

Trenton's 60 Day Rainmaker Challenge

Accountability Document - **UPDATED 8/19**

Whats up G's. This will be the accountability document you will use to keep yourself on track and also accountable to your fellow G's to hold up your commitment to become a Rain Maker.

Upload this to the Agoge Competitions Chat at the end of every day so we can monitor your progression and help you where you need it.

Tag me (and Cole) when you upload this. This will help us all better understand the situation you are in and how to help you GET WHAT YOU WANT.

Show Agoge 01 who owns this campus.

August 19th:

How many hours of sleep did you get last night?

- 7 and a half.

What is the critical task you completed today that is moving the needle most?

- Improving the catalog, couldn't move as fast as I needed due to other responsibilities, the most unproductive day in a while but won't let it happen tomorrow.

What were your achievements today?

- I had a better weights Workout, tried to push myself with a Goggins workout yesterday but mine are better 😎, still I need to find a way to train quickly, break my muscles brutally in an hour avoiding the whole: "Go go the gym, change your clothes, warm-up, wait for the guy TALKING WITH HIS FRIEND AND SCROLLING TIKTOK to get his ass of the machine at the gym and then if we take turns it is with +6 mins rest" and so on.. actually get a quick brutal workout of chest of 1 hour.

Twilight review on the day:

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Wins:

- Good workout and I was resourceful.

Losses:

- Take way less time training but in exchange for a brutal workout, also standing still in one place for more than 1 hour to get more done than what the checklist says.

Insights learned today and how you will apply them to hit your goal:

- Not waking up early is taking away from the time that I need to actually complete the checklist without falling asleep forgetting it (Fell Asleep watching the tribe call and forgot to share than plan and then plan on the calendar today).

Tomorrow's tasks:

- Finish website and catalog completely.

Any other thoughts you have on your current situation and what you need to work on:

- I NEED TO STOP FORGETTING TO PLAN THE NEXT DAY, so I don't fail the daily checkkist, how can I trigger this habit better? What are your strategies?

AUGUST 20TH:

How many hours of sleep did you get last night?

7 and a half

What is the critical task you completed today that is moving the needle most?

Improved a lot website structure with the AI bot of Professor Andrew

What were your achievements today?

Had a good focused Workout and outside of TRW I got lots of Uni matrix work done.

Wins:

Good workout and I cleared off a lot of micro but important tasks (Uni work included) that I tend to procrastinate on because of doing GWS (I'M not saying that they aren't important but I was leaving aside crucial healthy and important chores for myself and my family).

Losses:

I honestly can't say spending time with my mother for dinner is a waste of time but the mistake came at doing that plan today, still things get done, but it could have been way more instead of being here trying to squeeze time with a quick analysis (which it shouldn't) so I can sleep before midtjijt.v

Insights learned today and how you will apply them to hit your goal:

Only 3 meals in the day, those 2-3 hours are what I need to finish completely the critical task and avoid half-assing it.

Also quick time management tips:

1. Don't look WhatsApp & TRW for most of the day.
2. Wake up early (If you can, you should).
3. Squeeze one hour of GWS everywhere you are, it is possible.

Tomorrow's tasks:

finish catalog for the month, renegotiate terms with second client and send that final version of the website for first one.c

Any other thoughts you have on your current situation and what you need to work on:
Nothing, I have to go to sleep and Tomorrow squeeze 3 GWS in as well as more tedious Uni work.

AUGUST 21st:

How many hours of sleep did you get last night?

5 55 mins, had to wake up early for Uni to avoid the same mistake as yesterday by planning 3 hours earlier.

What is the critical task you completed today that is moving the needle most?

Using the AI bot to review my catalog design and learn how to change specific colors on a logo.

What were your achievements today?

Moved relentlessly through each of the tasks that I had to get done (especially Uni).

Wins:

Moved relentlessly through workout and daily tasks, aikidoing myself into more success for me, life is going great on the outside, now it's just about time for the "inside" feeling to catch up.

