



Twilight's Review



Today's Learnings: Wisdom or lessons learned from the day

Learned that I should do my videos slower even if that means i need to apply more time to editing

I learned how to take the customers from one business to another business effectively

Learned how to study for ae xam under 5 minutes

Learned tha t i need to edtart arriving early to everything i do

Learned that I cope doing work



Victories Celebrated: Accomplishments and successes of the day

Hitted the big bench mark of 5k burpees in 1 month

100 pullups

50 bicep curls variation b

Squats

Posted on social media

Actually accomplished everything you set out to do



Stumbles Along the Way: Points of difficulty or mistakes made.

1. Almost binge eat
2. Coping on work



COWARDLY ACTIONS

1. Didnt go to bjj



Tomorrow's Illuminations: Plan how to improve and progress the next day.

1. Now when we are about to binge eat take out the ipad from you and put it away and then “allow”yourslef to binge eat
 2. Root cause problem analyze and hypotheszie how to fix it
 3. Just go straigh tto bjj you got the time
-



Consistencies to Keep: Recognize what worked well and should be repeated.

Eating on a deficit, eating my 1300 calories left from the day ina single meal studying for exams, posting on social media



Communications: Identifying individuals to connect with.

None really



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

I need to find a way to stop cpoing at work



Pending Missions: Tasks that remain uncompleted

Cc+ai llesosns



Day's Overall Score: A final assessment of the day's productivity

7

1. What excuses have I been making for not getting what I want in my life and how can I demolish them?

- You are joke (Continue publishing sooner or later it will shall pass)
- YOu are still no body (This is true get angry about this and move forward)

2. What specifically about my business have I been ignoring?

- My outreach and my social media

3. How do I need to rework my plans and goals to make them granular and measurable?

My outreach shall become more automatized u sing arnos template and my social media the main focus, this summer the focus will be to increase social media follower account cuz i want more fame than money for now.

4. Where have I optimized for easy instead of outcomes?

I have optimized for easy on my work ethic

5. What are the nonnegotiable standards I must establish?

Set up a time for when im going to work and whendont

6. If another person wanted to outcompete me, what would they do to win?

They would add up to the outraeches and post more consistn

7. How do I define masculine excellence? How can I rise to the top?

I define masculine excellence as the ability to achieve great things and I canr ipse to the top by sheer hard work ad thkinkig

8. Where is the structure of my calendar slipping that is preventing me from taking consistent action on my major initiatives?

After i finish doing my school stuff I let myself "relax"

9. What are the specific measurable outcomes I am optimizing for?

Social media folower

10. What is the primary obstacle impeding my progress between point a and point b?

My inability ot make great content yet and editing skills still being too low

11. What is my strategy to overcome the primary obstacle in the way?

My strategy is to utilize the unlimited idea content and use capcut templates to achieve a better outcome on what I want and practice my editing skills

12. What are the specific process, tactics, tasks, executables, and resources required for this to actually get done?

- **Use capcut templates and fill it out**
- **Use CC+AI lessons and apply it to the videos**
- **Utilize feedback from tiktok stuff**