

Six Months.



Abdul-Malik Mohammed

Power Phrases (2-3)

- I am Abdul-Malik Mohammed and **I will not quit.**
- Tomorrow will be **more difficult** than today.
- "I am only a servant."
- I can. I will. I fear. I will stronger. I do.

Core Values (2-3)

- I will embody full ownership and accountability.
- I must always protect and provide for the weak and needy.
- I enjoin righteousness and true discovery of self.

Daily Non-Negotiables (2-3)

- Complete the daily checklist and cultivate powerful insight during my reviews.
- Arrive early to each and every arrangement.
- Face the most difficult challenge without hesitation. Be the barrier between danger and those under my protection.
- 200 burpees

Goals Achieved

- **I killed the boy.**
- I have an established flow of eight-thousand dollars in monthly income.
- I have created and run **20 successful marketing campaigns** between my clients (successful entails at least 33% improvement to any metric)
- I have earned my university degree.
- I have hardened my body and I am able to perform 1000 pushups on any given day.
- I have memorized 1/5th of the Quran in my journey to Hafiz before 26.
- All my debts have been repaid.
- I have trained my mind and body to work in unison with respect to the might of the other. Together they uphold my contract, creating the realities which I desire.

Rewards Earned

- I have earned two-thousand dollars from Copywriting and marketing alone.

- My role in my relationships has been greatly strengthened. My reward is the love and respect I receive from those who I have the privilege of being close with.
- I have gained a practiced strength.
- I have a better wardrobe. I dress nothing of the same as I did one year ago.
- I have the benefit of the top selection of food available to me and in abundance. I enjoy home cooked meals often.
- I was promoted to second-in-command within my salary employment.
- I earned a nice watch.
- The 3-day vacation I just had with friends who are valuable in ensuring I have a successful circle around me.

Appearance And How Others Perceive Him

- I am disciplined.
- I am very clean and well groomed. I smell amazing.
- I stand tall with my back straight.
- I walk with strength and nobility.
- I am always well-dressed in the context of the event.
- I pray gracefully.
- I produce exceptional results.
- I do not worry. I only focus on the path towards viable solutions.
- I hold a firm belief in a higher power. I am perpetually grateful and attribute absolutely everything of my success to Allah.
- I am never heard making an excuse. I attribute absolutely everything of my failures to my own actions.
- My presence is commanding.
- I am a resolver of issues.
- I am very charming and conversational.
- I am realistic in my expectations for others.
- I am kind and grateful. I care deeply for myself and those close to me.
- I am certain in the outcomes I seek for my future.
- I inspire those who believe themselves that they can do better.
- I am humble.
- I am only a servant.
- I am self-motivated.
- My oaths are never left unvalidated.
- I am respectful.

- I hold steadfast to my virtues.
- I allow others the right to say and do as they wish.
- I only argue to peacefully change outcomes that affect my people.
- I do not attempt to reason with the unreasonable.
- I am unwavering against immorality against innocents. I do not stand for evil nor anyone who refuses to acknowledge the sources of it.
- For those close to me, I motivate and inspire them to constantly evolve.
- I am careful and concise.
- I accept great risks in order to take advantage of great opportunities.
- I am never reckless in my actions nor am I unintended in my words.
- I am patient.

Day In The Life

Make it as vivid as possible. What does he FEEL like as he goes through each part of his day? Add images vision board style. Use the first person and present tense, i.e. "I walk through the streets..."

-The dog bites my hand. I gently smile. After a few more seconds of waiting, his release command is given.

"Walk."

Omen exits his cage with a slow stride. While he may seem calm, his maniacal tail movements betray his true underlyings.

Guiding Questions at the Bottom.

In the serene embrace of the pre-dawn stillness, the clock strikes 4:00 am, ushering in the commencement of a day carefully crafted with purpose and determination. I consciously redirect my thoughts from the past, recognizing the insignificance of yesterday in shaping my present. As the first rays of dawn beckon, I engage



in the sacred ritual of prayer, immersing myself in gratitude for the blessings that have paved my path. The sheer elation of past personal triumphs envelops me, setting the emotional tone for the day ahead.

At 4:15 am, I embark on a 30-minute run, feeling the rhythmic cadence of each step resonate through my being. The morning air wraps around me, a tangible reminder of the world awakening alongside my purposeful strides. The run culminates at 4:45 am, transitioning seamlessly into a stretching routine that transcends the physical, becoming a metaphor for the flexibility I bring to every facet of my life.

As the clock strikes 4:55 am, I step into the role of caretaker for my loyal Belgian Malinois, a steadfast companion of over a year. Observing the subtle nuances in his behavior, I appreciate the loyalty and companionship he offers. Our interaction becomes a grounding force, setting the tone for a day characterized by responsibility and intentional living.

With the clock ticking towards 5:15 am, I shift from canine companionship to nourishment, feeding my loyal friend. The act becomes more than a routine; it symbolizes the care and responsibility I bring to every relationship in my life. As the first light of day unfolds, I savor a protein shake at 5:15 am, a conscious choice in my commitment to physical well-being.

At 5:20 am, the operational phase of the day begins. Checking my schedule and messages, I ensure accountability for the day ahead. This meticulous start lays the foundation for a day marked by structure and purpose.

