

Day 1/7:

| | Task List For The Day - Fill In ALL 20! | V/ × |
|----|---|---------------------|
| 1 | Power Up Call 🗸 | ▽/ × |
| 2 | Daily New Lesson 🗸 | ▽/ × |
| 3 | Review 3 copies 🗸 | ☑/ × |
| 4 | Read (\$100M Leads) Alex HormoziX | ☑/ × |
| 5 | Travel | ☑/ × |
| 6 | Chess ✓ | ☑/ × |
| 7 | 8 ball pool | ▽/ × |
| 8 | Minimum 170 push-ups | ☑/ × |
| 9 | Finish My Luggage 🗸 | V / X |
| 10 | Watch G Mindset x3× | V / X |
| 11 | Boxing V | ☑/ × |
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| | Day Number + Date + Time |
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| Day Number: | 3 |
| Date: | 7/2/2023 |
| Start Time: | 6:15 AM |

| | igwedge Three Things That I Am Grateful to Have in My Life $igwedge$ |
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| 1. | Family |
| 2. | Health |
| 3. | Join HU |

| | 🔮 My Top Three Priority Tasks That I WILL Complete 🔮 |
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| 1. | Travel |
| 2. | Daily checklist HU |
| 3. | Chess |

| © | ⊚ My Top Three Goals That I WILL Achieve This Year ⊚ |
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| 1. | Land My first client (by the end of the summer) |
| 2. | Make at least \$2000 |
| 3. | Make 100 push-ups at once |



How To Use This:

| \$ Task: | \$ Task = Set the task that I intend to complete. |
|--------------------|---|
| <u></u> Intention: | Intention = What is my step-by-step plan of action to complete this task? |
| /Reflection: | Reflection = Did I complete this task? If not, then why? |



| 6:15 am: Task \$ | Morning routine: 45 min - Skincare - Cold shower - Drink 500 ml water - eat |
|---------------------|---|
| Intention 🔔 | I want to make this morning routine faster |
| Reflection / | |
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| 6:45 am: Task \$ | Finish My luggage: 15 min Put the rest of the things in my baggage |
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| Intention 🔔 | Make sure that I put all things I need |
| Reflection / | |
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| 7:00 am: Task \$ | HU (daily checklist) 1h:30 min |
| Intention 🔔 | Try to stay focused for 1h:30 min on tasks |
| Reflection / | |
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| 8:30 AM Task \$ | Put the baggages in the car and go 1h |
| Intention 🔔 | Don't forget any baggage at home |
| Reflection / | |

| 9:30 AM Tasl \$ | k T | RAVEL 2h:30 | |
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| Intention 🔔 | Jı | ust be patient | |
| Reflection / | V | | |
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| 12:00 PM Tas \$ | sk | Get to my uncle and put my baggages 30min | |
| Intention 🔔 | | Be the man and take how baggages you can without help | |
| Reflection / | | | |
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| | → How Will I Solve These Problems? → P |
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| | XMy Afternoon PlanX |
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| 12:30 PM Task | EAT 30min |

| Intention 🔔 | Healthy meal | |
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| Reflection / | | |
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| 1:00 pm: Task \$ | Stay with my cousins and play chess and some boxing | |
| Intention 🔔 | Be the best | |
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| → How Will I Solve These Problems Tomorrow? → |
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| What Do I Plan To Do Differently Tomorrow? NEW |
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| What Do I Plan To Do The Same Tomorrow? |
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| ■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧 |
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| ∬What Tasks Were Left Undone? ∭ |
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Brain Dump:

Day 2/7:

| | Task List For The Day - Fill In ALL 20! | ☑/ × |
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| | Task List For The Day - Fill In ALL 20! | ☑ /× |
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| | 🙏 Three Things That I Am Grateful to Have in My Life 🙏 |
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| 1. | |
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| | 🔮 My Top Three Priority Tasks That I WILL Complete 🔮 |
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| © | 🎯 My Top Three Goals That I WILL Achieve This Year 🎯 |
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Reflection /

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| What Do I Plan To Do Differently Tomorrow? NEW |
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| ■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧 |
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| What Tasks Were Left Undone? |
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Brain Dump:

Day 3/7:

| | Task List For The Day - Fill In ALL 20! | ☑ /× |
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| | 🙏 Three Things That I Am Grateful to Have in My Life 🙏 |
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| | 🔮 My Top Three Priority Tasks That I WILL Complete 🔮 |
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| © | 🎯 My Top Three Goals That I WILL Achieve This Year 🎯 |
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| | XWhat Problem's Did I Face This Morning?X |
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| | → How Will I Solve These Problems? → |
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| What Did I Learn Today? |
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| What Do I Plan To Do Differently Tomorrow? |
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Brain Dump:

Day 4/7:

| | Task List For The Day - Fill In ALL 20! | V/ × |
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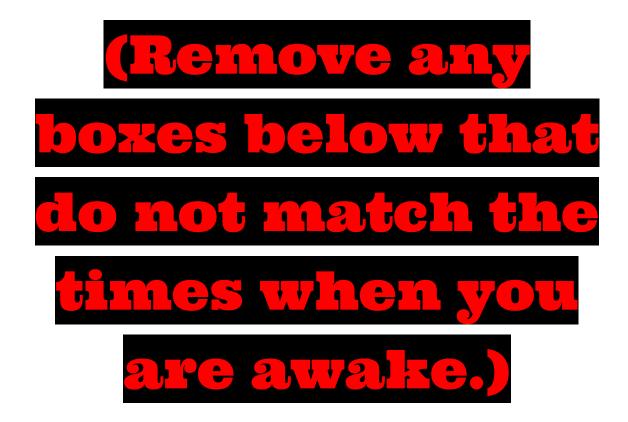
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| © | ⊚ My Top Three Goals That I WILL Achieve This Year ⊚ |
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Brain Dump:

Day 5/7:

| | Task List For The Day - Fill In ALL 20! | V / X | |
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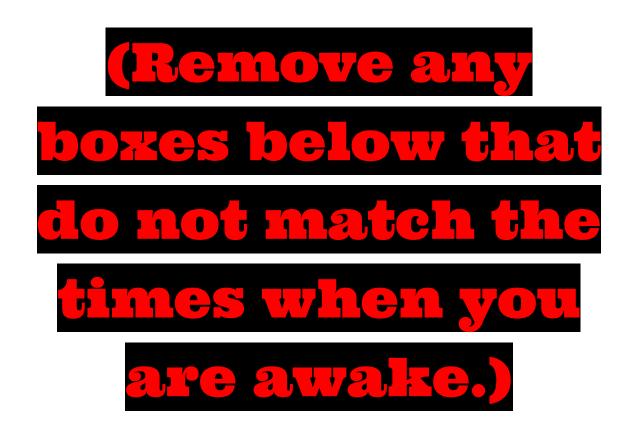
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| | 🙏 Three Things That I Am Grateful to Have in My Life 🙏 |
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| | 🔮 My Top Three Priority Tasks That I WILL Complete 🔮 |
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©End-Of-Morning Rerport©

What Did I Learn This Morning?

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| How Will I Solve These Problems Tomorrow? | |
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| Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback Wit | h? 📧 |
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| ♂What Tasks Were Left Undone? | |
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| Brain Dump: | |
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Day 6/7:

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| | | 🙏 Three Things That I Am Grateful to Have in My Life 🙏 |
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| | | 🔮 My Top Three Priority Tasks That I WILL Complete 🔮 |
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| © | ⊚ My Top Three Goals That I WILL Achieve This Year ⊚ |
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