

Weekly Goals and Roadblocks Slaughter Plan

Daniel

This Week's Big Goals:

Goal #1: Close my first client.

Goal #2: Prepare rigorously for my final exams.

Roadblocks to Slaughter:

Roadblock #1: I have few hours to work on my G-work sessions due to multiple classes.

Roadblock #2: Those few hours that I have in the day I also must manage them well to study the themes of each exam, I spent more time working on the Agoge Challenge and not on Uni work and now I must work twice as hard for the time invested.

Strategy for Crushing Goals and Overcoming Roadblocks

Tactics for Goal #1:

Action Steps:

Investigate how am I going to price my web design service + the retainer.

Once I have the information, create a presentation for my client.

Record it on Loom.

Send it and attend questions and objections.

Tactics for Goal #2:

Action Steps:

Tomorrow I will take half of a G-work session to study for an exam on Wednesday. For the following exams (From Wednesday and onwards) I will study an hour, I will schedule the hour the day before and prioritize work along with other friends and students.

Overcoming Roadblocks:

Strategy would be the same for both of the Roadblocks: I will dedicate 50% of my free time to work and refine the proposal for my client and the other 50% for preparing for exams (basically an hour and a half dedicated minimum for each of the goals a day).

Iron Word Declaration

My Iron Word: (I will not let myself fall into a downward spiral, maybe I have failed the Agoge Program by a lack of honesty, but deep down in my soul I know who I am and capable of, ***I will get this client and achieve my exams with excellent results whatever it takes. HONESTY, COURAGE AND PUNCTUALITY.***

<HERE>

Fill In Each Day As You Go Through Your Week

DAY 1

Achievements:

I applied my action steps for goal 1 by working on my website.
I remained Stoic as I tasted the failure of not graduating from the Agoge Program.

Challenges Encountered:

My mind was wondering when I was kicked out of the program, but the answer of Professor Andrew saying that I made the right choice brings me peace, not a motive to work harder, because I can outperform the competition without the need of being emotional, of course it helps, but this time it was different: I know who I am and what the program has turned me into...but the badge, I will get it, and I will be back for the program, and this time: With a couple clients, and an experienced badge on my back.

Lessons Learned and Adjustments for Next Week:

Honesty, Courage and Punctuality have become my deepest and biggest standards, the mistake I made will always be a reminder of what I have to improve on myself, but the fact of admitting my mistake reassures the identity I have created with the Agoge Program: I stand by my word and my character, and if saying the truth costs me the achievement, I may not be happy with the result, but I am proud of making the right choice and my mind is calm...for now.

DAY 2

Achievements:

- I have come to terms with myself and accepted that I had no right to be graduated from the Agoge Program due to the lack of honesty and serious transformation I needed to take in order to truly become another man.
 - I remained a beacon of light within my inner circle despite the losses.
 - I was not needy when losing a big client.
-

Challenges Encountered:

- Getting emotional about being confronted with the facts of reality.
 - Losing a potential client.
 - Ideakiaing a girl who in the end, was not worth it as it seemed to be
-

Lessons Learned and Adjustments for Next Week:

- Never set a long-term relationship as an end goal.
 - If you honestly can't spend time with friends (even of high quality) do not do it, set your priorities straight forward.
 - Never show yourself jealous, nor chasing a woman in any way or treat her special, again as prof Andrew says: "Complacency Kills.", never be sure you've made it until the money is in the bank.
-

DAY 3

Achievements:

- Good mood despite the difficulty that was presented earlier this week.

- Nailed it at the Uni tasks that I had pending due to the Agoge Program.

-

Challenges Encountered:

- I found myself working slow on the most important tasks.

Lessons Learned and Adjustments for Next Week:

- I have to review my wins and losses and plan the next day after washing the dishes and before brushing.
- I can't continue going with friends on the way to university because I waste time talking too much about it and gossiping, I'm sacrificing the little time I have to really focus on the work that a client will give me.

DAY 4

Achievements:

- Establish pricing and basic accounting for the first proposal for the side hustle with my friend.

Challenges Encountered:

- Prioritized helping my friend instead of spending another G-Work session working on what's really important.
- Organize my computer desktop so I don't waste time on the G-Work session doing it.

Lessons Learned and Adjustments for Next Week:

- Luc's lecture on multitasking made me realize that multitasking is the thing that is really making me waste huge amounts of time.
- If I want to optimize my time, I have to be aware of: Battery on devices, carrying wet wipes.

DAY 5

Achievements:

- Set up contract and final meeting with a new client.
-

Challenges Encountered:

[Reflect on any challenges faced and how they were addressed]

Lessons Learned and Adjustments for Next Week:

[Identify key lessons learned and how you plan to adjust your approach for the following week]

DAY 6

Achievements:

[Reflect on the achievements and progress made towards your goals this week]

Challenges Encountered:

[Reflect on any challenges faced and how they were addressed]

Lessons Learned and Adjustments for Next Week:

[Identify key lessons learned and how you plan to adjust your approach for the following week]

Achievements:

[Reflect on the achievements and progress made towards your goals this week]

Challenges Encountered:

[Reflect on any challenges faced and how they were addressed]

Lessons Learned and Adjustments for Next Week:

[Identify key lessons learned and how you plan to adjust your approach for the following week]

DAY 7

Achievements:

[Reflect on the achievements and progress made towards your goals this week]

Challenges Encountered:

[Reflect on any challenges faced and how they were addressed]

Lessons Learned and Adjustments for Next Week:

[Identify key lessons learned and how you plan to adjust your approach for the following week]

DAY 8:

Achievements:

- Definitely one of the most productive days I've had in the year.
- Crush it on 99% of the tasks I had for the day, my output was greater than what I used to do on the last days, considering I'm also in exams week.

