

### **Day 1/7:**

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

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

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

6	⊚ My Top Three Goals That I WILL Achieve This Year ⊚
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?



Intention 🔔 I want to make this morning routine faster	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 / 🔽	Reflection /	

6:45 am: Task \$	Finish My luggage: 15 min Put the rest of the things in my baggage
Intention 🔔	Make sure that I put all things I need
Reflection /	
7:00 am: Task \$	HU (daily checklist) 1h:30 min
Intention 🔔	Try to stay focused for 1h:30 min on tasks
Reflection /	
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 Tasi \$	k T	RAVEL 2h:30	
Intention 🔔	J	ust be patient	
Reflection /			
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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	
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	→ How Will I Solve These Problems? →
	XMy Afternoon PlanX
12:30 PM Task	EAT 30min

Intention 🔔	Healthy meal	
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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?
What Do I Plan To Do Differently Tomorrow?
🗘 What Do I Plan To Do The Same Tomorrow? 🗘
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧

### **Brain Dump:**

## Day 2/7:

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	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
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Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧

### **Brain Dump:**

## Day 3/7:

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	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
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<b>©</b>	🎯 My Top Three Goals That I WILL Achieve This Year 🎯
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What Do I Plan To Do Differently Tomorrow?
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Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧

## **Brain Dump:**

## Day 4/7:

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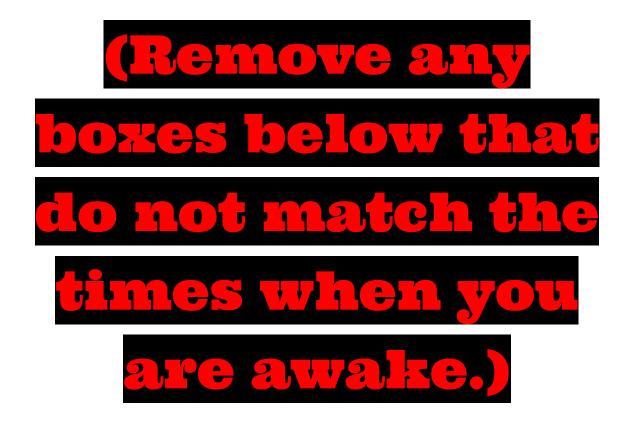
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	🙏 Three Things That I Am Grateful to Have in My Life 🙏
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<b>©</b>	◎ My Top Three Goals That I WILL Achieve This Year ◎
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What Do I Plan To Do Differently Tomorrow?
♦ What Do I Plan To Do The Same Tomorrow?
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧

## Brain Dump:

## **Day 5/7:**

	Task List For The Day - Fill In ALL 20!	<b>✓/</b> ×	
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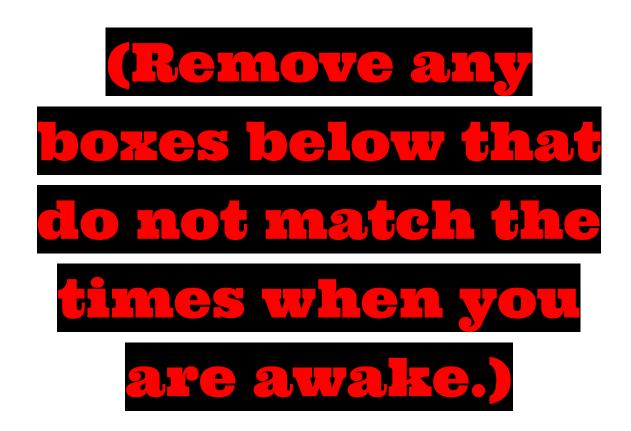
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## **Day 6/7:**

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