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|  |  Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.) |
|--|---|
| 1.  |  MISSION: (Desired Result) Wake Up Neo...  Strategic Steps: (Sequential Blueprint) Daily Mental Power Checklist + 50 pushups (Continue for each subsequent mission) |
| 2.  |  MISSION: (Desired Result) Calisthenics  Strategic Steps: (Sequential Blueprint) Pull - Back / Biceps / Abs |
| 3.  |  MISSION: Manscape  Strategic Steps: Wash well in order to smell/look/feel like a G. Also, do an earwax flush. |
| 4.  |  MISSION: Nutrition  Strategic Steps: Eat nutritious meal(s) and hydrate throughout the day. <ul style="list-style-type: none">- 74+ grams of protein- 74oz of water (sparkling if you sparred and made cash today) |
| 5.  |  MISSION: TRW Work  Strategic Steps: (10-20 min) Review/break down copy and give genuine feedback to G's in TRW. |
| 6.  |  MISSION: POWER UP Call or AMA  Strategic Steps: Watch today's lesson (live) and take notes. Then find a way to apply that lesson before moving on to the next mission. |
| 7.  |  MISSION: Outreach  Strategic Steps: Send at least 3 personalised outreach via cold/warm email. Send more if you finish early. |
| 8.  |  MISSION: Nutrition  Strategic Steps: Eat nutritious meal(s) and hydrate throughout the day. <ul style="list-style-type: none">- 70-90 grams of protein |

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|--|---|
|  | <p align="center">  Today's Missions & Strategic Steps To Success  (Tackle each mission, step by step, and track your progress.) </p> |
| | <p>- 74oz of water (sparkling if you sparred and made cash today)</p> |
| <p>9. </p> | <p>  MISSION: Social Media CC+ AI  Strategic Steps: Post on X from drafts, then engage in 3-4 other accounts w/ comments, rt, and quotes. </p> |
| <p>10. </p> | <p>  MISSION: Leader's Recon  Strategic Steps: Reflect on today. Analyze unforeseen challenges in future plans. Identify 5+ ideas on how to improve for tomorrow </p> |
| <p>11. </p> | <p>  MISSION: Brokie Job  Strategic Steps: Target = \$ 50+ </p> |
| <p>12. </p> | <p>  MISSION: Daily Check-In  Strategic Steps: Update G's in TRW for accountability. <i>Are you proud or ashamed of your actions today?</i> </p> |
| <p>13. </p> | <p>  MISSION: Strategic Planning  Strategic Steps: Refine and develop missions/strategic steps for the next day. </p> |

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|---|--|
|  | <div> <div>  </div> <div> Date of Determination </div> <div>  </div> </div> |
| Date: | 9/13/23 |





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| <p align="center">  Igniting Your Flame - Outshine Yesterday's Blaze  </p> |
| <p align="center">Yesterday's Overall Benchmark Score to Surpass Today = 12/16</p> |

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|---|---|
|  |  3 Blessings I Cherish This Morning  |
| 1. | I'm blessed to have freedom to create my character the way I want |
| 2. | I'm grateful that I haven't died yet |
| 3. | I'm blessed to be in a stressful position in life where it could all go wrong or it could all go right |

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|---|---|
|  |  Magic Trio: 3 Priority Missions  (These are non-negotiable tasks and must be conquered today!) |
| 1. | Brokie Job |
| 2. | Leader's Recon |
| 3. | Strategic Planning |

Hourly Commitments & Reflections

(Design each hour with intention and reflect upon its journey)

| | |
|---|---|
| Mission  | Mission: What will I do? |
| Strategy  | Strategy: How will I do it, step-by-step action? |
| Reflection  | Reflection: Was the mission accomplished? If not, what stopped me? |
| Score  | Hourly Score: How did this hour measure up to my standards? Good or bad... |

(Continue for each hour, and remember to only include relevant hours for your active day.

Remove the hours that you are asleep.)

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|--------------------|--|
| 7 AM: Mission 🏆 | Wake Up |
| Strategy 🔍 | Daily Mental Power Checklist + 50 pushups |
| Reflection 🖋️ | Woke up on time and went to work to make a little cash this morning. |
| Score 🏆 | ✅ |

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|--------------------|---|
| 8 AM: Mission 🏆 | Brokie Job |
| Strategy 🔍 | Target = \$25 |
| Reflection 🖋️ | Achieved what I wanted for the mission. |
| Score 🏆 | ✅ |

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|--------------------|---|
| 9 AM: Mission 🏆 | Brokie Job |
| Strategy 🔍 | Target = \$25 |
| Reflection 🖋️ | Achieved what I wanted for the mission. |

| | |
|---------|---|
| Score 🏆 | ✓ |
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|---------------------|---|
| 10 AM: Mission 🏆 | POWER UP Call or AMA |
| Strategy 🔍 | Watch today's lesson (live) and take notes. Then find a way to apply that lesson before moving on to the next mission |
| Reflection ✍️ | <p>#375 ""Hack"" to trigger massive behavioral change in your life"</p> <p>Macro Changes:</p> <ol style="list-style-type: none"> 1. Change new city or country 2. Travel to a new city/state/country for trip 3. Change your grooming and style 4. Work outside of house to a new shop or place <p>Micro-Level Changes:</p> <ol style="list-style-type: none"> 5. rearrange furniture around room or work in different room of the house 6. Change phone screen or laptop |
| Score 🏆 | ✓ |

| | |
|---------------------|---|
| 11 AM: Mission 🏆 | Outreach |
| Strategy 🔍 | Send at least 3 personalised outreach via cold/warm email. Send more if you finish early. |
| Reflection ✍️ | I substituted today's outreach mission with a deep G Work Session to revise my copy from a few days ago. Received critical feedback that I knew would be wasted if I didn't take action to analyse and correct my mistakes. |
| Score 🏆 | ✗ |

| | |
|-------------------------|---|
| 12 PM: Mission 🏆 | Outreach |
| Strategy 🔍 | Send at least 3 personalised outreach via cold/warm email. Send more if you finish early. |
| Reflection ✍️ | I substituted today's outreach mission with a deep G Work Session to revise my copy from a few days ago. Received critical feedback that I knew would be wasted if I didn't take action to analyse and correct my mistakes. |
| Score 🏆 | ✗ |

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|------------------------|--|
| 1 PM: Mission 🏆 | Nutrition |
| Strategy 🔍 | Eat nutritious meal(s) and hydrate throughout the day. <ul style="list-style-type: none"> - 70-90 grams of protein - 74oz of water (sparkling if you sparred and made cash today) |
| Reflection ✍️ | Meal: Flavor 4 eggs 1 ½ cups rice 16 oz bison ½ cup kidney beans ½ cup sweet peas Hot sauce Beverage: Water 16 oz |
| Score 🏆 | ✓ |

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|------------------------|---|
| 2 PM: Mission 🏆 | Social Media CC+ AI |
| Strategy 🔍 | Post on X from drafts, then engage in 3-4 other accounts w/ comments, rt, and quotes. |
| Reflection ✍️ | I didn't complete the mission. Edited a photo for one of my roommates. |
| Score 🏆 | ✗ |

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|-----------------|--|
| 3 PM: Mission 🏆 | Calisthenics |
| Strategy 🔍 | Pull - Back / Biceps / Abs |
| Reflection 🖋️ | Didn't realise little I was strengthening particular muscles. Needed to do variations of the same exercises but completed all sets and reps. |
| Score 🏆 | ✓ |

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|-----------------|---|
| 4 PM: Mission 🏆 | Manscape |
| Strategy 🔍 | Wash well in order to smell/look/feel like a G. Also, do an earwax flush. |
| Reflection 🖋️ | I achieved G hygiene status. |
| Score 🏆 | ✓ |

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|-----------------|-----------------------|
| 5 PM: Mission 🏆 | Brokie Job |
| Strategy 🔍 | Target = \$ 50+ |
| Reflection 🖋️ | Met target for today. |
| Score 🏆 | ✓ |

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|-----------------|-----------------------|
| 6 PM: Mission 🏆 | Brokie Job |
| Strategy 🔍 | Target = \$ 50+ |
| Reflection 🖋️ | Met target for today. |
| Score 🏆 | ✓ |

| | |
|------------------------|------------------------------|
| 7 PM: Mission 🏆 | Brokie Job |
| Strategy 🔍 | Target = \$ 50+ |
| Reflection ✍️ | Met target for today. |
| Score 🏆 | ✅ |

| | |
|------------------------|------------------------------|
| 8 PM: Mission 🏆 | Brokie Job |
| Strategy 🔍 | Target = \$ 50+ |
| Reflection ✍️ | Met target for today. |
| Score 🏆 | ✅ |

| | |
|------------------------|--|
| 9 PM: Mission 🏆 | Leader's Recon |
| Strategy 🔍 | Reflect on today. Analyze unforeseen challenges in future plans. Identify 5+ ideas on how to improve for tomorrow |
| Reflection ✍️ | <ol style="list-style-type: none"> 1. Send outreach to one prospect based on one of the companies I used to create FV 2. Eat smaller portions more frequently 3. Turn everything into a positive—train this muscle in your brain extensively 4. Quickly revise follow-up template and follow-up with prospects from last week with FV as proof of concept 5. Develop Project New Zealand—call cityscape and tealwood for status update 6. Forget the mistakes or successes from the morning or early afternoon, push forward and complete the rest of the missions for today |
| Score 🏆 | ✅ |

| | |
|------------------|---|
| 10 PM: Mission 🏆 | Daily Check-In + Strategic Planning |
| Strategy 🔍 | Update G's in TRW for accountability. <i>Are you proud or ashamed of your actions today?</i> Refine and develop missions/strategic steps for the next day. |
| Reflection 🖋️ | I am ashamed of my actions today. |
| Score 🏆 | |



Twilight's Review



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

Nearly every small biz doesn't realise the size of their target audience— lookup market share websites.



Victories Celebrated: Accomplishments and successes of the day

- Improved landing pages from 7 to 8
- Discovered weakpoints in my back muscles during calisthenics training
- Made some extra cash for brokie job to catch up on bills and rent



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

- Didn't send outreach
- Consumed content instead of creating content



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

- Workout with slight variations of each exercise to ensure strength and mobility is increasing and not just mass
 - Prioritise fitness in the morning, then nutrition, then G work
 - Make one money move to get cash flow in the morning before first mission
 - Only use socials for posting and brief engagement to build social presence
 - Consciously observe what I am doing and determine if it is either making me money or building my skills
-



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

- Adapt to unforeseen events and do valuable work that move me closer to my goals
 - SILENCE the little bitch voice in my head and allow the full grown man voice to overpower my conscious
 - Wake up and say "I'm the fucking MAN"
-



Communications: Identifying individuals to connect with.

- DMs in TRW
 - Emails
 - Reminders
-



Pending Missions: Tasks that remain uncompleted

- Social Media CC+ AI
 - Outreach
-



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

Freestyle Thoughts Chamber:

(Let your thoughts flow here. No judgment, no boundaries.)

Weekly Goals: 9/11-9/17

Clients booked = 0/1

Outreach = 0/10

Prospecting = 0/50

Copy created = 5/5

Tweets drafted = 1/7

Daily X post = 2/7