Leaving for the Masjid at 5:30 am, I engage in the Fajr prayer, connecting spiritually with a higher purpose. The drive that follows becomes a journey of introspection, navigating the city's waking streets with a playlist curated to accompany the rhythmic hum of the engine. Arriving at work after Fajr, the respect commanded from colleagues becomes palpable, a reflection of consistent dedication and an unwavering work ethic.

The day unfolds with labor in waterproofing foundations as the co-foreman, working alongside Rick in a 2-person crew. The clock ticks to 1:00 pm as we finish the job, the quality and efficiency echoing the capabilities of seasoned professionals.

Returning home at 1:45 pm, I transition from the professional realm to the personal, taking my loyal companion for a walk. The act becomes more than exercise; it symbolizes the balance between work and personal life, reinforcing the importance of intentional living.

Showering at 2:00 pm becomes a ritual to cleanse both body and mind. The subsequent Dhuhr prayer at 2:15 pm marks a spiritual pause, a moment of connection amid the bustling rhythm of the day.

At 2:30 pm, I immerse myself in the meticulous details of my daily checklist, revising copywriting client work, discovering insights, and messaging clients. This hour is not just about tasks but a commitment to continuous improvement and client relationships.

Dog training and play consume the hour from 3:30 pm to 4:30 pm, a time invested in strengthening the bond with my loyal companion. This intentional interaction becomes a microcosm of the patience and consistency defining my broader approach to life.

The clock striking 4:30 pm marks a shift to physical nourishment, with a well-balanced meal comprising at least 2,800 calories. Halal meat, vegetables, and rice prepared by my future fiancée symbolize the support and partnership that enhance my journey.

At 5:00 pm, the operational phase resumes. Checking schedules and messages, ensuring accountability for the evening, and reviewing and managing sources of income set the stage for the evening's endeavors. Discussing forward plans with partners becomes a strategic dialogue, an essential aspect of my commitment to growth.

The clock ticking to 5:30 pm heralds the Asr prayer, a spiritual anchor amid the responsibilities of the evening. From 5:45 pm onwards, I delve into the realm of personal and professional growth. Improving copywriting, marketing, and business IQ through courses and training resources becomes a journey of intellectual enrichment.

At 7:00 pm, the focus shifts back to my loyal companion as I feed him, reinforcing the commitment to care and responsibility. The evening transforms into a battleground at 7:15 pm as I head to the fighting gym. Ridiculing the

competition becomes not just a physical exercise but a manifestation of the mental fortitude cultivated over six months of rigorous training. Killing myself day-in and day-out to give way for the man I have become. The man who will become more.

Leaving for Dad's at 8:30 pm becomes a weekly ritual, a time to spend with family, younger siblings, father, and stepmother. Praying Maghrib with my family becomes a shared spiritual experience, reinforcing the importance of family bonds.

Returning home at 9:45 pm, the evening unfolds with the Isha prayer, marking the transition from familial to personal spiritual reflections. The subsequent hour becomes a dedicated time to finish the checklist, remembering how far I've come, solidifying goals and plans, and reviewing the day with a commitment to continuous evolution.

As the clock approaches 10:45 pm, the nightly ritual unfolds – brushing teeth and engaging in a prayer that prepares me for a restful night. Drifting into sleep at 11:00 pm, I enter a realm of dreams guided by a mindset rooted in faith, gratitude, and an unwavering determination to become the best version of Abdul-Malik Mohammed.

Guiding Questions

-First schedule of August 1, 2024

-Then, morning routine

-Do I think about yesterday? (no. it doesn't exist)

-After prayer, gratitude for all blessings. How my personal successes feel. How it feels to remember the goals I set, and how it felt to achieve them, and where I am now since then. How I will consider it affecting the rest of my day.

-How is my dog's behavior (1 year and 2 months, unneutered belgian malinois). How is my attitude towards him.

-It is Thursday, therefore I work.

-How does the drive feel. What am I listening to? How do others regard me when I arrive? How does it feel to interact with them? What is my brain doing while I interact and afterwards? How are my capabilities on the job? How quickly does it get done? The quality?

- How do I speak?

- Where do I go when I leave work ? What do I do after prayer?

- Who do I see during the rest of the day? Who do I speak with?
- How has achieving my goals affected my routine from this point on in the day? How do I feel as a result of the rewards I have earned? The watch is nice. Looking at it feels rewarding.
- What happens once I am home? How do I shift my focus from the workday (cold shower + Quran)?
- Do I play with the dog? Yes. and training
- Where do I go for the gym? What is the result of the last 6 months of training? Am I a capable sparring opponent (yes). How difficult do I find the drill (difficult, but having done it many times by now, surely doable)
- When do I eat? What do I eat? How much do I eat? How full do I feel.
- What is the next step? What are my plans through September? To include my wife's birthday, and my moving out goals.
- What distractions do I face? What challenges have I faced that day, or recently? How did I handle them?
- How did my brain and my body aid each other towards ensuring our success? What is their dynamic like? How is their respect for each other demonstrated/maintained?
- How is my family doing? What is my role in my relationships? How do I affect those whom I love and care about? Is there any change?
- What is my night routine?
- What kind of prayers are made before I sleep? What am I thinking about as I close my eyes and drift off?