

Day 1/7:

	Task List For The Day - Fill In ALL 20!	V /X
1	Reporting when I can work (Eileen)	V I
2	Fahrschule Stunden (Georg)	V /
3	Gras mit der Sense weg machen	V /
4	200 Push-ups	V /
5	Mobility workout	✓/ ×
6	Copy + outreach	☑/ ×
7	Presentation + handout (school)	VI
8	Reading 30 pages (Cashvertising)	▽/ ×
9	No Fap	VI
10	3700 calories	▽/ ×
11		▽/ ×
12		▼/ ×
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19		☑/ ×
20		V /X

	Day Number + Date + Time
Day Number:	1
Date:	03.07.2023
Start Time:	01:29 pm

	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	Food
2.	My mother
3.	My motor cycle

	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
1.	Copy + outreach
2.	Push-ups
3.	mobility

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6	⊚ My Top Three Goals That I WILL Achieve This Year ⊚
1.	2000\$ a month through copywriting
2.	Seeing major results in my fighting skills
3.	Weighting 95 kg

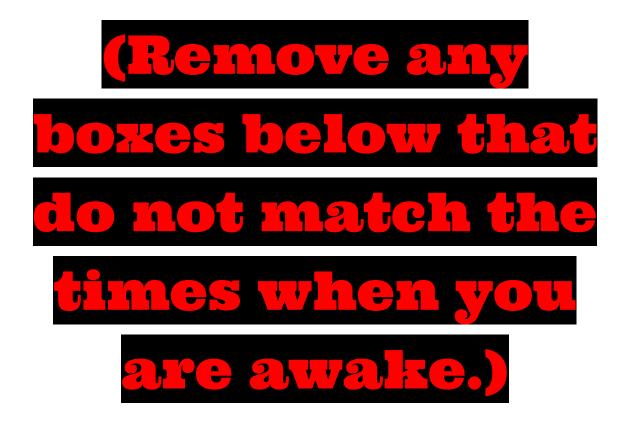


How To Use This:

\$ Task:	\$ Task = Set the task that I intend to complete.
≜ 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?

Example:

9 am: Task \$	Chest Workout At The Gym - 1 Hour
Intention 🔔	 Warm Up 100 Push-Ups In 4 Sets Of 25 Reps 5 Sets x 10 Reps of Bench Press Using 100KG 3 Sets x 25 Reps of Incline Dumbbell Bench Press Using 35KG And so on
Reflection /	My workout went as planned, and I achieved exactly what I wanted. I also got an idea for a new exercise to try out during my next workout. And so on





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What Did I Learn This Morning?

Stop acting like a lazy bitch

Too much comfort makes me weak and I become too slow in standing up.		
	PHow Will I Solve These Problems?	
need to devel	op a good sleeping routine, that will guarantee me 8 hours of sleep	
	XMy Afternoon PlanX	
om: Task \$	Reading 20 pages	
tention 🔔	-	
eflection /	Completed that task successfully, 10 pages to go	
-	Filling out my war plan for today	
	Filling out my war plan for today	
itention 🔔	Filling out my war plan for today did it	
30 pm: Task ntention 🔔 eflection 🖊	-	
ntention 🔔	-	
eflection /	-	
itention 🔔	did it	

pm: Task \$	Finishing my copy
ntention 🔔	Improve my copy and apply the suggestions of the TRW students.
Reflection /	Need to do that tomorrow
3:30 pm: Task \$	Creating a persuasive outreach for that guy I did a FV previously
Intention 🔔	- Draft
	 Go quickly through it analyze my mistakes Share it in the phoenix chat and the copy-review-channel
Reflection /	Need to do that tomorrow
4 pm: Task \$	200 push-ups (already did 30 push-ups in the morning)
	200 push-ups (already did 30 push-ups in the morning) - Warmup (5 min)
	- Warmup (5 min) - 1x 20 (20) - 2x 25 (50)
	- Warmup (5 min) - 1x 20 (20) - 2x 25 (50) - 3x 30 (90)
4 pm: Task \$ Intention 🔔	- Warmup (5 min) - 1x 20 (20) - 2x 25 (50)

4:30 pm: Task \$	Eating + coffee
Intention 🔔	- 1500 calories (balanced meals)
Reflection /	Yeah, that worked out
5 pm: Task \$	Reading remaining pages in my book
Intention 🔔	- 10 pages - Till p. 49
Reflection /	didn't do it — Fuck
5:30 pm: Task \$	Mown lawing
Intention 🔔	- about 30 min
Reflection /	my skin burned due to neurodermitis, but I don't. give a shit
6 pm: Task \$	Telling my boss at work, when I am free
Intention 🔔	- Not too often, so that I can work on my copywriting skills
Reflection /	I told her that I am free for 3 days

6:30 pm: Task \$	Shower + drinking water
Intention 🔔	20 min
Reflection /	Cold shower is the best
7 pm: Task \$	Mobility workout
Intention 🔔	- Duration is about 20 min
Reflection /	Didin't do it — Fuck
7:30 pm: Task \$	Watching daily lessons of Andrew Bass (Copy breakdown)
Intention 🔔	- Learning a lot of new ideas and applying them on my copies
Reflection /	
9.90 mm. Togin	
8:30 pm: Task \$	
Intention 🔔	
Reflection /	
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9 pm: Task \$	Planning for the next day
Intention 🔔	Put as much task in there as you could possible do
Reflection /	
9:30 pm: Task \$	
Intention 🔔	
Reflection /	
10 pm: Task \$	Bed tine
Intention 🔔	8 hours of sleep
Reflection /	6h 14 min in bed — 5h 14 min sleep



What Did I Learn Today?

