

Trenton's 60 Day Rainmaker Challenge

Accountability Document - **UPDATED 8/19**

What's up G's? This will be the accountability document you will use to keep yourself on track and also accountable to your fellow G's to hold up your commitment to become a Rainmaker.

Upload this to the Agoge Competitions Chat at the end of every day so we can monitor your progression and help you where you need it.

Tag me (and Cole) when you upload this. This will help us all better understand the situation you are in and how to help you GET WHAT YOU WANT.

Show Agoge 01 who owns this campus.

How many hours of sleep did you get last night?

- 9

What is the critical task you completed today that is moving the needle most?

- Writing website copy for next page of client's website

What were your achievements today?

- Powerful chest workout and felt strong belief in the second half of the day

Twilight review on the day:

- Been in a slump this weekend. Let some personal things derail me and even failed to complete my daily checklist yesterday for the first time in a long time. My main issue right now is getting over some bad habits that are holding me back. I get 8 hours of sleep a night but it isn't quality sleep. I look at screens a lot just before I go to bed and I don't have a consistent sleeping schedule I follow. To get out of this rut I have created a list of positive habits I need to build- beginning with being at bed at 10, and waking up at 6 everyday

WITHOUT FAIL. I will also avoid blue light for the last hour before bed and will read + play guitar in this time instead.

Wins:

- Felt powerful after an great workout

Losses:

- Wasted a lot of time and only got going in the second half of the day

Insights learned today and how you will apply them to hit your goal:

-

Tomorrow's tasks:

- Email chiro client about website status
- Finish 'coaching' page of client website
- Create a social media post for coaching client
- START direct DM strategy - follow conquest plan

Any other thoughts you have on your current situation and what you need to work on:

- I am staying stuck because I am not solving personal habits and problems. I need a consistent plan to follow and I will begin identifying and killing off every bad habit holding me back. First thing is optimizing my sleep. I get enough sleep, but I don't get quality sleep. I'm in the best shape of my life, and I eat great, yet I still feel unusually tired throughout the day and this is starting to really hold me back.