Losses:

Lots of unnecessary conversations and social life, it is like my way out of work, current biggest struggle (I know, "easy life" which pisses me off...I CRAVE a bigger challenge).

Insights learned today and how you will apply them to hit your goal:

Cut out social life quick and refocus on the checklist, catch yourself being too slow and COMFORTABLE (hate that word) when talking to people.

Tomorrow's tasks:

Run like a mf way faster than today, time's ticking be and I've wasted enough.

Any other thoughts you have on your current situation and what you need to work on:

Checking tasks of one of my 3-5 checklists where there are +25 tasks on each gives me fulfillment and drives me forward, ignites the fire in me.

AUGUST 22st:

How many hours of sleep did you get last night?

6 hours.

What is the critical task you completed today that is moving the needle most?

Finish draft of website..way better, already got a few corrections for tomorrow. .

What were your achievements today?

Went for 3-4 hours of GWS with only one break of 15 mins, also woke up earlier than usual and got to boxing again.

Wins:

Early morning, high intensity workout and continuous GWS.

Losses:

Went slow and spend more time than usual socializing.

Insights learned today and how you will apply them to hit your goal:

4 things that should always be in my backpack so I don't face the same issues as Always: Bottle of water, portable battery, charger and the headphones.

Tomorrow's tasks:

website, catalog, hellish training, Uni tasks.

Squeeze time professionally.

Any other thoughts you have on your current situation and what you need to work on:

AUGUST 23rd:

How many hours of sleep did you get last night?

6 hours, I'll go to sleep before 10 PM.

What is the critical task you completed today that is moving the needle most?

Worked on the catalog for hour and a half, still getting Uni work done as well.

What were your achievements today?

Had a perfect workout despite not being on...optimal state, squeezed time for a GWS in class

Wins:

Perfect workout, squeezed time, kept my self on point despite big stomach pain.

Losses:

Couldn't box due to the issue, could easily due to an infection by a slight carelessness in bad hygiene (pushups then wash teeth without cleaning my hands or touching my phone then the face...bad habits).

Insights learned today and how you will apply them to hit your goal:

Obey your alter-ego, always.

Tomorrow's tasks:

Catalog & website before midday, then Uni work on the afternoon.

AUGUST 24rd:

How many hours of sleep did you get last night?

7 and a half, good sleep.

What is the critical task you completed today that is moving the needle most?

Worked on the catalog for hour and a half.

What were your achievements today?

Got some essential stuff and items sorted in my life apart from the critical task (Necessary although it consumed most of my time).

Wins:

Good workout, handled pain with ease as well.

Losses:

Lots of time wasted, especially in public transport with my father because I can't pull out the phone to squeeze time and get some GWS in because I could get robbed or stabbed (Or both, who knows which one first..).

Insights learned today and how you will apply them to hit your goal:

Early mornings, training and GWS are they key in that order, hate to be interrupted on my deep state by intrusive thoughts reminding me that I have to workout, so it's better this way.

Tomorrow's tasks:

Catalog completely done and study for an important exam, website will have to wait until Monday.

AUGUST 25th:

How many hours of sleep did you get last night?

6 and a half.

What is the critical task you completed today that is moving the needle most?

Catalog is 99%, I know I can make some minor tweaks to make it even better but client loves it.

What were your achievements today?

Got the catalog and important Uni work done.

Wins:

Catalog, uni work and harder back workout (better than last week).

Losses:

None, I'm moving with SPEED, but I can be faster.

Insights learned today and how you will apply them to hit your goal:

Self-belief will be a part of me and won't doubt about it as long as I take raw, fast and precise action.

Tomorrow's tasks:

Finish third website corrections and minor improvements to catalog.

AUGUST 26th:

How many hours of sleep did you get last night?

7 and a half.

What is the critical task you completed today that is moving the needle most?

Completed web design for my father in just 1 GWS, SEO and VSL left and we are done.

What were your achievements today?

Squeezed time for a GWS despite Uni work and exams.

