

## **Day 5 task: “S.M.A.R.T framework.”**

**Financial freedom**-This is my ultimate vision, I have to escape slavery, so I can dedicate myself full time on my work on TRW and training, and then I will finally be ready to join the War Room. I need to achieve this within 5 years maximum, so I can share my success with some members of my family while they are still around.

### **Health / Fitness**

**Goal:** Get a healthy and muscular body with 10-12 % body fat

**Specific:** Training and daily steps to build muscle and maintain a low body fat

**Measurable:** Track my progress in weight scale and in the mirror (I have very good eyes to see the difference in physique)

**Time limit:** I want to reach this body and maintain / improve it before 2030. This will take a lot of time but I'm very patient

### **Relationships**

**Goal:** Improve connections with family and make new real close friends

**Specific:** Make it a habit to spend time with family. Call them more often (I live abroad). Call at least 1 time a week.

**Measurable:** Track the consistency of communication and calling over the next 3 months

**Time limit:** No time limit. Keep improving.

### **Finance**

**Goal:** Professional investor in crypto

**Specific:** I want to become a professional investor and have 100,000\$ invested by December 2025, and reach 1,000,000\$ portfolio by July 2028

**Measurable:** DCA monthly

**Time limit:** By July 2028