



















# **Tasks That Will Be Done!**

- **[Task List]** 


	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)
1. 	<b>Start-Day</b> ▾	Ice cold shower
2. 	<b>Start-Day</b> ▾	100 pushups
3. 	<b>Start-Day</b> ▾	Check/ message platoon and send the sheet to TG
4. 	<b>Start-Day</b> ▾	Meditate
5. 	<b>Start-Day</b> ▾	Work with dad
6. 	<b>Start-Day</b> ▾	FINISH MARKS INSPECTION
7. 	<b>Mid-Day</b> ▾	Talk with client and show her the tweets
8. 	<b>Mid-Day</b> ▾	Send emails ( <u>Genuinely too busy. Sleep again takes priority.</u> )
9. 	<b>Mid-Day</b> ▾	Check up on my platoon's challenge progress
10. 	<b>Mid-Day</b> ▾	Write two respective pieces of copy, disregarding creative and mental energy ( <u>Genuinely too busy. Sleep again takes priority.</u> )
11. 	<b>Mid-Day</b> ▾	Read about money/ Listen to DotCom Secrets/ study business tactics
12. 	<b>End-Day</b> ▾	Configure the new day plan sheet
13. 	<b>End-Day</b> ▾	Platoon reviews, or 1 random review ( <u>Genuinely too busy. Sleep again takes priority.</u> )
14. 	<b>End-Day</b> ▾	End the day at 300 pushups
15. 	<b>End-Day</b> ▾	All food tracked; hit protein goal. Vitamins/ micro-supps taken.
15. 	<b>End-Day</b> ▾	Daily check-in and send the sheet to TG, TRW, and Platoon
16. 	<b>End-Day</b> ▾	Lifted - bicep ab
17. 	<b>End-Day</b> ▾	All media kept to an absolute low. NO useless video content at all.

# ***Tiger Day Plan + Reflection***

***Day Number: 82***

***Date: 3/13/23***

***Start Of The Day Time: 7 am***

	<b>🙏 3 Things That I Am Excited To Have/ Do In The Future 🙏</b>
<b>1.</b>	<b>I am excited to kill another sales call</b>
<b>2.</b>	<b>I am excited to get a full 9 hours of sleep soon</b>
<b>3.</b>	<b>I am excited to not EVER be obligated to work for anyone but me</b>

## **Hour-by-hour tracking:**

**[Track + Measure and analyze = Improvement]**

<b>\$ Task:</b>	<b>\$ Task = What Task Do You Intend To Complete This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did You Complete This Hour's task? If Not, Why? How did it go?</b>

### ***My 5 Tigerisms***

***1. Act With No Limits To Your Abilities***

***2. Stay Motherf\*\*\*ing Hard***

***3. Every Word And Thought Counts***

# Tiger Day Plan + Reflection

## 4. Stay high energy

### 5. I Am The Best Copywriter In The World

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<b>\$ 4 am: Task \$</b>	<b>sleep</b>
<b>Reflection</b>	

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<b>\$ 5 am: Task \$</b>	<b>sleep</b>
<b>Reflection</b>	

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<b>\$ 6 am: Task \$</b>	<b>sleep</b>
<b>Reflection</b>	

