRAIN DUMP
WATCHED THE NEXT LEVEL OF ACQUIRING CLIENTS (DREAM 100 METHOD)
I DON'T THINK I'M QUITE READY FOR IT
I SHOULD FOCUS ON COLD OUTREACH FOR THE NEXT 2-3 CLIENTS BEFORE MOVING ON TO THE DREAM 100 METHOD

LUNCH	
TASK	COOK LUNCH
START TIME	5 PM
END TIME	5:30 PM
STEPS	☒ COOK LUNCH
TASK	EAT LUNCH
START TIME	5:30 PM
END TIME	6 PM
STEPS	☐ DO NOT MULTITASK ☒ EAT LUNCH

MORNING POWER-UP CALL

TASK	WATCH THE MORNING POWER-UP CALL
START TIME	6 PM
END TIME	6:30 PM
STEPS	☒ TURN ON FULLSCREEN ☒ REMOVE ALL TABS, DOCUMENTS, PHONE, ALL DISTRACTIONS ☒ WATCH THE MORNING POWER-UP CALL WITH 100% ATTENTION ☐ ANSWER THE 3 QUESTIONS BELOW
WHAT DID I LEARN FROM THIS POWER-UP CALL?	
- I GET THE EXACT WOMAN I DESERVE IN THIS LIFE	
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE DISCUSSED PROBLEM/TOPIC?	
- LITERALLY MY WHOLE LIFE (BEEN WITH 1 CHICK FOR 22 YEARS)	
HOW CAN I APPLY THE TEACHINGS FROM THE POWER-UP CALL TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?	
- ANSWER “WHAT’S MY IDEAL PARTNER?” - ANSWER “WHO DO I HAVE TO BECOME TO DESERVE THAT WOMAN?” - ANSWER “WHAT DO I NEED TO DO ABOUT IT NOW?” - ALL QUESTIONS ANSWERED IN DETAIL ON PAPER (+ IMAGE OF DREAM CHICK IS IN MY DAILY PLANNER)	
BRAIN DUMP	

BATCH SHALLOW TASKS	
TASK	SPEND 10 MINS ANALYZING TOP PLAYER OR PROFESSIONAL COPY
START TIME	6:30 PM
END TIME	6:40 PM
STEPS	☒ PICK A TOP PLAYER/PROFESSIONAL COPY ☒ STEAL IDEAS FOR 10 MINS

TASK	SHALLOW TASKS
START TIME	6:40 PM
END TIME	7 PM
STEPS	☐ SHALLOW TASK A ☐ SHALLOW TASK B
WHAT DID I LEARN FROM THIS TOP PLAYER ANALYSIS?	
- “COMING SOON PAGE” TO HYPE UP CLIENTS ON FUTURE CLOTHING APPAREL	
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE INSIGHTS FROM THE TOP PLAYER/PROFESSIONAL COPY ANALYSIS?	
HOW CAN I APPLY THE NEW INSIGHTS TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	7 PM
END TIME	8 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B

	☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	8 PM
END TIME	9 PM

STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: 📺 BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
🏆 WINS 🏆 💀 LOSSES 💀	
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	

BRAIN DUMP

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	9 PM
END TIME	10:30 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON’T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS

	☐ REFLECT ON QUESTIONS BELOW
	☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	
I WENT OUT TO AN MMA SESSION WITH A FRIEND IT WAS A COMPLETE WASTE OF MY TIME! I DON'T LIKE BJJ OR WRESTLING AND WE ONLY HAD 1 ROUND OF SPARRING I SHOULD HAVE SAID "NO" TO MY FRIEND AND USED THIS 2ND HALF OF THE DAY TO WORK	

END OF DAY	
TASK	DINNER
START TIME	10:30 PM
END TIME	11 PM
STEPS	☒ REMOVE ALL DISTRACTIONS ☒ EAT DINNER ☒ PLAN TOMORROW

TASK	EVENING HYGIENE
START TIME	11 PM
END TIME	11:30 PM
STEPS	☒ BRUSH MY TEETH ☒ MOUTH WASH ☒ FACE WASH
TASK	SLEEP
START TIME	12 AM
END TIME	7:30 AM
STEPS	☐ PRAY ☐ SLEEP ON THE FLOOR
BRAIN DUMP	
WATCHED ANDREW’S TRAINING ON HOW TO LEVERAGE PAST CLIENT RESULTS I KNOW HOW TO APPROACH COLD OUTREACH NOW WITH MY PAST CLIENT RESULTS ... SOO DISAPPOINTED THAT I COMPLETELY WASTED TODAY	

3/7 - WEDNESDAY

	 DAY DETAILS 
DAY NUMBER	3
DATE	15.11.23
WAKE UP	7:30 AM

	 YESTERDAY'S WINNING SCORE TO BEAT 
	2
	16,5

	 PUSHUPS 
	200
	200

	 WHAT AM I GRATEFUL FOR IN LIFE? 
1.	I AM GRATEFUL FOR MY LEGS
2.	I AM GRATEFUL FOR THE PROBLEMS WE FACE WITH CLIENT #2
3.	I AM GRATEFUL FOR MY INFINITE ENERGY

	 WHAT AM I MASSIVELY LACKING IN LIFE? 
1.	MY OWN PLACE
2.	50 MIL BGN
3.	10 PLAYBOY-BUNNY LEVEL BEUTIES

	 AFFIRMATIONS FOR DIVINE POWER 
1.	I HAVE THE SPEED, THE FEROCITY AND THE KILLER INSTINCT OF A TIGER
2.	I AM A VAMPIRE WHO DOESN'T NEED SLEEP
3.	I RELENTLESSLY ACHIEVE EVERY SINGLE GOAL LIKE A TERMINATOR
4.	I AM THE SEXIEST AND MOST CHARISMATIC MAN IN THE WORLD
5.	I CONTROL MY MIND AT EVERY SINGLE MOMENT
6.	I RADIATE AN AURA THAT'S MORE ATTRACTIVE THAN THE SUN'S GRAVITATIONAL PULL
7.	I HAVE SUPERHUMAN HEALING ABILITIES
8.	DEPRESSION ISN'T REAL
9.	SICKNESS ISN'T REAL
10.	BURNOUT ISN'T REAL
11.	I AM MORE FINANCIALLY SUCCESSFUL THAN DONALD TRUMP
12.	НОСЯ КРЪВТА НА ЦАР СИМЕОН I ВЕЛИКИ

	 ARCHANGEL'S DAILY OBJECTIVES 	 / 
1.	WATCH THE MORNING POWER-UP CALL	
2.	SPEND 10 MINS ANALYZING A TOP PLAYER OR PROFESSIONAL COPY	
3.	1 CLIENT G WORK SESSION OR 3-10 OUTREACHES -	
4.	TRAIN - CALISTHENICS LEGS TRAINING SESSION LEVEL 9	

	 ARCHANGEL'S DAILY GOALS 	 / 
1.	GAIN AT LEAST 1 NEW INSIGHT INTO COPYWRITING AND INFLUENCE	
2.	FEEL ULTRA POWERFUL AT LEAST ONCE PER DAY	
3.	GET AT LEAST 1 NEW PROSPECT INTERESTED IN WORKING WITH YOU EACH DAY	

4.	BREAK A RECORD WITH YOUR COPY PERFORMANCE (MOST REVENUE GENERATED, HIGHEST CTR, ETC)	✗
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	 REMINDERS 	✓/✗
1.	LOOK OVER MY BATTLE PLAN, GOALS AND DEMONS	✓
2.	MORNING AFFIRMATIONS	✓
3.	EVENING AFFIRMATIONS	✓
4.	200 PUSHUPS - 200/200	✓
5.	3 MUSCLE UPS - 6/3	✓
6.	UNI: EMZ CLASS	✓
7.	CLIENT #2: ASK FOR LATEST SALE DETAILS	✓
8.	CLIENT #1: ASK IF GOOGLE ADS WERE RECONFIGURED PROPERLY	✓
9.	LAUNCH MY LANDING PAGE	✓
10.	ADD LATEST CLIENT WIN TO MY LANDING PAGE	✓

PLAN OF ATTACK

CALISTHENICS LEGS TRAINING SESSION	
TASK	WAKE UP
START TIME	7:30 AM
END TIME	8 AM
STEPS	☒ WAKE UP ON TIME ☒ GET UP IMMEDIATELY ☒ COLD SHOWER ☒ 10 PUSHUPS ☒ COFFEE ☒ PERSONAL HYGIENE
TASK	COMMUTE TO OUTDOOR PARK
START TIME	8 AM
END TIME	8:30 AM
STEPS	☒ WALK
TASK	TRAIN
START TIME	8:30 AM
END TIME	9:30 AM
STEPS	☒ WARM UP: SKIP ROPE 3 MIN ☐ REPORT ☐ BULGARIAN SPLIT SQUATS 5X15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ 15/15

	☐ JUMPING SQUATS 5X15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☐ LUNGES 5X15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☒ 15/15 ☐ MUSCLE UPS ☒ 6/3
 WINS 	 LOSSES 
- KILLED THE LEG SESSION - 6/3 MUSCLE UPS	- GOT UP 15 MIN LATE (LAZINESS). UNACCEPTABLE! - TRAINING SESSION TOOK 1H
HOW MANY HOURS WERE USED TO WIN?	
1	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I COULD HAVE GOTTEN UP IMMEDIATELY AFTER WAKING UP MY LEGS WERE VERY SORE AND I DIDN'T WANT TO TRAIN. BUT I CRUSHED THE SESSION. MADE ME FEEL LIKE A WINNER! DESPITE THAT, I'M DISAPPOINTED THE TRAINING SESSION TOOK OVER 1H TO COMPLETE	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
GET UP IMMEDIATELY TOMORROW MORNING	
DON'T TAKE OVERLY LONG REST BETWEEN SETS. GET THE TRAINING SESSION DONE IN 1H	
BRAIN DUMP	
HAD A NIGHTMARE	
GOOD. MORE FUEL TO GET PISSED OFF EVEN MORE.	