Wins:

Completed the job with speed and ease.

Losses:

Wasted lots of time with a Uni issue and solve it until now (almost midnight).

Insights learned today and how you will apply them to hit your goal:

Set clear expectations with others.

Tomorrow's tasks:

WWP for jewelry client and send website for lawyers for approval of my father's associate.

AUGUST 27th:

How many hours of sleep did you get last night?

7 and a half.

What is the critical task you completed today that is moving the needle most?

Watched and applied WWP from beginner live call for the jewelry client, currently doing 1 GWS until tomorrow because I'm in exams right now.

What were your achievements today?

Performed at the best of my ability in the gym and actually got new insights of the way we can promote the rings through social media.

Wins:

Juggled with multiple things at once without freaking out or stressing too much.

Losses:

Worked on a lot of fronts at the same time (Uni works mostly) and couldn't complete any of them, just move 60-70% on each, right now things are chaotic due to a problem making a payment of an Accommodation for an exchange I'm going to make, but tomorrow everything should be solved and GWS previous rhythm will be back (2-3 GWS a day).

Insights learned today and how you will apply them to hit your goal:

None.

Tomorrow's tasks:

Finish WWP for jewelry client.

AUGUST 28th:

How many hours of sleep did you get last night?
5 and a half.

What is the critical task you completed today that is moving the needle most?

Watched WWP of the beginner live calls to improve strategy for my jewelry client.

What were your achievements today?

Everything that I said yesterday and was collapsing got solved, now it's just a matter of time between today and tomorrow to catch up with everything that I haven't done in this week with an Agoe Crunchtime.

Wins:

Uni documentation and exams got sorted out.

Losses:

I was falling asleep constantly on the GWS at night, still pushed through it, but for coming days I will set myself for higher standards beginning with more than 1 GWS to call the day (and the checklist) successful.

Insights learned today and how you will apply them to hit your goal:

Clear your mind from needless problems so you are able to THINK about how to solve the current problems that will have the biggest effects on your life, this is the reason why I'm mostly focusing on.

- 1) Waking up early (ideally 4-5 AM).
- 2) Moving faster as it I was always late to something.
- 3) Instead of focusing on the past or the negative thoughts and letting that thing slide me down actually FOCUS on the task at hand and actively think and plan forward and test new ideas to solve current big problems (Uni exams, client work)..

Tomorrow's tasks:

Finish WWP for jewelry client.

AUGUST 29th:

How many hours of sleep did you get last night?

6 and a half.

What is the critical task you completed today that is moving the needle most?

In-depth market research and WWP for the jewelry client, still a long way to go but my first GWS was really productive, moved with a lot of speed, second one almost fell asleep but found out that as soon as I moved and FORCED myself to take action everything got much easier.

What were your achievements today?

Full focus and speed throughout the whole day, didn't have to force myself to do anything honestly...apart from the last part of boxing training which kicked the shit out of me because while my bitch voice wanted rest I forced it to do the best it could and tried to outcompete my rival with the best of my ability.

Wins:

Moved through the whole day with a lot of speed..

Losses:

Self-control, but I talked specifically with how I use emotions to ignite the fire in me and force me to push through the last hellish parts of the workout, I still have to be more aware of the quantity of energy I will have to force myself to put upon the kind of difficulty and pressure of the exercise.

Insights learned today and how you will apply them to hit your goal:

Even if you are just learning and consuming try to take action in some kind of way to avoid falling asleep or just thinking that "you've made it" and you can take a rest now.

Tomorrow's tasks:

Keep working on WWP for jewelry client in-depth, create a first draft based on TP analysis and create Link tree or any other kind of link for IG page.

AUGUST 30th:

How many hours of sleep did you get last night?

6 hours.

What is the critical task you completed today that is moving the needle most?

Created beacons “linktree” for socials of jewelry client.

What were your achievements today?

