

V/X	🚀 Today's Tasks & Steps To Success 🚀
1. 🔽/🗙	
2. 🚺/💢	
3. ✓/×	
4. V / X	⑥ Task: Ø Action Steps:
5. V/ ×	
6. //	⊚ Task: ⊗ Action Steps:
7. //	
8. 🔽/🗙	
9. 🚺/💢	
10. 🚺/💢	

	17 Date 17
Date:	20/04/2024

	🜄 3 Blessings I'm Grateful To Have 🙌
1.	House
2.	Family
3.	Health

	🎩 3 Priority Tasks 🎩		
	(These are non-negotiable tasks and must be conquered today!)		
1.	Client work		
2.	TRW lessons		
3.	Workout		

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Mourly Commitments & Reflections



Task 🕌	Task: What will I do?
Strategy 🔍	Strategy: How will I do it, step-by-step action?
Reflection /	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.)

7 AM: Task 💃	Shower and get ready for exam		
Strategy 🔍			
Reflection /	I have to become more focused and stop my brain from rushing from one place to another		
8 AM: Task 💃	Breakfast and last review for exam		
Strategy 🔍			
Reflection /	Same as before: need to gain more control of my thoughts		

9 AM: Task 🏅	Exam time
Strategy 🔍	
Reflection /	Couldn't do exam because of technical problem, I liked my stress management during

	this time		
10 AM: Task 💃	Still trying to fix technical issue		
Strategy 🔍	Called the technical department of the university		
Reflection /	Liked stress management and response to the problem		
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11 AM: Task 💃	Re organize day		
Strategy 🔍	Go project by project organizing to organize what I have to do today		
Reflection /	I didn't take much time doing so and got to work after 15 minutes		
12 PM: Task 💃	G-Work session for client		
Strategy 🔍	First I wrote down the goals for the client, then I developed a plan for each goal regarding marketing for the business		
Reflection /	I took too much time to finish it, but I think it was because of multiple distractions happening throughout the session		
1 PM: Task 🖐	Hit the gym		
Strategy Q	Trained arms as hard as possible		
Reflection /	The training went good, my arms were completely dead afterwards		
2 PM: Task 💃	Eat lunch		

Strategy 🔍	High protein and carbs lunch		
Reflection /	I ate kind of slow because I ate with my family		
3 PM: Task 辈	G- Work session for client		
Strategy 🔍	Work on finishing the plans and sending them to the client		
Reflection /	I finished them but wasn't able to talk with the client because they weren't available		
4 PM: Task 💃	Hang out with my girlfriend		
Strategy 🔍			
Reflection /	The date went well		
5 PM: Task 辈	Homework		
Strategy 🔍	Worked on biology class assignment		
Reflection /	I wasn't able to finish it because of distractions		
6 PM: Task 辈	TRW lessons		
Strategy 🔍	Go through the business campus		
Reflection /	Did well on concentration and workflow level		
D DM: Tools "			
7 PM: Task 💃	TRW Lessons		

Strategy 🔍	Go through copywriting campus			
Reflection /	My concentration started to go down a little and I started to feel tired			
8 PM: Task 辈	Dinner			
Strategy 🔍	High protein and low carb			
Reflection /				
9 PM: Task 🟅	TRW lessons			
Strategy 🔍	Go through social media and client acquisition campus			
Reflection /	I got really tired and barely finished it			
10 PM: Task 💃	Went to bed			
Strategy 🔍				
Reflection /				



🌇 Twilight's Review 🌇



**	What	wins	did	l achieve	today?	**
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I completed the plans and strategies for my client

■ What lessons did I learn today?
I need to cut out all distractions to focus better
🚧 What roadblocks did I face? 🚧
My energy levels dropped before expected
By fixing my meal times so I can have consistent energy throughout the day
■ What worked well and will be repeated?
My focus during client work
⊠ Who are the People I need to connect with?⊠
My family
📌 What tasks remain uncompleted 📌
Showing the client the work I've done



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



Setting more time for the tasks, since I miscalculated it



🥇 The final assessment of the day's productivity 🥇



Freestyle Thoughts:

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