UNI: EMZ CLASS

TASK	CHANGE CLOTHES IN CAR	
START TIME	9:30 AM	
END TIME	10 AM	
STEPS	☐ CHANGE CLOTHES IN CAR ☐ LEAVE WORKOUT CLOTHES IN CAR	
TASK	COMMUTE TO UNI	
START TIME	10 AM	
END TIME	10:30 AM	
STEPS	☒ COMMUTE BY UNDERGROUND	
TASK	EMZ CLASS	
START TIME	10:30 AM	
END TIME	12 PM	
STEPS	☒ STAY IN CLASS ☒ USE MY PHONE	
TASK	COMMUTE BACK HOME	
START TIME	12 PM	
END TIME	1 PM	
STEPS	☒ COMMUTE BACK HOME	
 WINS 		 LOSSES 
- CRUSHED THE TEST - ALIGNED ON DIPLOMA PROJECT WITH STUDENT ASSISTANT		- TURNED UP 17 MINS LATE (UNPROFESSIONAL) - GOT BACK HOME AT 1:30 PM
HOW MANY HOURS WERE USED TO WIN?		
0		

WHAT COULD I HAVE DONE TO WIN EVEN MORE?
IF I HAD DONE MY TRAINING SESSION IN 1H, I WOULDN'T HAVE BEEN LATE BY 17 MINS. I WOULD ALSO HAVE HAD TIME TO GET MY CLOTHES CHANGED IN MY CAR.
I COULD HAVE DONE THE TEST FASTER, SO I CAN BE BACK HOME AT 1 PM
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
WORK FASTER
BRAIN DUMP
PROBLEM: CLIENT #2: THE CHECKOUT PAGE ON THE WEBSITE IS UNCLEAR, WHICH IS PROBABLY WHY WE HAVE SUCH A LOW CONVERSION RATE. WE NEED TO FIX IT FOR THE NEXT ROUND OF ADS.

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	1 PM
END TIME	2 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS

	☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	
ALL THAT WAS DONE IN THIS SLOT IS CATCH UP WITH MY PLANNER + ALIGN WITH HR ON MY LAST DAY AT WORK (21ST NOVEMBER)	

Righteous G Work Session	
Task	G Work Session
Start Time	2 PM
End Time	3 PM
Steps	☒ WC Break

- ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY
- ☒ ENRAGE: ~~BERSERK | 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ...~~
- ☒ REMOVE PHONE FROM VICINITY
- ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS
- ☒ SET OBJECTIVE: LAUNCH MY LANDING PAGE
- ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE
 - ☐ RESEARCH LEGAL BUSINESSES IN BULGARIA
 - ☐ BUY DOMAIN
 - ☐ SETUP GOOGLE WORKSPACE
 - ☐ WARM UP EMAIL
 - ☒ REFINE LANDING PAGE
 - ☒ SET "COMING SOON" OVERLAY ON TESTIMONIALS
 - ☒ UPDATE COPY BY MAKING THE BOLDEST CLAIMS I CAN MAKE
 - ☒ UPDATE CONTACT INFO
 - ☒ UPDATE FACEBOOK USERNAME
 - ☐ HIDE CASE STUDY PAGES
 - ☐ BUY FRAMER HOSTING
 - ☐ LINK DOMAIN TO FRAMER WEBSITE
 - ☒ UPDATE FACEBOOK ACCOUNT
- ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH CONFLICT BATTLE AGAINST DEMONS
- ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED
- ☒ SET MISSION TIMER: 50M
- ☒ UNLEASH G WORK SESSION
- ☐ RECORD WINS/LOSSES
- ☐ RECORD WINNING HOURS
- ☐ REFLECT ON QUESTIONS BELOW
- ☐ 5 MIN DIVINE REENERGIZING WALK



	- WASTED ON BULLSHIT SOCIAL MEDIA TRIMMING
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	
I USED THIS HOUR TO TRIM AWAY CONTENT FROM MY PAST LOSER SELF. TOOK ME QUITE A WHILE.	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	3 PM
END TIME	4 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: ▶ BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: 30 PUSHUPS ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A

	TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
- TURNED AROUND MY CURRENT TIME BLOCKERS TO MY ADVANTAGE	
HOW MANY HOURS WERE USED TO WIN?	
1	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I HAVE A GENIUS IDEA: I SET UP MY LANDING PAGE AS “IN CONSTRUCTION” AND ATTACHED IT TO A TEMPORARY FRAMER DOMAIN THE ONLY THING YOU CAN SEE ON IT ARE CLIENT RESULTS (MOST IMPORTANT) THE PSYCHOLOGY OF MY LANDING PAGE RIGHT NOW IS - MASSIVELY DISRUPTIVE: (MY HEADLINE IS LITERALLY A BLACK TEXT “THIS WEBSITE IS IN CONSTRUCTION” ON TOP OF A STOCK PHOTO OT WALL PAINT) - CREATE MASSIVE URGENCY FOR NEW PROSPECTS (THEY WILL THINK: “I CAN GET IN EARLY WITH PETAR BEFORE OTHER CLIENTS FIND HIM”) - ELEVATE MY STATUS BY APPEARING TOO BUSY WITH CLIENT WINS RIGHT NOW TO GET MY WEBSITE UP AND RUNNING	

HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
BRAIN DUMP

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	4 PM
END TIME	5 PM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☒ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS ☒ SET OBJECTIVE: CLIENT #2: FIX CHECKOUT PAGE ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ LOOK AT HOW OTHER TOP BUSINESSES ARE HANDLING THEIR CHECKOUT PAGES ☒ RESEARCH TECHNICAL FIXES FOR SHOPIFY ☒ GIVE INSTRUCTIONS TO CLIENT ☐ SEND SHOPIFY VIDEO ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 30M

	☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
🏆 WINS 🏆 💀 LOSSES 💀	
- SENT INSTRUCTIONS TO CLIENT #2 FOR THE CHECKOUT PAGE	
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I WASN'T ABLE TO FIND A SIMPLE WAY TO CHANGE THE CHECKOUT AS WE SEE FIT	
I ALSO THINK I SPENT TOO MUCH TIME ON SOME SIMPLE CHANGES	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

LUNCH	
TASK	COOK LUNCH
START TIME	5 PM
END TIME	5:30 PM
STEPS	☒ COOK LUNCH

TASK	EAT LUNCH
START TIME	5:30 PM
END TIME	6 PM
STEPS	☒ DO NOT MULTITASK ☒ EAT LUNCH

MORNING POWER-UP CALL

TASK	WATCH THE MORNING POWER-UP CALL
START TIME	6 PM
END TIME	6:30 PM
STEPS	☒ TURN ON FULLSCREEN ☒ REMOVE ALL TABS, DOCUMENTS, PHONE, ALL DISTRACTIONS ☒ WATCH THE MORNING POWER-UP CALL WITH 100% ATTENTION ☒ ANSWER THE 3 QUESTIONS BELOW

WHAT DID I LEARN FROM THIS POWER-UP CALL?

- RAINMAKER = A GUY WHO MAKES IT RAIN SALES
- HOW TO BECOME A RAINMAKER: GET HYPEROBSESSED ABOUT UNDERSTANDING PEOPLE AND INFLUENCING THEM
- GOAL: I MUST CRUSH THE MARKET
- WHO IS MY AVATAR: THE LAZIEST, MOST CRITICAL FAT SLOB
- AMATEUR COPYWRITER: DOING THE DAILY CHECKLIST WITHOUT ACHIEVING THE DAILY GOALS

WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE DISCUSSED PROBLEM/TOPIC?