I need to work more effectively, to get as fast as possible ahead of my enemy

XWhat Problems Did I Face In The Day?X
The school project took me about 3 hours — I am going to fix that problem
How Will I Solve These Problems Tomorrow?
better time management
What Do I Plan To Do Differently Tomorrow? NEW
I won't split up my tasks anmore, so if I do them, then I'll do them
🗘 What Do I Plan To Do The Same Tomorrow?🗘
No Fap (currently I do not have anything better to say)
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
After finishing my copy, ask Professor Andrew
∬What Tasks Were Left Undone? ☑
Copy + outreach
Mobility Reading (10p. remain)

Brain Dump:

Day 2/7:

	Task List For The Day - Fill In ALL 20!	V / X
1	Copy + outreach	☑/ ×
2	Reading 40 p.	✓/ ×
3	Wrist training	✓/ ×
4	No Fap	✓/ ×
5	look around the copywriting campus for more insight, maybe a copy breakdown	V / X
6		✓/ ×
7		✓/ ×
8		✓/ ×
9		✓/ ×
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15		☑/ ×
16		V/X

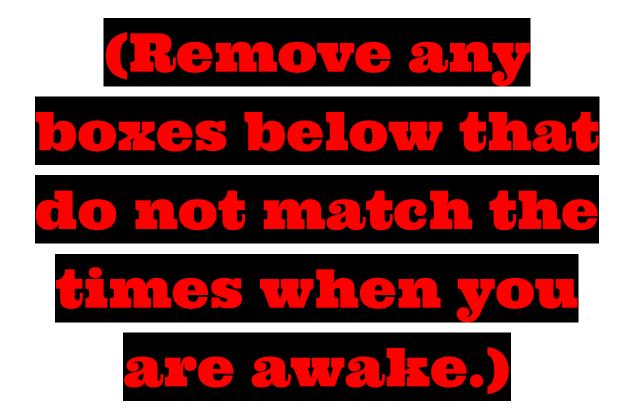
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	📆 Day Number + Date + Time 🕙
Day Number:	2
Date:	04.07.20223
Start Time:	07:57

	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	for the bread on my plate in the morning
2.	for being a TRW student, changed my discipline and productivity
3.	for doing all the training back then, so that I now look fucking amazing

	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
1.	copy + outreach
2.	reading
3.	No Fap

	🥑 My Top Three Goals That I WILL Achieve This Year 🎯
1.	2000 \$ at the end of this year
2.	weighing 95 kg
3.	seeing major results in my fighting skills





8 am: Task \$	breakfast	
Intention 🔔	800 calories	
Reflection /		
8:30 am: Task \$	reading	
Intention 🔔	- 40 pages - 1 hour	
Reflection /		
9:30 am: Task \$	сору	
Intention 🔔	(getting in the zone) - 1 hour	
Reflection /		
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10 am: Task \$	ready for school	
Intention 🔔		

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© 1	End-Of-Morning Rerport®
	■What Did I Learn This Morning? ■
	XWhat Problem's Did I Face This Morning?X
	PHow Will I Solve These Problems?
	XMy Afternoon PlanX
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₩hat Did I Learn Today?

XWhat Problems Did I Face In The Day?X
Phow Will I Solve These Problems Tomorrow?
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? 📧

Brain Dump:

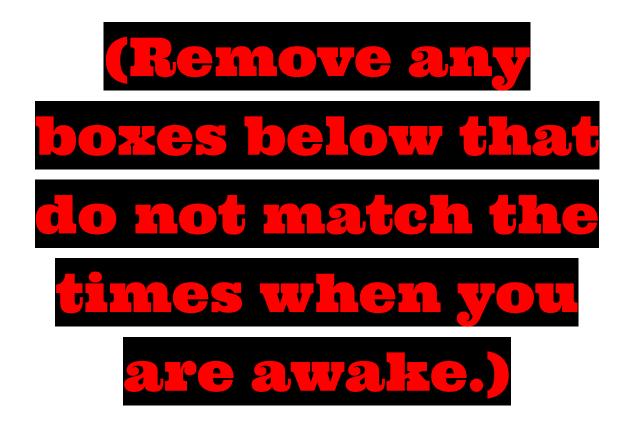
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	🔮 My Top Three Priority Tasks That I WILL Complete 🔮		
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™What Do I Plan To Do Differently Tomorrow?™
↔ What Do I Plan To Do The Same Tomorrow?
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
∛What Tasks Were Left Undone?
Brain Dump:

Day 4/7:

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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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(Remove any boxes below that do not match the times when you are awake.)



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	End-Of-The-Day Report:
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	→ How Will I Solve These Problems Tomorrow? →

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What Do I Plan To Do The Same Tomorrow?	
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback W	7ith?E
Brain Dump:	

Day 5/7:

	Task List For The Day - Fill In ALL 20!	V /×
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	📆 Day Number + Date + Time 🕙
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©	⊚ My Top Three Goals That I WILL Achieve This Year ⊚

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	What Did I Learn This Morning?	

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Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback	With? 📧
Brain Dump:	

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Brain Dump: