



Twilight's Review



Today's Learnings: Wisdom or lessons learned from the day

I learned today that I NEED to learn to escape mount i learned that I shidInt bring a ymore my glasses to BJJ i learned that god loves me i learned that osmetime sl can make xception on the diet I learned too that for my client when he tells me I use more like this colors doesnt mean to change everything and quit images next time I shouldnt quit images. I realized that I'm getting weaker but doesnt seem to lose any fat idk why



Victories Celebrated: Accomplishments and successes of the day

1. 200 burpees
2. 100 pullups
3. 50 bicep curls
4. 25 squats
5. Did all my homework (most of it)
6. Delivered client project
7. Survived 2m purple belt
8. Woke up at 5AM



Stumbles Along the Way: Points of difficulty or mistakes made.

1. I stumbled at tarde to workout
2. I didn't listen well enough to my client
3. Let my glasses break



COWARDLY ACTIONS

1. Overslept on my client
2. Nottalikg. To a girl that interest me



Tomorrow's Illuminations: Plan how to improve and progress the next day.

1. Sleep before hand or eat a bit
2. Reask my client for instructions if didnt understood it well
3. Not bringing anymore my glasses on BJJ
4. When I see that girl I'll go straight to talk her and that's it



Consistencies to Keep: Recognize what worked well and should be repeated.

1. Waking up at 5 AM
2. Not quitting even if my mind tell me so



Communications: Identifying individuals to connect with.

Ongjne fuck you



What changes do I need to make to my CONQUEST PLAN?



Bro i need to add up to my conquest plan for social media



Pending Missions: Tasks that remain uncompleted

1. Eastehthic feed you already know what must get done



Day's Overall Score: A final assessment of the day's productivity