- I AM ACTING LIKE AN AMATEUR COPYWRITER, BECAUSE I'M FOCUSING ON COMPLETING THE CHECKLIST INSTEAD OF PRODUCING THE DAILY OUTCOMES

HOW CAN I APPLY THE TEACHINGS FROM THE POWER-UP CALL TO GAIN MORE POWER IN MY

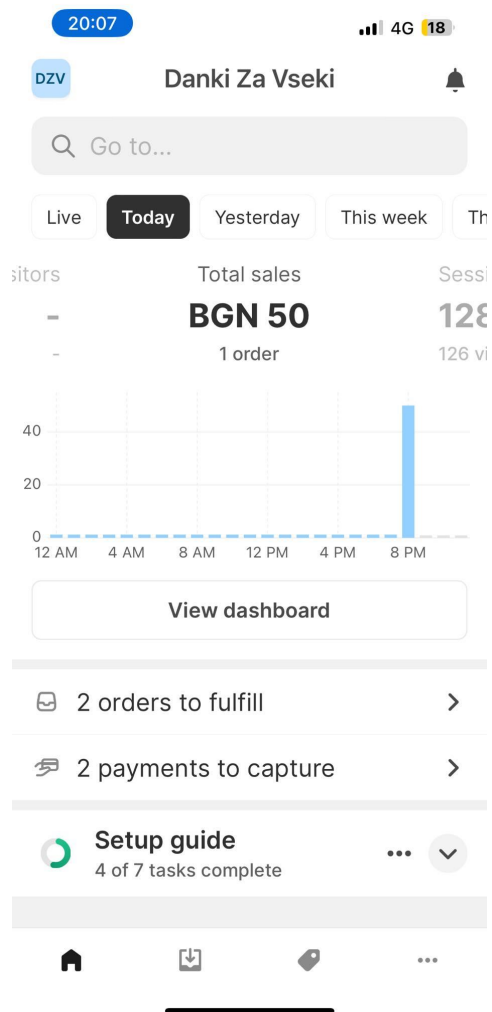
DAY-TO-DAY LIFE?
- SHIFT THE DAILY OUTCOMES 1 LEVEL ABOVE THE DAILY CHECKLIST - MY PRIMARY OBJECTIVE EACH DAY IS TO COMPLETE THE DAILY GOALS
BRAIN DUMP

BATCH SHALLOW TASKS	
TASK	SPEND 10 MINS ANALYZING TOP PLAYER OR PROFESSIONAL COPY
START TIME	6:30 PM
END TIME	6:40 PM
STEPS	☒ PICK A TOP PLAYER/PROFESSIONAL COPY ☒ STEAL IDEAS FOR 10 MINS ☒ GOAL: GAIN A NEW COPYWRITING/PERSUASION INSIGHT
TASK	SHALLOW TASKS
START TIME	6:40 PM
END TIME	7 PM
STEPS	☐ SHALLOW TASK A ☐ SHALLOW TASK B
WHAT DID I LEARN FROM THIS TOP PLAYER ANALYSIS?	
- NEW INSIGHT: WHY PEOPLE LOVE “BEING FIRST”: BEING FIRST TO ANYTHING VALUABLE (ESPECIALLY IN NATURE) GIVES YOU AN UNFAIR ADVANTAGE OVER OTHERS - NEW INSIGHT: WHEN YOU ARE AN ESTABLISHED BRAND LIKE DIOR, THE ONLY THING THAT MATTERS IS “WHAT’S NEW”. WHY?: BECAUSE BEING NEW = BEING FIRST (REFER TO INSIGHT ABOVE)	
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE INSIGHTS FROM THE TOP PLAYER/PROFESSIONAL COPY ANALYSIS?	
- ONE ODD PLACE I NOTICE THIS INSIGHT IS IN NIGHTCLUBS: THE BOYS THERE ALWAYS WEAR SOME (USUALLY FAKE) BRAND CLOTHING LIKE DIOR, PHILLIP PLEIN, BALENCIAGA.	

-	ANOTHER PLACE I COULD FIND THIS INSIGHT IS IN THE CUSTOMERS OF CLIENT #2. A LOT OF THEM ARE BUYING THE MORE EXOTIC DENIM PIECES.
HOW CAN I APPLY THE NEW INSIGHTS TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?	
-	REALIZATION: I THINK I UNDERSTAND WHY CUSTOMERS OF CLIENT #2 EXCLUSIVELY PURCHASED EXOTIC DENIM PIECES (INSTEAD OF BORING REGULAR JEANS)!
-	PEOPLE WON'T ADMIT IT, BUT MY ONLINE RESEARCH SHOWS THAT PEOPLE GET ANXIOUS WHEN SHOPPING FOR CLOTHES IN PERSON. THEY FEEL LIKE THEY ARE BEING JUDGED (WHICH SUPPRESSES THEIR DESIRE FOR BUYING EXOTICS). THEY DON'T WANT THE HEAT IN THE MOMENT.
-	IT'S WHY I FOUND FORUM THREADS OF PEOPLE WANTING TO BROWSE ONLINE BUT PURCHASE IN STORE. (THIS ELIMINATES THE IN-PERSON SHOPPING EXPERIENCE)
-	I BET THE CLIENT #2 BUYERS OF THESE EXOTIC PIECES DON'T EVEN WEAR THEM MORE THAN 3,4 TIMES, <u>BUT IN THE MOMENT OF PURCHASE THEY FEEL EMPOWERED, THEY FEEL DIFFERENT, THEY FEEL NEW AND NOT BORING.</u>
-	HOW CAN I LEVERAGE THIS NEW INSIGHT TO MAKE IT RAIN FOR CLIENT #2?
-	CREATE AN "EXCLUSIVE AUTUMN COLLECTION" OR "VIP COLLECTION" ONLY FROM EXOTIC PIECES

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	7 PM
END TIME	8 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE: 📺 BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS:

	☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK	
	 WINS  - WATCHED THE LIVESTREAM WITH ALEX - YET ANOTHER CLIENT #2 WIN	 LOSSES 



HOW MANY HOURS WERE USED TO WIN?

0

WHAT COULD I HAVE DONE TO WIN EVEN MORE?

- MY MIND NEEDS TO BE AWARE OF THE HIGH INTENSITY TRAINING IN ORDER TO PRODUCE RESULTS
- MEAL COMBINATIONS
 - CARB & PROTEIN OR FAT & PROTEIN
 - DON'T DO CARB & FAT & PROTEIN IN 1 MEAL
- SUPPLEMENTS FOR THE WINTER: VITAMIN D + VIT K2 + MAGNESIUM
- IF I'M YOUNG, I CAN TRAIN 2-3 WEEKS STRAIGHT EVERY DAY WITHOUT REST
- MESSY ROOM DISORDERS MY BRAIN

- RECOVERY DAY - STAYING IN THE SUN - JACUSSI WITH MAGNESIUM CHLORIDE - FULL PROFESSIONAL MASSAGE - WALK IN THE PARK - 20 MIN MEDITATION - THE BRAIN OPERATES ON 2 WAVELENGTHS: ALPHA AND BETA - ALPHA WAVELENGTH GIVES SUPERPOWERS, BETA IS FOR LOSERS - BOX BREATHING AND MEDITATION GETS ME IN ALPHA WAVELENGTH - BODY CAN GENERATE VITAMINS, TESTOSTERONE, ETC. VIA MEDITATION - WE ARE 70% WATER. THOUGHTS CAN INPRINT ENERGY ON WATER. - COLD HANDS AND COLD FEET RESULT IN SMALL VESSELS BEING BLOCKED. I SHOULD USE OMEGA 3 TO UNBLOCK IT - NEVER OVEREAT. EAT AT 80% FILLED. BE SLIGHTLY HUNGRY.	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
- ADD ANOTHER STEP BEFORE ENGAGING A G WORK SESSION: BOX BREATHING TO ENGAGING ALPHA WAVELENGTHS - ADD AFFIRMATION: I AM GOING TO CRUSH THIS G WORK SESSION	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	8 PM
END TIME	9 PM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY

	☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS ☒ SET OBJECTIVE: PLAN IN PERSON OUTREACH FOR TOMORROW ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ PERFORM MARKET RESEARCH ON BEST PROSPECT ☐ COME UP WITH A GRAND SLAM OFFER ☐ PLAN BOTH SCENARIOS: ☐ IF THE BUSINESS OWNER IS AVAILABLE ON SITE ☐ IF THE BUSINESS OWNER ISN'T AVAILABLE ON SITE ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: 1H35M ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
	 WINS   LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
1	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	

BRAIN DUMP

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	9 PM
END TIME	10:30 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: 30 PUSHUPS ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES

	☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
- GOT AN OVERVIEW OF THE MARKET FOR TAILOR-MADE SUITS	- VERY DISTRACTED AND INEFFICIENT RESEARCH
HOW MANY HOURS WERE USED TO WIN?	
1	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HONESTLY I WAS INCREDIBLY DISTRACTED AND ANXIOUS ABOUT APPROACHING THIS BRAND BUT I SHOULDN'T BE BECAUSE THEY NEED ME MORE THAN I NEED THEM - THEY HAVE BUILT A REMARCABLE BRAND, BUT THEIR SOCIAL MEDIA PRESENCE IS SMALL AND THEIR ADS ARE INEFFECTIVE THE OWNER IS 100% TOSSING AND TURNING AT NIGHT, WAITING FOR SOMEONE TO COME AND 3X THEIR INCOME VIA SOCIAL MEDIA THAT GUY IS ME	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
I'VE SPOTTED MASSIVE OPPORTUNITIES FOR BRANDING AND ADVERTISING IN THE LOCAL TOP PLAYER THE OPPORTUNITIES APPLY EQUALLY TO OTHER PLAYERS IN THE MARKET, BUT I'D PREFER TO "SNIPE" THE LOCAL TOP PLAYER I WILL NEED TO GO OVER THE UGC CAMPUS AND EXPLORE SOME TOP BRANDS TOMORROW I NEED TO HAVE AT LEAST SOME VAGUE IDEAS FOR BRANDED CONTENT AND ADS BEFORE I TURN UP IN PLACE HERE IS MY PROMISE TO MYSELF: ON FRIDAY I AM DOING IN-PERSON OUTREACH! MY BLOOD IS BOILING RIGHT NOW 	

BRAIN DUMP	
NGL, JUST THINKING ABOUT WALKING UP TO THE FRONT DOOR OF THIS HIGH END PLACE AND PITCHING MYSELF IS TERRIFYING! IT GETS MY BLOOD BOILING!	
END OF DAY	
TASK	DINNER
START TIME	10:30 PM
END TIME	11 PM
STEPS	☒ REMOVE ALL DISTRACTIONS ☒ EAT DINNER ☒ PLAN TOMORROW
TASK	EVENING HYGIENE
START TIME	11 PM
END TIME	11:30 PM
STEPS	☒ BRUSH MY TEETH ☒ MOUTH WASH ☒ FACE WASH
TASK	SLEEP
START TIME	12 AM
END TIME	7:30 AM
STEPS	☐ PRAY ☐ SLEEP ON THE FLOOR
BRAIN DUMP	
HONESTLY, THE IDEA ABOUT HAVING A GIANT WEEKLY TASKLIST AND PICKING AND CHOOSING TASKS DURING THE DAY ISN'T WORKING.	

I AM EXTREMELY LAZY WITH IT

I'M GOING BACK TO THE DAILY TASKLIST. I'D RATHER HAVE A BIG DAILY TASKLIST THAT I CAN'T FULFILL THEN AN EASY REMINDERS LIST

...

I KEEP THINKING TO MYSELF "WHERE AM I LEAKING ALL MY TIME?"

GENUINELY I'M CONFUSED, EVEN LOOKING AT THE DAILY PLANNER HOW I'M RUNNING OUT OF TIME

I ACTUALLY THINK IT'S JUST BECAUSE I DON'T HAVE WORK NOW, WHICH DOESN'T PUSH ME TO UTILIZE MY TIME

EMERGENCY MEETING!!!!

I NEED A CLIENT ASAP

EVEN THOUGH I'M GOING TO DO IN PERSON OUTREACH ON FRIDAY, I NEED TO DO COLD OUTREACH IN PARALLEL AND GET SOME OTHER CLIENTS

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	12 AM
END TIME	1 AM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☒ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS ☒ SET OBJECTIVE: SEND 3 COLD OUTREACHES ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ GATHER 3 PROSPECTS

	☐ QUICK ANALYSIS ON THEM ☐ WRITE 3 COLD OUTREACHES ☐ SEND 3 COLD OUTREACHES ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 1H ☒ UNLEASH 6 WORK SESSION ☒ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
- GATHERED 6 PROSPECTS IN A NEW NICHE	- MASSIVE L: FAILED THE DAILY CHECKLIST
HOW MANY HOURS WERE USED TO WIN?	
1	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
MY GOOGLE CHROME CRASHED (IT DECIDED TO DO SOME UPDATE)	
AGAIN I AM TOO SLOW AT FINDING AND GATHERING PROSPECTS	
I HOPE THE PROSPECTS ARE HIGH QUALITY AT LEAST (NONE OF THEM HAVE THEIR ADVERTISING DIALED IN BUT HAVE GOOD PRODUCTS)	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
I NEED TO START OFF WITH ONLY 3 COLD OUTREACHES/DAY	
10 OUTREACHES/DAY MAY BE TOO AMBITIOUS UNTIL I GET BACK IN THE OUTREACH RYTHM	
BRAIN DUMP	

4/7 - THURSDAY

	 DAY DETAILS 
DAY NUMBER	4
DATE	16.11.23
WAKE UP	7:30 AM

	 YESTERDAY'S WINNING SCORE TO BEAT 
	4
	16,5

	 PUSHUPS 
	200
	200

	 WHAT AM I GRATEFUL FOR IN LIFE? 
1.	I AM GRATEFUL FOR THE UGC CAMPUS IN TRW
2.	I AM GRATEFUL FOR MY TRAINING BAG
3.	I AM GRATEFUL FOR MY PERFUMES THAT SMELL MASCULINE

	 WHAT AM I MASSIVELY LACKING IN LIFE? 
1.	A PAYING CLIENT
2.	A PAYING CLIENT
3.	A PAYING CLIENT

	 AFFIRMATIONS FOR DIVINE POWER 
1.	I HAVE THE SPEED, THE FEROCITY AND THE KILLER INSTINCT OF A TIGER
2.	I AM A VAMPIRE WHO DOESN'T NEED SLEEP
3.	I RELENTLESSLY ACHIEVE EVERY SINGLE GOAL LIKE A TERMINATOR
4.	I AM THE SEXIEST AND MOST CHARISMATIC MAN IN THE WORLD
5.	I CONTROL MY MIND AT EVERY SINGLE MOMENT
6.	I RADIATE AN AURA THAT'S MORE ATTRACTIVE THAN THE SUN'S GRAVITATIONAL PULL
7.	I HAVE SUPERHUMAN HEALING ABILITIES
8.	DEPRESSION ISN'T REAL
9.	SICKNESS ISN'T REAL
10.	BURNOUT ISN'T REAL
11.	I AM MORE FINANCIALLY SUCCESSFUL THAN DONALD TRUMP
12.	НОСЯ КРЪВТА НА ЦАР СИМЕОН I ВЕЛИКИ

	 ARCHANGEL'S DAILY GOALS 	 / 
1.	GAIN AT LEAST 1 NEW INSIGHT INTO COPYWRITING AND INFLUENCE	
2.	FEEL ULTRA POWERFUL AT LEAST ONCE PER DAY	
3.	GET AT LEAST 1 NEW PROSPECT INTERESTED IN WORKING WITH YOU EACH DAY	
4.	BREAK A RECORD WITH YOUR COPY PERFORMANCE (MOST REVENUE GENERATED, HIGHEST CTR, ETC)	

	 ARCHANGEL'S DAILY OBJECTIVES 	 / 
1.	WATCH THE MORNING POWER-UP CALL	
2.	SPEND 10 MINS ANALYZING A TOP PLAYER OR PROFESSIONAL COPY	

3.	3-10 OUTREACHES OR 1 G WORK SESSION - 1/1 G WORK SESSIONS	✓
4.	TRAIN - CALISTHENICS LEGS TRAINING SESSION LEVEL 9	✓

	 TASKS 	✓/✗
1.	LOOK OVER MY BATTLE PLAN, GOALS AND DEMONS	✓
2.	MORNING AFFIRMATIONS	✓
3.	EVENING AFFIRMATIONS	✓
4.	200 PUSHUPS - /200	✓/✗
5.	3 MUSCLE UPS - 0/3	✗
6.	CLIENT #2: LAUNCH 2ND ROUND OF ADS AT 12:15 PM	✗
7.	GO THROUGH THE UGC GOLD PATH CAMPUS	✗
8.	ANALYZE 1 TOP GLOBAL BRAND. LOOK AT BRANDING AND SOCIAL MEDIA CONTENT	✓
9.	PLAN IN-PERSON OUTREACH	✓
10.	SEND 3 COLD OUTREACHES	✗
11.	CLIENT #2: WRITE AD CAMPAIGN FOR EXCLUSIVE COLLECTION	✓



PLAN OF ATTACK



CALISTHENICS PUSH TRAINING SESSION

TASK	WAKE UP
START TIME	7:30 AM
END TIME	8 AM
STEPS	☒ WAKE UP ON TIME ☐ GET UP IMMEDIATELY ☒ COLD SHOWER ☐ 10 PUSHUPS ☒ COFFEE ☒ PERSONAL HYGIENE
TASK	COMMUTE TO OUTDOOR PARK
START TIME	8 AM
END TIME	8:30 AM
STEPS	☒ WALK
TASK	TRAIN
START TIME	8:30 AM
END TIME	9:30 AM
STEPS	☒ WARM UP: SKIP ROPE 3 MIN ☐ REPORT ☐ ARCHER PUSHUPS 4X10 ☒ 10/10 ☒ 10/10 ☐ 6/10 ☒ 10/10 ☐ PUSHUPS 1X12 ☒ 12/12 ☐ PIKE PRESSES 5X15

	☐ 10/15 ☐ 6/15 ☐ 6/15 ☐ 0/15 ☐ 0/15 ☐ DIAMOND PUSHUPS 5X15 ☐ 8/15 ☐ 0/15 ☐ 0/15 ☐ 0/15 ☐ 0/15 ☐ LEG RAISES 5X12 ☐ 1/12 ☐ 0/12 ☐ 0/12 ☐ 0/12 ☐ 0/12 ☐ MUSCLE UPS ☐ 0/3
🏆 WINS 🏆	💀 LOSSES 💀
	- FAILED 1 SET OF ARCHER PUSHUPS - FAILED ALL SETS PIKE PRESSES - FAILED ALL SETS DIAMOND PUSHUPS - FAILED ALL SETS LEG RAISES - FAILED ALL SETS MUSCLE UPS - FORGOT TO DO THE 10 PUSHUPS IN THE MORNING - GOT UP 10 MINS LATE
HOW MANY HOURS WERE USED TO WIN?	
0,5	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I DID WELL ON THE ARCHER PUSHUPS FROM THEN ON I DIDN'T WANT TO PUSH THROUGH THIS IS WEAK MENTALITY ALSO I NOTICED THAT I WASN'T MINDFUL DURING THE SESSION	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	

ACTIVELY REMIND MYSELF “I AM MINDFUL” AT EVERY HOUR
BRAIN DUMP

TRIM MY HAIR	
TASK	COMMUTE BACK HOME
START TIME	9:30 AM
END TIME	10 AM
STEPS	☒ COME BACK HOME
TASK	TRIM MY HAIR
START TIME	10 AM
END TIME	10:30 AM
STEPS	☐ TRIM MY HAIR ☐ COLD SHOWER
BRAIN DUMP	
AGAIN, I WASN’T MINDFUL	
I’M ALSO FALLING BEHIND SCHEDULE 30 MINS	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	10:30 AM
END TIME	12 PM
STEPS	☒ WC BREAK

	☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☒ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS ☒ SET OBJECTIVE: CLIENT #2: PREPARE AD SETS FOR MEETING AT 12:15 PM ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ WRITE COPY FOR "BE FIRST" AD SET #1 ☒ REFINE COPY FOR "RETURNS" AD SET #2 ☒ FIND 2 SOUNDS THAT WOMEN WOULD RESONATE WITH FOR AD SET #3 ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 1H ☒ UNLEASH G WORK SESSION ☒ RECORD WINS/LOSSES ☒ RECORD WINNING HOURS ☒ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS  - CREATED 3 STRATEGIC AD SETS - WROTE AD SET FOR "BE FIRST" - REFINED COPY FOR "RETURNS" AD SET - FOUND A FEW TRENDING SOUNDS TO TARGET WOMEN - 30 PUSHUPS - FIGURED OUT HOW TO INCREASE CONVERSION RATE OF WEBSITE	 LOSSES  - PACED AROUND MY ROOM FOR 15 MINS
HOW MANY HOURS WERE USED TO WIN?	

1,5
WHAT COULD I HAVE DONE TO WIN EVEN MORE?
I FIGURED OUT WHY WE DIDN'T GET 3X AS MUCH SALES FROM THE 1ST AD CAMPAIGN: OUR LANDING PAGE DIDN'T SHOWCASE OUR HERO PRODUCTS (MOST DESIRED) AT THE TOP RIGHT NOW IT'S A JUMBLED MESS OF ALL PRODUCTS ON SALE ... I FINISHED THIS G WORK SESSION 15 MINS EARLY I COULD HAVE USED THAT TIME TO GET MY HAIR TRIMMED FOR THE MEETING
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
I WILL INSTRUCT MY CLIENT TO REORGANIZE THE "ON SALE" LANDING PAGE BY PUTTING OUR HERO PRODUCTS AT THE VERY TOP
BRAIN DUMP

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	12 PM
END TIME	1 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: 🔴 BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: CLIENT #2: AD CAMPAIGNS #2 LAUNCH

	☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ REVIEW METRICS FROM LAST ROUND☒ PRESENT NEW AD SETS☒ GIVE INSTRUCTIONS FOR WEBSITE CHANGES ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
- PITCHED 3 NEW AD SETS TO CLIENT - GAVE INSTRUCTIONS FOR FIXING THE WEBSITE	- TERRIBLE COMMUNICATION - I WASN'T DRESSED SEMI-PROFESSIONALLY - I DIDN'T HAVE MY HAIR TRIMMED BEFORE THE CALL
HOW MANY HOURS WERE USED TO WIN?	
1	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
WE REVIEWED THE METRICS AND ALIGNED ON NEXT STEPS. TOMORROW WE LAUNCH 3 NEW AD SETS. OVERALL THE ADS ARE PROFITABLE, BUT I EXPECTED 3X THE PROFITS HOWEVER, I'M DISAPPOINTED BY MY LACK OF COMMUNICATION AND LOW ENERGY ON THIS CALL	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
I WILL OODA LOOP ON THE CALL AT A LATER TIME	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	1 PM
END TIME	2 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON’T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK

🏆 WINS 🏆	💀 LOSSES 💀
- TRIMMED MY HAIR	
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
TRIMMED MY HAIR IN THIS TIMESLOT. I COULD HAVE DONE IT FASTER THOUGH	
FEELING LOW ENERGY TODAY. LIKE I'M LACKING THE FIRE BLOOD. BUT I'LL STILL PERFORM REGARDLESS	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	2 PM
END TIME	2:30 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: 📺 BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: GO OVER UGC CAMPUS ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B

	☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
- 30 PUSHUPS	
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I REVIEWED THE INTRO TO THE CONTENT CREATION CAMPUS (GOLD PAHT) IT WON'T BE USEFUL FOR THE BRANDS I WANT TO WORK WITH, SO I'LL HAVE TO DO WHAT ANDREW SAYS INSTEAD: - FIND TOP PLAYERS - ANALYZE BRANDING - STEAL EVERYTHING	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

Righteous G Work Session	
Task	G Work Session
Start Time	2:30 PM
End Time	4 PM
Steps	☒ WC Break ☒ Embrace the Archangel's Holy Identity ☐ Enrage:  Berserk 1 hour of epic dark dramatic intense massive action ... ☒ Remove phone from vicinity ☒ Power up with pushups: 30 pushups ☒ Set objective: find and analyze branding of a top market brand ☒ Define step-by-step plan to reach the objective ☒ Find a brand that's similar to the niches I'm targeting (don't target mega big brands like Dior. Go after a more "local" brand) ☐ Create copies of documents for top player analysis and target market research ☒ Understand how branding works ☒ Find out how they grew social media ☒ Find out how they monetize from social media ☐ Define a rough objective with rough ideas on conquering my niche ☒ Channel Holy Energy: Envision a mental movie of a tragic/high conflict battle against demons ☒ Don't get off my chair until the objective is completed ☒ Set mission timer: 1h15m ☐ Unleash G Work Session

	☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS  - FIGURED OUT BRANDING AND HOW TO USE IT TO GROW SOCIAL MEDIA OR SELL MORE - CAME UP WITH ROUGH IDEAS TO OFFER TO MY PROSPECTS AS ONLINE CAMPAIGNS	 LOSSES  - PACED AROUND MY ROOM FOR 20-30 MINS IN EXCITEMENT
HOW MANY HOURS WERE USED TO WIN?	
1	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
THE EFFECT OF BRANDING: TO CREATE A PERSONAL CONNECTION BETWEEN CONSUMER AND BRAND POSSIBLE NEW INSIGHT: WHEN CREATING CONTENT FOR A BRAND, IT'S NOT THE PRODUCT THAT MATTERS. IT'S THE SETTING, ACTIVITY, FEELING I SELL VIA THE CONTENT. THE PRODUCT IS THE "MECHANISM" TO EXPERIENCE THAT LIFE. GENIUS INSIGHT FROM STEFANNO RICCI BRAND: MAKE CONTENT LIKE A DOCUMENTARY. THE CLOTHING IS JUST A DETAIL IN THE VIDEO. I THINK I UNDERSTAND EXACTLY HOW TO GROW BRAND AWARENESS (AND THEREFORE GROW SOCIAL MEDIAS): - RESEARCH EXTENSIVELY THE TARGET AVATAR'S IDENTITY - SELL THE DREAM EXPERIENCE IN MY CONTENT (NOT THE PRODUCT) - THE CLOTHING IS SIMPLY A DETAIL IN THE CONTENT	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
I KNOW WHAT TO DO TO GROW A BRAND'S SOCIAL MEDIA OR SELL MORE OF THEIR PRODUCTS I HAVE A VISION FOR THE NICHE WITH ROUGH IDEAS FOR CAMPAIGNS AND BRAND-BUILDING	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	4 PM
END TIME	5 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: ▶ BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: PLAN IN PERSON OUTREACH ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☒ ANSWER THE 4 QUESTIONS ☒ PLAN BOTH SCENARIOS: IF OWNER IS THERE AND IF OWNER ISN'T THERE ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK

HOW MANY HOURS WERE USED TO WIN?
WHAT COULD I HAVE DONE TO WIN EVEN MORE?
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
BRAIN DUMP
TODO: CREATE 3 HANDWRITTEN BUSINESS CARDS FOR THE PROSPECTS I'M TARGETING

LUNCH	
TASK	COOK LUNCH
START TIME	5 PM
END TIME	5:30 PM
STEPS	☒ COOK LUNCH
TASK	EAT LUNCH
START TIME	5:30 PM
END TIME	6 PM
STEPS	☒ DO NOT MULTITASK ☒ EAT LUNCH