Today I went Old school and had to aiki-do my way into completing the 2 daily GWS, turns out some dude got fucked on the highway and there was like a shooting I don't know, thing is that there was a 2 HOUR TRAFFIC JAM and I had no battery on my phone on computer, 7:15 PM of the night and I decided to pull out pen and paper and wrote 4 ads for jewelry client, first some headlines, then some outlines and then wrote each of them along with how I visualized the creatives, find a way or make one...

Wins:

Broke my excuses and found out a way to get the work done.

Losses:

Actually none, pushing the best out of me and feeling like I have to strive for something better is actually making me each time more relentless either if I fail or win, failure feels horrible, so I'll avoid it at all cost, but still take the risk.

Insights learned today and how you will apply them to hit your goal:

There is always a way to move forward, find it and hit your objective.

Tomorrow's tasks:

WWP for jewelry client and send webpage for Administrative law firm client.

AUGUST 31st:

How many hours of sleep did you get last night?

6 hours and a half.

What is the critical task you completed today that is moving the needle most?

Improved socials and better drafts of the copy that I created yesterday.

What were your achievements today?

Squeezed time like a mf, just aikidoing myself into doing the tedious work anywhere I am, no matter the cost, find a way or make one always, because there is always SOMETHING to get done.

Wins:

Completed crucial work for my client, also squeezed time to get the work done and had brutal training as always.

Losses:

Listened to music, relaxed, I know I'm making a big deal of this, but if you are a PM graduate, you know what I'm talking about, and complacency is never an option.

Insights learned today and how you will apply them to hit your goal:

Pull out your phone, notebook, rock IDGAF, just get those GWS done and WRITE copy even on sand, GET IT DONE.

Tomorrow's tasks:

Keep deep digging into WWP for jewelry client and market research, outreach to third client.

SEPTEMBER 1st:

How many hours of sleep did you get last night?

Almost 7 hours.

What is the critical task you completed today that is moving the needle most?

Developed the WWP document for a jewelry client, added another crucial part for his catalog as well but mostly I understand better the product and the market as well.

What were your achievements today?

Again squeezed time, did it again and again and again, people is no mediocre nowadays that when they see you doing something different than they games and vices

they see you as someone really weird, I-m grateful for it but also feel pity because most adults around me behave like children enjoying little games to distract themselves from inevitable misery.

Wins:

Squeezed time, got 2 long GWS done as well as another hour and a half for Uni exchange formalities, although I've already done most of the part, just little formalities lacking and then it is all about things that I have to fix in my personal life before leaving.

Losses:

Actually, few to none distractions during the day, catching myself deviating is easier than ever (literally 0,5 seconds that I notice it then get back to the work that has to get done).

Insights learned today and how you will apply them to hit your goal:

People enjoy really sad hedonism and get really comfortable with it, it's not my ego, I swear, once you stop surrounding yourself with mediocrity and start to notice weak, lazy and immature behavior in people is disappointing and sad.

Tomorrow's tasks:

Keep researching market trends for jewelry client, follow the Tao format that I used for Lawyers client and also OUTREACH to third client.

SEPTEMBER 2nd:

How many hours of sleep did you get last night?

Almost 7 hours.

What is the critical task you completed today that is moving the needle most?

Got the work that I have done until today for the Lawyer client by the AI bot, gave me some interesting tweaks I can make to the website copy and also did some important TP analysis for the Jewelry client, that already gives me better ideas for next Facebook Ad campaign,

What were your achievements today?

Actually squeezed time good for the last hours of the day to get the GWS done, also had hard training but had to repeat the burpees because the fmg timer went off.

Wins:

Got the TP analysis that I knew I was procrastinating done, updated the draft that I had on Google Docs of the website copy for the Lawyer client so I can send it to captains and Agoge chat after I do some other tweaks tomorrow with the AI bot, not only for the lawyer website but also for the jewelry catalog.

Losses:

I'm getting these GWS done really late man, tomorrow I have to get them done before 9:30 PM and I'm talking about 3 GWS (2 focused on copy campus of at least hour and a half, another one actually not counting it because it is Uni formalities for the exchange trip but still have to time it).

