

#### Lessons:

- Many people are jealous of you want you to fail. NOT ALL PEOPLE, but there are some weak pvssies that do. NEVER, EVER listen to them.
- Trust your gut at all costs.
- Perception is everything.
- Love yourself like your life depends on it.
- Praying every day gives you extreme power to fight your inner bvtch,
- Weakness is NEVER the answer.
- Deload days (as suggested by Dylan Madden) are extremely powerful.

#### WINS:

- Withstood extreme personal hardship and still killed it.
- Lived life on my own terms
- Got 10x the work done I did last week
- Defeated the inner bvtch everyday and never let it take control
- Found inner love and strength.
- Had a mental breakthrough
- Started living the life I want
- Got my client better results than last week
- Got more client work done than last week

#### ACTION STEPS:

- Create the website for VMARK
- Catch up with the BIAB lessons, marketing lessons and content
- Put up multiple stories everyday
- Sleep at least 7 hours everyday
- When I take a break, really just take a break. ZERO WORK. Rest and recharge.
- Download more music to step into my new personality
- Finish SEO for Penef
- Get my ad reviewed by the copy AIKIDO squad
- Get the whole PENEf project reviewed by the AIKIDO squad
- Attend more calls from the SM&CA campus
- Run up my grades at school
- Eat about 3 - 4 meals a day - schedule them out, allocate a bit more time to them
- Drink a ton of water everyday
- Do my morning work session fasted, only have a cup of coffee
- Start with the easiest task
- Schedule another call/hangout with my girl
- Buy my girl her favorite flowers and take her out for food on her birthday
- Start doing my outreach tasklist from the SM/CA Campus
- Recharge better - take my mind off work completely during my breaks
- Add the new thought loops to my brain and internalize them
- Review SB, PB and MR's email and apply it
- Run up my grades at school

- Wish my friend happy birthday on Sat
- Plan out the rest of the week
- Get certified in the SM/CA campus

COPYWRITING CHECKLIST:

- 7/7

TOP CHALLENGE:

- Get more done than listed here. Find a way to be an even bigger G this week.