MORNING POWER-UP CALL	
TASK	WATCH THE MORNING POWER-UP CALL
START TIME	6 PM
END TIME	6:30 PM

STEPS	☒ TURN ON FULLSCREEN ☒ REMOVE ALL TABS, DOCUMENTS, PHONE, ALL DISTRACTIONS ☒ WATCH THE MORNING POWER-UP CALL WITH 100% ATTENTION ☒ ANSWER THE 3 QUESTIONS BELOW
WHAT DID I LEARN FROM THIS POWER-UP CALL?	
EVERYTHING BETWEEN ME AND MY FINANCIAL GOALS IS A FINITE AMOUNT OF PROBLEMS. IT'S A CERTAIN AMOUNT OF WORK.	
FASTEST PROBLEM-SOLVING METHOD - 1) SIT DOWN, IDENTIFY MY PROBLEMS AND MILESTONES ALONG THE WAY - "WHERE AM I FAILING?" - "WHAT'S STOPPING ME?" - 2) WHAT RESOURCES DO I HAVE AND HOW CAN I LEVERAGE THEM?	
WHY I HAVEN'T SOLVED MY PROBLEMS - I'M A COWARD WHO'S AFRAID OF FAILING.	
HOW TO SOLVE: SIT DOWN CALMLY AND GET THE WORK DONE.	
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE DISCUSSED PROBLEM/TOPIC?	
WHERE AM I FAILING? - I DON'T HAVE A PAYING CLIENT	
WHAT'S STOPPING ME? - I AM COWARDLY CONVINCING MYSELF THAT I'M NOT GOOD ENOUGH. I AM DISQUALIFYING MYSELF FROM OUTREACH. THAT'S NOT MY JOB THOUGH, IT'S THE PROSPECTS' JOB TO SAY NO.	
WHAT RESOURCES DO I HAVE AND HOW CAN I LEVERAGE THEM? - I HAVE PROVEN CLIENT RESULTS THAT I MAKE IT RAIN. THERE IS 0 REASON WHY I SHOULD BE DISQUALIFYING MYSELF. ZERO	
HOW CAN I APPLY THE TEACHINGS FROM THE POWER-UP CALL TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?	
JUST SIT DOWN, CALMLY WRITE 3 COLD OUTREACHES AND SEND TO PROSPECTS VIA EMAIL. INCLUDE MY CLIENT RESULTS	
BRAIN DUMP	

TODO: ADD THESE QUESTIONS TO EVERY DAY IN THE DAILY PLANNER

BATCH SHALLOW TASKS	
TASK	SPEND 10 MINS ANALYZING TOP PLAYER OR PROFESSIONAL COPY
START TIME	6:30 PM
END TIME	6:40 PM
STEPS	☐ PICK A TOP PLAYER/PROFESSIONAL COPY ☐ STEAL IDEAS FOR 10 MINS
TASK	SHALLOW TASKS
START TIME	6:40 PM
END TIME	7 PM
STEPS	☐ SHALLOW TASK A ☐ SHALLOW TASK B
WHAT DID I LEARN FROM THIS TOP PLAYER ANALYSIS?	
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE INSIGHTS FROM THE TOP PLAYER/PROFESSIONAL COPY ANALYSIS?	
HOW CAN I APPLY THE NEW INSIGHTS TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	7 PM
END TIME	8 PM
STEPS	☐ WC BREAK

	☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE: 📺 BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON’T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
🏆 WINS 🏆	💀 LOSSES 💀
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	

BRAIN DUMP

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	8 PM
END TIME	9 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW

	☐ 5 MIN DIVINE REENERGIZING WALK
WINS	LOSSES
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I WAS DEAD TIRED AND SLEPT FROM 6:30 PM TO ~8:30 PM	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
GET SOME MORE HIGH QUALITY SLEEP TONIGHT AND PREPARE FOR TOMORROW'S PROSPECTING	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	9:30 PM
END TIME	10:30 PM
STEPS	☒ WC BREAK ☒ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☒ ENRAGE: BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☒ REMOVE PHONE FROM VICINITY ☒ POWER UP WITH PUSHUPS: 30 PUSHUPS ☒ SET OBJECTIVE: WRITE AND SEND 3 COLD OUTREACHES ☒ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ ANSWER THE 4 QUESTIONS FOR EACH PROSPECT ☐ WRITE OUTREACH DRAFT #1 ☐ REFINED OUTREACH INTO DRAFT #2

	☐ SEND 3 COLD OUTREACHES ☒ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☒ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☒ SET MISSION TIMER: 1H ☒ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
	- 0 WORK DONE IN 1H
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
MY BRAIN BLOCKED OUT AND I COULDN'T WRITE AT ALL THEN MY GOOGLE CHROME FROZE MY PC AND I FLIPPED OUT! FUCK THIS, I'M DONE FOR TODAY ... THE WINS/LOSSES COLUMN IS NOT STIMULATING AT ALL (IN EITHER DIRECTION). IT'S JUST MORE MECHANICAL STUFF TO WRITE IN.	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
REMOVE THE WINS/LOSSES COLUMNS FOR GOOD	
BRAIN DUMP	

END OF DAY	
TASK	DINNER
START TIME	10:30 PM
END TIME	11 PM
STEPS	☒ REMOVE ALL DISTRACTIONS ☒ EAT DINNER ☒ 2 PUSHUPS ☒ PLAN TOMORROW
TASK	EVENING HYGIENE
START TIME	11 PM
END TIME	11:30 PM
STEPS	☐ BRUSH MY TEETH ☐ MOUTH WASH ☐ FACE WASH
TASK	SLEEP
START TIME	12 AM
END TIME	7:30 AM
STEPS	☐ PRAY ☐ SLEEP ON THE FLOOR
BRAIN DUMP	
I'M ALSO STARTING TO HAVE DOUBTS ON THE EFFECTIVENESS OF WINNING HOURS	

5/7 - FRIDAY

	 DAY DETAILS 
DAY NUMBER	4
DATE	16.11.23
WAKE UP	7:30 AM

	 YESTERDAY'S WINNING SCORE TO BEAT 
	4
	16,5

	 PUSHUPS 
	0
	200

	 WHAT AM I GRATEFUL FOR IN LIFE? 
1.	I'M GRATEFUL I HAD THE BALLZ TO DO AN IN PERSON OUTREACH
2.	I'M GRATEFUL I AM ABLE TO SPOT MY ARROGANCE
3.	I'M GRATEFUL FOR MY HAIR TRIMMER

	 WHAT AM I MASSIVELY LACKING IN LIFE? 
1.	HUMBLENESS
2.	PEOPLE SKILLS
3.	POSITIVE KARMA WITH OTHER PEOPLE

	 AFFIRMATIONS FOR DIVINE POWER 
1.	I HAVE THE SPEED, THE FEROCITY AND THE KILLER INSTINCT OF A TIGER
2.	I AM A VAMPIRE WHO DOESN'T NEED SLEEP
3.	I RELENTLESSLY ACHIEVE EVERY SINGLE GOAL LIKE A TERMINATOR
4.	I AM THE SEXIEST AND MOST CHARISMATIC MAN IN THE WORLD
5.	I CONTROL MY MIND AT EVERY SINGLE MOMENT
6.	I RADIATE AN AURA THAT'S MORE ATTRACTIVE THAN THE SUN'S GRAVITATIONAL PULL
7.	I HAVE SUPERHUMAN HEALING ABILITIES
8.	DEPRESSION ISN'T REAL
9.	SICKNESS ISN'T REAL
10.	BURNOUT ISN'T REAL
11.	I AM MORE FINANCIALLY SUCCESSFUL THAN DONALD TRUMP
12.	НОСЯ КРЪВТА НА ЦАР СИМЕОН I ВЕЛИКИ

	 ARCHANGEL'S DAILY GOALS 	☒ /X
1.	GAIN AT LEAST 1 NEW INSIGHT INTO COPYWRITING AND INFLUENCE	☒ /X
2.	FEEL ULTRA POWERFUL AT LEAST ONCE PER DAY	☒ /X
3.	GET AT LEAST 1 NEW PROSPECT INTERESTED IN WORKING WITH YOU EACH DAY	☒ /X
4.	BREAK A RECORD WITH YOUR COPY PERFORMANCE (MOST REVENUE GENERATED, HIGHEST CTR, ETC)	☒ /X

☒	☒ ARCHANGEL'S DAILY OBJECTIVES ☒	☒ /X
1.	WATCH THE MORNING POWER-UP CALL	☒ /X
2.	SPEND 10 MINS ANALYZING A TOP PLAYER OR PROFESSIONAL COPY	☒ /X

3.	3-10 OUTREACHES OR 1 G WORK SESSION - 1/1 G WORK SESSIONS	✓/✗
4.	TRAIN - CALISTHENICS PULL TRAINING SESSION LEVEL 9	✓/✗

	 TASKS 	✓/✗
1.	LOOK OVER MY BATTLE PLAN, GOALS AND DEMONS	✓/✗
2.	MORNING AFFIRMATIONS	✓/✗
3.	EVENING AFFIRMATIONS	✓/✗
4.	200 PUSHUPS - /200	✓/✗
5.	3 MUSCLE UPS - 0/3	✓/✗
6.	CLIENT #2: LAUNCH 2ND ROUND OF ADS	✓/✗
7.	CLIENT #3: FINALIZE GOOGLE ADS	✓/✗
8.	3 IN-PERSON OUTREACHES	✓/✗
9.	3 COLD OUTREACHES	✓/✗
10.	MAKE HANDWRITTEN BUSINESS CARDS FOR EACH IN-PERSON PROSPECT	✓/✗



PLAN OF ATTACK



IN PERSON PROSPECTING

TASK	WAKE UP
START TIME	7 AM
END TIME	7:30 AM
STEPS	☒ WAKE UP ON TIME ☒ GET UP IMMEDIATELY ☒ COLD SHOWER ☒ 10 PUSHUPS 40/10 ☒ COFFEE ☒ PERSONAL HYGIENE
TASK	COMMUTE TO FIRST PROSPECT
START TIME	7:30 AM
END TIME	8:45 AM
STEPS	☐ COMMUTE BY UNDERGROUND
TASK	PROSPECTING
START TIME	8:45 AM
END TIME	11 AM
STEPS	
TASK	COMMUTE BACK HOME
START TIME	11 AM
END TIME	12 PM
STEPS	

WINS

LOSSES

HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I ONLY WENT TO ONE OF THE ATELIERS IT WENT HORRIBLY WRONG! I WAS ABLE TO GET AN AUDIENCE WITH THE BUSINESS OWNER AND THAT’S ABOUT THE ONLY GOOD THING I WAS COMPLETELY EVISCERATED. MY BRAIN BLOCKED OUT AND I WENT INTO ‘SERVICE PROVIDER’ PITCHING MODE. I’M AT LEAST PROUD I HAD THE BALLS TO SHOW UP FACE TO FACE BUT I HAVE A CRAP TON OF IMPROVEMENTS I NEED TO MAKE BEFORE I DO ANY KIND OF IN-PERSON PROSPECTING AGAIN	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
SIT DOWN AND ANSWER THE QUESTIONS: - “WHAT WENT WELL?” - “WHAT WENT WRONG?” - “WHAT COULD I HAVE DONE BETTER?” I SAT DOWN AND OODA LOOPED ON THE MEETING I REALIZE THIS EXPERIENCE WAS A GIANT SLAP IN THE FACE BY REALITY I AM ARROGANT AND THE DUMBEST PERSON I PERCEIVED MYSELF AS BETTER, WHEN IN REALITY I HAVE MUCH TO LEARN + I AM NOT TAKING MY OWN ADVICE OF HELPING OTHERS IN TRW WHAT I WILL CHANGE: - SPEND TIME IN TRW EVERY MORNING HELPING PEOPLE - AT LEAST 1 STUDENT COPY/OUTREACH REVIEW/DAY - TREAT EVERY PERSON IN MY LIFE WITH RESPECT, WHETHER ONLINE OR IRL	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION

TASK	G WORK SESSION
START TIME	12 PM
END TIME	1 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: CALL WITH CLIENT #2 ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK

🏆 WINS 🏆		💀 LOSSES 💀	
HOW MANY HOURS WERE USED TO WIN?			
1			
WHAT COULD I HAVE DONE TO WIN EVEN MORE?			
HUGE ISSUE WITH CLIENT #2: THE CPM FOR FACEBOOK ADS IS SOARING FROM BLACK FRIDAY THROUGH CHRISTMAS			
THERE IS NO WAY WE CAN LAUNCH ADS RIGHT NOW AND MAKE THEM PROFITABLE			
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?			
I HAVE TO FIGURE OUT SOMETHING ELSE FOR MY CLIENT			
BRAIN DUMP			

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	1 PM
END TIME	2 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE: 🔴 BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A

	☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
0	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
I USED THIS HOUR TO EVALUATE GOOGLE ADS FOR CLIENT #3 I RAN THEM THROUGH GOOGLE ADS MANAGER AND IT GAVE ME A 10X LOWER BUDGET THAN I GAVE TO MY COACH THIS IS VERY BAD I'M GOING TO LOOK LIKE THE MOST UNPROFESSIONAL PERSON TOMORROW WHEN I GIVE HIM THE NEW QUOTE	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION

TASK	G WORK SESSION
START TIME	2 PM
END TIME	3 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK

 WINS 

 LOSSES 

HOW MANY HOURS WERE USED TO WIN?	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
EMERGENCY MEETING	
I AM HIGHLY DISTRESSED FROM RECENT EVENTS. LITERALLY EVERYTHING IS FALLING APART WITH ALL 3 CLIENTS AND ALL PROSPECTS.	
I'M TURNING OFF MY PC AND I HAVE TO BRAIN DUMP EVERYTHING ON PAPER	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	3 PM
END TIME	4 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: ▶ BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A

	☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	4 PM

END TIME	5 PM	
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: ▶ BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK	
	 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?		
WHAT COULD I HAVE DONE TO WIN EVEN MORE?		

HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
BRAIN DUMP

LUNCH	
TASK	COOK LUNCH
START TIME	5 PM
END TIME	5:30 PM
STEPS	☐ COOK LUNCH
TASK	EAT LUNCH
START TIME	5:30 PM
END TIME	6 PM
STEPS	☐ DO NOT MULTITASK ☐ EAT LUNCH

MORNING POWER-UP CALL	
TASK	WATCH THE MORNING POWER-UP CALL
START TIME	6 PM
END TIME	6:30 PM
STEPS	☐ TURN ON FULLSCREEN ☐ REMOVE ALL TABS, DOCUMENTS, PHONE, ALL DISTRACTIONS ☐ WATCH THE MORNING POWER-UP CALL WITH 100% ATTENTION ☐ ANSWER THE 3 QUESTIONS BELOW

WHAT DID I LEARN FROM THIS POWER-UP CALL?
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE DISCUSSED PROBLEM/TOPIC?
HOW CAN I APPLY THE TEACHINGS FROM THE POWER-UP CALL TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?
BRAIN DUMP

BATCH SHALLOW TASKS	
TASK	SPEND 10 MINS ANALYZING TOP PLAYER OR PROFESSIONAL COPY
START TIME	6:30 PM
END TIME	6:40 PM
STEPS	☐ PICK A TOP PLAYER/PROFESSIONAL COPY ☐ STEAL IDEAS FOR 10 MINS
TASK	SHALLOW TASKS
START TIME	6:40 PM
END TIME	7 PM
STEPS	☐ SHALLOW TASK A ☐ SHALLOW TASK B
WHAT DID I LEARN FROM THIS TOP PLAYER ANALYSIS?	
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE INSIGHTS FROM THE TOP PLAYER/PROFESSIONAL COPY ANALYSIS?	

HOW CAN I APPLY THE NEW INSIGHTS TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?

RIGHTEOUS G WORK SESSION

TASK	G WORK SESSION
START TIME	7 PM
END TIME	8 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW

	☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	8 PM
END TIME	9 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE:  BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B

	☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
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 WINS 	 LOSSES 
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HOW MANY HOURS WERE USED TO WIN?

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WHAT COULD I HAVE DONE TO WIN EVEN MORE?
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HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
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BRAIN DUMP

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RIGHTEOUS G WORK SESSION

TASK	G WORK SESSION
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START TIME	9 PM
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END TIME	10:30 PM
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STEPS	☐ WC BREAK
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	☐ EMBRACE THE ARCHANGEL'S HOLY IDENTITY ☐ ENRAGE: ▶ BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON'T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION ☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

END OF DAY

TASK	DINNER
START TIME	10:30 PM
END TIME	11 PM
STEPS	☐ REMOVE ALL DISTRACTIONS ☐ EAT DINNER ☐ PLAN TOMORROW
TASK	EVENING HYGIENE
START TIME	11 PM
END TIME	11:30 PM
STEPS	☐ BRUSH MY TEETH ☐ MOUTH WASH ☐ FACE WASH
TASK	SLEEP
START TIME	12 AM
END TIME	7:30 AM
STEPS	☐ PRAY ☐ SLEEP ON THE FLOOR

BRAIN DUMP

I'M ALSO STARTING TO HAVE DOUBTS ON THE EFFECTIVENESS OF WINNING HOURS

TEMPLATES

CALISTHENICS PUSH TRAINING SESSION	
TASK	WAKE UP
START TIME	7:30 AM
END TIME	8 AM
STEPS	☐ WAKE UP ON TIME ☐ GET UP IMMEDIATELY ☐ COLD SHOWER ☐ 10 PUSHUPS ☐ COFFEE ☐ PERSONAL HYGIENE
TASK	COMMUTE TO OUTDOOR PARK
START TIME	8 AM
END TIME	8:30 AM
STEPS	☐ WALK
TASK	TRAIN
START TIME	8:30 AM
END TIME	9:30 AM
STEPS	☐ WARM UP: SKIP ROPE 3 MIN ☐ REPORT ☐ ARCHER PUSHUPS 4X10 ☐ /10 ☐ /10 ☐ /10 ☐ /10 ☐ PUSHUPS 1X12 ☐ /12

	☐ PIKE PRESSES 5X15 ☐ /15☐ /15☐ /15☐ /15☐ /15 ☐ DIAMOND PUSHUPS 5X15 ☐ /15☐ /15☐ /15☐ /15☐ /15 ☐ LEG RAISES 5X12 ☐ /12☐ /12☐ /12☐ /12☐ /12 ☐ MUSCLE UPS ☐ /5
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

CALISTHENICS PULL TRAINING SESSION	
TASK	WAKE UP
START TIME	7:30 AM
END TIME	8 AM
STEPS	☐ WAKE UP ON TIME ☐ GET UP IMMEDIATELY ☐ COLD SHOWER ☐ 10 PUSHUPS ☐ COFFEE ☐ PERSONAL HYGIENE
TASK	COMMUTE TO OUTDOOR PARK
START TIME	8 AM
END TIME	8:30 AM
STEPS	☐ WALK
TASK	TRAIN
START TIME	8:30 AM
END TIME	9:30 AM
STEPS	☐ WARM UP: SKIP ROPE 3 MIN ☐ REPORT ☐ PULL UPS 5X10 ☐ /10 ☐ /10 ☐ /10 ☐ /10 ☐ /10 ☐ LONG-LEVER PLANK 5X75 SEC ☐ /75 ☐ /75 ☐ /75 ☐ /75

	☐ /75 ☐ CHIN UPS 5X10 ☐ /10 ☐ /10 ☐ /10 ☐ /10 ☐ /10 ☐ ADVANCED JACKKNIFE 5X15 ☐ /15 ☐ /15 ☐ /15 ☐ /15 ☐ /15 ☐ MUSCLE UPS ☐ /3
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 WINS 	 LOSSES 
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HOW MANY HOURS WERE USED TO WIN?