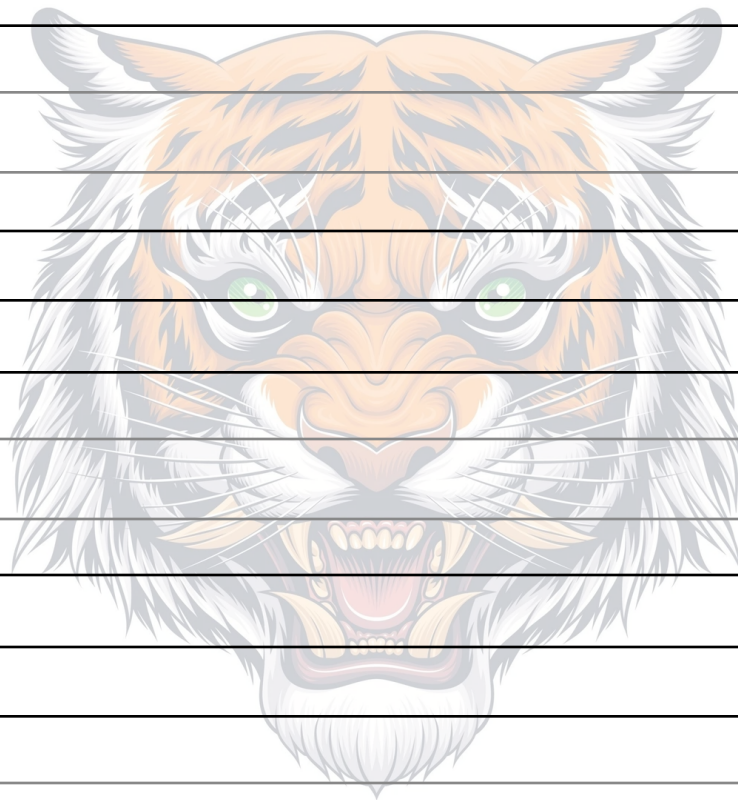
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<b>\$ 7 am: Task \$</b>	<b>wake up, cold shower, get ready to leave</b>
<b>Reflection</b>	

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# Tiger Day Plan + Reflection

<b>\$ 8 am: Task \$</b>	<b>call with mark, leave to work with dad</b>
<b>Reflection</b>	

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<b>\$ 9 am: Task \$</b>	<b>working with dad</b>
<b>Reflection</b>	

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<b>\$ 10 am: Task \$</b>	<b>working with dad</b>
<b>Reflection</b>	

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<b>\$ 11 am: Task \$</b>	<b>working with dad</b>
<b>Reflection</b>	

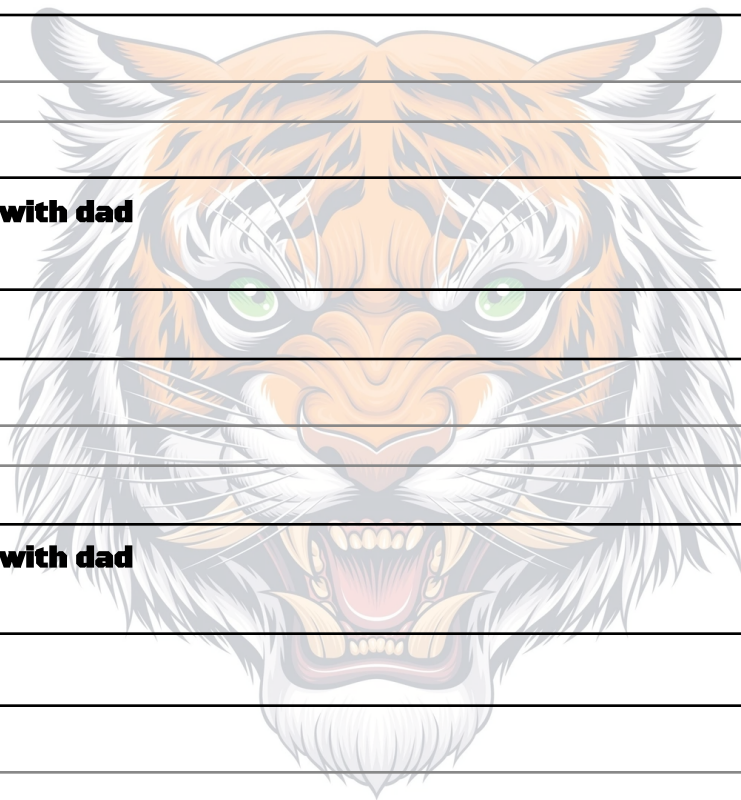
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<b>\$ 12 am: Task \$</b>	<b>working with dad</b>
<b>Reflection</b>	