Insights learned today and how you will apply them to hit your goal:

Nothing really new, we are always against the clock, always, if we want to get a really high output for the day in each area of our lives that we are moving forward you have to squeeze seconds in each time of the day, something that really helped me recently is to stop looking TRW, Whatsapp and email notifications too often and as ridiculous as it seems it actually made me way more focused during the day, just have to keep doing it specially for long training sessions and daily chores..more awareness on those ones for sure, scrolling and all that bs is over,I easily catch myself distracted in a second so it's about the minor improvements now.

Tomorrow's tasks:

Go through the technical tasks for the Lawyer website client, and WWP for the jewelry client.

SEPTEMBER 3rd:**How many hours of sleep did you get last night?**

5:50 hours.

What is the critical task you completed today that is moving the needle most?

Got a Facebook creative ad done with two refined copies after deep market research and TP analysis, still have to improve it with the AI bot.

What were your achievements today?

Focus, actual real work, creating something worth of value but mostly the insights that I got of the fine jewelry and luxuries niche.

Wins:

Two TP analysis of Facebook ads as well as market research, AI review, images for creatives, grueling training and making time as always to get those 3 hours in.

Losses:

Actually none, just that I need to move with more fire (I've described this in more detail on the new accountability doc).

Insights learned today and how you will apply them to hit your goal:

Keep doing what I did today but with less movement, really a lot of things going on with my family and the upcoming exchange going from place to place, my work is solid, of course it could be better but I'm improving the output each time faster and faster.

Tomorrow's tasks:

More TP analysis for the jewelry client, same objective, keep going deeper into the rabbit hole.

SEPTEMBER 4th:**How many hours of sleep did you get last night?**

7 hours.

What is the critical task you completed today that is moving the needle most?

Complete enough TP analysis for the luxury high-end jewel niche, now will focus on refining and actually writing solid copy with the AI too.

What were your achievements today?

Relentless training and purpose when I really didn't feel like it, I have to focus on more work behind the computer, the brutal workouts never stopped...never will, but clearly not the critical task or where my ego is justified.

Wins:

TP analysis, brand refinement and long, really long but I won't say "hard" resistance workout, it's all mental, just go through the pain, don't care anymore.

Losses:

I'm hating these late GWS, again just moving slow and heavy, if I truly focus I forget sleep, my mind doesn't try to take me out of this game anymore, or at least I refuse to

acknowledge those kind of thoughts, but I have to squeeze workouts way earlier, then whole afternoon focused on work, honestly the most peaceful feeling in the world.

Insights learned today and how you will apply them to hit your goal:

Morning brutal workouts, PUC, then GWS until the day ends, every checklist (TRW, Personal life, Uni as well).

Tomorrow's tasks:

Create copy for ads and send them to jewelry clients, and outreach to third potential, enough procrastination, just set up a call with him before the week ends.

SEPTEMBER 5th:

How many hours of sleep did you get last night?

6 and a half hours.

What is the critical task you completed today that is moving the needle most?

Correction of Lawyers website based on the associate of my father, TP analysis to a Montana Law firm that an Agoge friend of TRW shared a while ago and AI bots training to better understand the target market around this niche.

What were your achievements today?

Brutal training, squeezing time right now and more than the normal 3 GWS that I do but not the whole ideal fourth GWS as I wanted it to be.

Wins:

Brutal training and squeezing time to the last second.

Losses:

Not completing that last GWS as I wanted to although I got various outcomes done as I wanted to despite being late at night.

Insights learned today and how you will apply them to hit your goal:

Obey your alter-ego when you know you HAVE NOT done enough.

Tomorrow's tasks:

Jewelry ad Copy, finish these website corrections and contact third prospect again.

SEPTEMBER 6th:

How many hours of sleep did you get last night?

7 hours.

What is the critical task you completed today that is moving the needle most?

TP analysis for the Lawyers, it has been a long time since I did one for them and also reminded myself of some basic marketing strategies and quickly linked those lessons to the new resources I've seen in the Copy campus, lots of work to get done, but I'm proud to say that I'm not comfortable until I've created something of value.

What were your achievements today?

Pushed myself through the burpees, but it doesn't matter anymore, doesn't move the needle, so the real achievement was the energy I got from just taking a slight break and actually attacking the task that I had to do late at night, still I have to find a day a spot where I can finish my daily 3 GWS (1 Uni and 2 of TRW) before 10PM so I can wake up way earlier and conquer faster.

Wins:

Uncomfortable but necessary training, aikidoed myself into doing quality work despite late hours.

Losses:

Emotional, last weeks I've been really hard with myself, but I am crying about it? Feel like it especially when I go through unnecessary hard work (and I'm referring to the burpee challenge), I mean it's not the critical task, there is nothing else I need or have to prove of myself and I clearly know I can complete this challenge easily, but man I can't force myself to go slow either, and because how you do one thing you do the rest, of course I won't stop forcing myself to do the right stuff, bite the bullet and push forward.

Insights learned today and how you will apply them to hit your goal:

Same as yesterday, obey the alter-ego, he is right man, I don't know if it is the instinct, the inner animal that drives you forward the "billionaire instinct", but that thing holds the power that you need and you need to learn to control it, or else it will make you train and work till passing out, and that, that is the hard part.

Tomorrow's tasks:

Send jewelry creatives to my client, and keep modifying lawyers' website.

SEPTEMBER 7th:

How many hours of sleep did you get last night?

7 hours.

What is the critical task you completed today that is moving the needle most?

Correction to the website of the Lawyers as well as organizing the copy with their respective creative for the jewelry client.

What were your achievements today?

Squeezed time to get this done as well as dinner with my family as goodbye for the exchange trip on Wednesday.

Wins:

Boxing training was great, really hard as well as the burpees, and also checked 2-3 items out of the "200 GWS" items.

Losses:

Actually none, kept my standards and pushed to the limit as always.

Insights learned today and how you will apply them to hit your goal:

Spend time with your family and appreciate both consistency followed by the subtraction rule.

Tomorrow's tasks:

Send Jewelry creatives and keep tweaking on the website corrections using the AI bot.

SEPTEMBER 8th:

How many hours of sleep did you get last night?

6 hours and 50 mins.

What is the critical task you completed today that is moving the needle most?

Finished the second campaign for the jewelry client.

What were your achievements today?

Squeeze the last part of my day to get all of the copy and creatives together, put them on a Google doc and send it to the client.

Wins:

Training in the morning makes everything easier, in the afternoon I actually spent some time with my family and then got a “Uni exchange formalities” GWS done and TRW GWS done as well.

Losses:

Actually none except that my training was not as hard as I expected it to be.

Insights learned today and how you will apply them to hit your goal:

This isn't hard anymore, it's just about getting the smaller wins constantly, each of them, and letting them compound, it is now about the details honestly, nothing too amazing or complicated anymore, just win everyday at everything you do and you'll be fine.

Tomorrow's tasks:

Review jewelry copy with my second client and website corrections on a call with the first client as well.

SEPTEMBER 9TH:

How many hours of sleep did you get last night?

6 hours and 40 mins.

What is the critical task you completed today that is moving the needle most?

Setting up the FB campaign for jewelry client.

What were your achievements today?

Get the campaign set up and slightly improved after rereading it, also got some useful insights from Arno's Facebook lessons which I will surely apply for my website after I get results for both of my clients.

Wins:

Sparring with some dude that was taller than me, learned some stuff and also squeezed time effectively for the first part of the day.

Losses:

Relaxed a bit, my computer got stuck and I lost track of time, almost failed the checklist.

Insights learned today and how you will apply them to hit your goal:

Directed stress coupled with sheer indefatigability is a superpower.

Tomorrow's tasks:

Fix payment issue with that client and get the checklist done as soon as possible so I can focus on the exchange and spending time with my family.