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WHAT COULD I HAVE DONE TO WIN EVEN MORE?
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HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
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BRAIN DUMP

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CALISTHENICS LEGS TRAINING SESSION

TASK	WAKE UP
START TIME	7:30 AM
END TIME	8 AM
STEPS	☐ WAKE UP ON TIME

	☐ GET UP IMMEDIATELY ☐ COLD SHOWER ☐ 10 PUSHUPS ☐ COFFEE ☐ PERSONAL HYGIENE
TASK	COMMUTE TO OUTDOOR PARK
START TIME	8 AM
END TIME	8:30 AM
STEPS	☐ WALK
TASK	TRAIN
START TIME	8:30 AM
END TIME	9:30 AM
STEPS	☐ WARM UP: SKIP ROPE 3 MIN ☐ REPORT ☐ BULGARIAN SPLIT SQUATS 5X15 ☐ /15 ☐ /15 ☐ /15 ☐ /15 ☐ /15 ☐ JUMPING SQUATS 5X15 ☐ /15 ☐ /15 ☐ /15 ☐ /15 ☐ /15 ☐ LUNGES 5X15 ☐ /15 ☐ /15 ☐ /15 ☐ /15 ☐ /15 ☐ MUSCLE UPS

	☐ /3
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

UNI: MCECA CLASS	
TASK	CHANGE CLOTHES IN CAR
START TIME	9:30 AM
END TIME	10 AM
STEPS	☐ CHANGE CLOTHES IN CAR ☐ LEAVE WORKOUT CLOTHES IN CAR
TASK	COMMUTE TO UNI
START TIME	10 AM
END TIME	10:30 AM
STEPS	☐ COMMUTE BY UNDERGROUND
TASK	MCECA CLASS
START TIME	10:30 AM

END TIME	12 PM	
STEPS	☐ STAY IN CLASS ☐ USE MY PHONE	
TASK	COMMUTE BACK HOME	
START TIME	12 PM	
END TIME	1 PM	
STEPS	☐ COMMUTE BACK HOME	
🏆 WINS 🏆		💀 LOSSES 💀
HOW MANY HOURS WERE USED TO WIN?		
WHAT COULD I HAVE DONE TO WIN EVEN MORE?		
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?		
BRAIN DUMP		

UNI: AMEIT CLASS		
TASK	CHANGE CLOTHES IN CAR	
START TIME	9:30 AM	
END TIME	10 AM	
STEPS	☐ CHANGE CLOTHES IN CAR ☐ LEAVE WORKOUT CLOTHES IN CAR	

TASK	COMMUTE TO UNI	
START TIME	10 AM	
END TIME	10:30 AM	
STEPS	☐ COMMUTE BY UNDERGROUND	
TASK	AMEIT CLASS	
START TIME	10:30 AM	
END TIME	1 PM	
STEPS	☐ STAY IN CLASS ☐ USE MY PHONE	
TASK	COMMUTE BACK HOME	
START TIME	1 PM	
END TIME	2 PM	
STEPS	☐ COMMUTE BACK HOME	
🏆 WINS 🏆		💀 LOSSES 💀
HOW MANY HOURS WERE USED TO WIN?		
WHAT COULD I HAVE DONE TO WIN EVEN MORE?		
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?		
BRAIN DUMP		

UNI: EMZ CLASS	
TASK	CHANGE CLOTHES IN CAR
START TIME	9:30 AM
END TIME	10 AM
STEPS	☐ CHANGE CLOTHES IN CAR ☐ LEAVE WORKOUT CLOTHES IN CAR
TASK	COMMUTE TO UNI
START TIME	10 AM
END TIME	10:30 AM
STEPS	☐ COMMUTE BY UNDERGROUND
TASK	EMZ CLASS
START TIME	10:30 AM
END TIME	12 PM
STEPS	☐ STAY IN CLASS ☐ USE MY PHONE
TASK	COMMUTE BACK HOME
START TIME	12 PM
END TIME	1 PM
STEPS	☐ COMMUTE BACK HOME
 WINS   LOSSES 	
HOW MANY HOURS WERE USED TO WIN?	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	

HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?
BRAIN DUMP

RIGHTEOUS G WORK SESSION	
TASK	G WORK SESSION
START TIME	1 PM
END TIME	2 PM
STEPS	☐ WC BREAK ☐ EMBRACE THE ARCHANGEL’S HOLY IDENTITY ☐ ENRAGE: ▶ BERSERK 1 HOUR OF EPIC DARK DRAMATIC INTENSE MASSIVE ACTION ... ☐ REMOVE PHONE FROM VICINITY ☐ POWER UP WITH PUSHUPS: ☐ SET OBJECTIVE: <OBJECTIVE> ☐ DEFINE STEP-BY-STEP PLAN TO REACH THE OBJECTIVE ☐ STEP A ☐ STEP B ☐ CHANNEL HOLY ENERGY: ENVISION A MENTAL MOVIE OF A TRAGIC/HIGH-CONFLICT BATTLE AGAINST DEMONS ☐ DON’T GET OFF MY CHAIR UNTIL THE OBJECTIVE IS COMPLETED ☐ SET MISSION TIMER: ☐ UNLEASH G WORK SESSION

	☐ RECORD WINS/LOSSES ☐ RECORD WINNING HOURS ☐ REFLECT ON QUESTIONS BELOW ☐ 5 MIN DIVINE REENERGIZING WALK
 WINS 	 LOSSES 
HOW MANY HOURS WERE USED TO WIN?	
WHAT COULD I HAVE DONE TO WIN EVEN MORE?	
HOW AM I GOING TO APPLY THIS REFLECTION TO WIN MORE?	
BRAIN DUMP	

LUNCH	
TASK	COOK LUNCH
START TIME	5 PM
END TIME	5:30 PM
STEPS	☐ COOK LUNCH
TASK	EAT LUNCH
START TIME	5:30 PM
END TIME	6 PM
STEPS	☐ DO NOT MULTITASK

	☐ EAT LUNCH
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MORNING POWER-UP CALL	
TASK	WATCH THE MORNING POWER-UP CALL
START TIME	6 PM
END TIME	6:30 PM
STEPS	☐ TURN ON FULLSCREEN ☐ REMOVE ALL TABS, DOCUMENTS, PHONE, ALL DISTRACTIONS ☐ WATCH THE MORNING POWER-UP CALL WITH 100% ATTENTION ☐ ANSWER THE 3 QUESTIONS BELOW
WHAT DID I LEARN FROM THIS POWER-UP CALL?	
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE DISCUSSED PROBLEM/TOPIC?	
HOW CAN I APPLY THE TEACHINGS FROM THE POWER-UP CALL TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?	
BRAIN DUMP	

BATCH SHALLOW TASKS	
TASK	SPEND 10 MINS ANALYZING TOP PLAYER OR PROFESSIONAL COPY
START TIME	6:30 PM
END TIME	6:40 PM
STEPS	☐ PICK A TOP PLAYER/PROFESSIONAL COPY

	☐ STEAL IDEAS FOR 10 MINS
TASK	SHALLOW TASKS
START TIME	6:40 PM
END TIME	7 PM
STEPS	☐ SHALLOW TASK A ☐ SHALLOW TASK B
WHAT DID I LEARN FROM THIS TOP PLAYER ANALYSIS?	
WHERE IN MY DAY-TO-DAY LIFE DO I NOTICE THE INSIGHTS FROM THE TOP PLAYER/PROFESSIONAL COPY ANALYSIS?	
HOW CAN I APPLY THE NEW INSIGHTS TO GAIN MORE POWER IN MY DAY-TO-DAY LIFE?	

END OF DAY	
TASK	DINNER
START TIME	10:30 PM
END TIME	11 PM
STEPS	☐ REMOVE ALL DISTRACTIONS ☐ EAT DINNER ☐ PLAN TOMORROW
TASK	EVENING HYGIENE
START TIME	11 PM
END TIME	11:30 PM

STEPS	☐ BRUSH MY TEETH ☐ MOUTH WASH ☐ FACE WASH
TASK	SLEEP
START TIME	12 AM
END TIME	7:30 AM
STEPS	☐ PRAY ☐ SLEEP ON THE FLOOR
BRAIN DUMP	

TRIM MY HAIR	
TASK	TRIM MY HAIR
START TIME	1 PM
END TIME	1:30 PM
STEPS	☐ TRIM MY HAIR ☐ COLD SHOWER
BRAIN DUMP	