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# Tiger Day Plan + Reflection

<b>\$ 1 pm: Task \$</b>	<b>working with dad</b>
<b>Reflection</b>	

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<b>\$ 2 pm: Task \$</b>	<b>working with dad</b>
<b>Reflection</b>	

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<b>\$ 3 pm: Task \$</b>	<b>working with dad</b>
<b>Reflection</b>	

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<b>\$ 4 pm: Task \$</b>	<b>working with dad</b>
<b>Reflection</b>	

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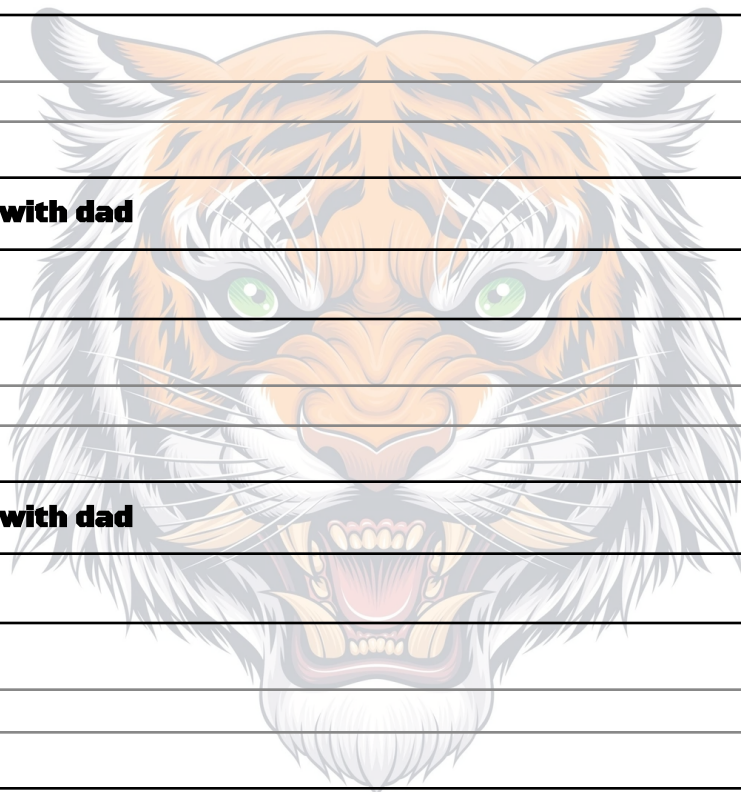
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<b>\$ 5 pm: Task \$</b>	<b>Get home from working with dad, handle my platoon</b>
<b>Reflection</b>	

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<b>\$ 6 pm: Task \$</b>	<b>Mark's inspection</b>
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# Tiger Day Plan + Reflection

 <b>Reflection</b> 	
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<b>\$ 7 pm: Task \$</b>	<b>finish inspection, message client</b>
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 <b>Reflection</b> 	
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<b>\$ 8 pm: Task \$</b>	<b>lifting, eat</b>
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 <b>Reflection</b> 	
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
<b>\$ 9 pm: Task \$</b>	<b>Fixing inspection</b>
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 <b>Reflection</b> 	
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<b>\$ 10 pm: Task \$</b>	<b>Fixing inspection</b>
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 <b>Reflection</b> 	
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<b>\$ 11 pm: Task \$</b>	<b>Finish fixing inspection</b>
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# Tiger Day Plan + Reflection

Reflection

Jesus christ.



## End-Of-The-Day Report:



🧠 What Did I Learn Today? 🧠

I learned that I am spread way too thin and I need to not only organize every hour of every day but also cut off things that are not optimal.

NEW What Do I Plan To Do Differently Tomorrow? NEW

I plan to have my whole day planned out.

🔥 Was today treated with a War Mode mentality? 🔥

Yes

📝 What Tasks Were Left Undone? 📝

Morning pushups and media. Everything else was consequence of the day.

**BRAIN DUMP:**