Challenges Encountered:

- I found myself a little shy, the reason is unknown, I am not conscient of the self-limiting belief that made me a little socially withdrawn, but still I crushed it on every aspect: Fitness, Uni, TRW.
- My biggest obstacle is the instant gratification I seek talking to people, I have to spend even less time hanging out and instead use it in my favour to create a bigger outcome and extract more knowledge from each thing I do during the day.

Lessons Learned and Adjustments for Next Week:

- Working with a kind of empty stomach helped me focus a lot: Less mind-wandering, each meal is like my “reward” for the various G-Work sessions.
- Moving around campus and meeting friends is where I waste most of my time, I will strategically position myself to move close to where I have class and I will only socialise during each class.
- This also includes eating lunch alone if necessary in order to get my pending tasks done and focus on solving the problem (As Luc would say).

DAY 9:

Achievements:

- Had an excellent G-Work session that although I was interrupted, I was able to create a higher output on my website than the one I did yesterday.

Challenges Encountered:

- I've found myself distracted with stupid thoughts about the different women that surround me: Women interested in me or that I have dated in the past...having good conversations and relationships with women has become my new instant grat, once they are gone and I get to work my mind gets distracted and in some way craves another interaction.

Lessons Learned and adjustments for the week:

- I need to practice again my daily meditation first thing in the morning to readapt my mind to focus on the present, on what truly Matters.

DAY 10:

Achievements:

- Improved the Copy of my website.
- Understood a topic for an exam in record time: Pure G-Work sessions of full focus and high comprehensibility.

Challenges:

My environment is very distracting, but I have improved the ability that I have to focus despite the multiple distractions that may come up.

Lessons Learned:

I was creating an imaginary phobia, I have detected the self-limiting belief that I talked about yesterday and comprehend what I have to do to demolish it in order to avoid it to increase and become a huge distraction.

DAY 11:

Achievements:

- Comprehension and dynamic for understanding a topic in record time.

Challenges:

- **My capability of focus, I have to regain more self-awareness and do not lose myself in good and bad thoughts.**

Lessons Learned:

- **It's real that burnout is not real, don't care what science says, as long as that fire inside of me is still alive, nothing can stop me.**

DAY 12:

Achievements:

- Presented my exam, studied and worked all day and outcompeted my past self.

Challenges:

- Gossip...talking to my friends even in lunch is not viable anymore, only insidd the classroom, I have to squeeze my time and get as much donde as possible, within those few 2-4 "free*" hours that I have each day.

Lessons:

- Listen to daily lectures while doing house chores, friends only in the classroom...then, get to work.

DAY 14:

Achievements:

- Finally finished my website and published it.

- Convinced my mother to start working out, invite her to my gym and actually both of us took action in order to take care of her mental and physical health.
- Improved my grooming habits and the branding of my Personal brand which I'm going to implement the following week.

Challenges:

- I'm acting too slow, I think I can do better.

Lessons Learned:

- I could go with my mother to the Yoga classes of the gym to use my rest day better.
 - Meditation HAS to start as soon as I wake up along with facial exercises.
- All days, G-Work session for Uni Work, another one for TRW, both on my free time.

DAY 15:

Achievements:

- Got a third (and last no more clients) client this month due to a referral, definitively the uncomfortable work pays off.
- Full attention on my marketing class, actually made a good contribution and stated my note-taking system for high efficiency in every class.
- Started to meditate again, now I just need the facial exercises back with the Jaw exerciser tomorrow and we are good to go.

Challenges:

- Got distracted again talking to friends.

Lessons Learned:

- + Never trust women by how they look and want you to perceive them, look at the facts once their mind goes off the Disney story with you so you can see them through their true colors.

DAY 16:

Achievements:

- Got a new prospect interested in working with me.
- Close the Deal for the side hustle FINALLY.

Challenges:

- Friends interrupting my work.

Lessons Learned:

- Never lie again to the people that are changing your life, or to yourself.

DAY 17:

Achievements:

- Completed the Checklists with no problem as I got out of the horrible sickness I had yesterday.
- Got the first sources of information, created more ideas on my market research for the first client.

Challenges:

- Despite the sickness, I did what I had to do and outperformed socially and mentally as always.

Lessons Learned:

- I have to support men around me that are trying to figure it out despite being more blind, do not criticize them.

DAY 18:

Achievements:

- Created a first draft for a type of copy we can use for the promo on Telegram and WhatsApp.
- Made a mockup for the design of the images of that same copy.
- Market Research.

Challenges:

- Intrusive thoughts that I have been able to manage as the observer.

Lessons Learned:

- Don't obey them, do not even bother go listen, just ignore.

DAY 19:

Achievements:

- Client work! Create the piece of value for my client and we are going to try it this week.
 - + 1 long G-work session in the day!

Challenges:

- Pasta fucked up some of my performance...horrible.

Lessons Learned:

No more Pasta in my life...also, doing the real work is the best satisfaction ever.

DAY 20:

Achievements:

- Posted on Telegram and WhatsApp and got some chicks interested.

Challenges:

- Although the page had visits, there was no conversion YET.

Lessons Learned:

Don't explicitly focus on being the cheapest, and ALWAYS get the opinion of the market first at each stage of the funnel.

DAY 21:

Achievements:

- Created the catalogue for the client I'm working with.

Challenges:

- Women and time.

Lessons Learned:

Being a marketer is way more demanding of what I thought initially, action is just what I needed.

DAY 22:

Achievements:

- Analyze top competitors and advanced on my market research as well as establishing my copy aikido framework.

Challenges:

- PUC's are accumulated ad, gonna have to binge-watch all that as I carry out the purposes for my clients as well as the cojtrjt on social media.

Lessons Learned:

- Being a marketer is way more time-consuming and challenging than what I thought initially.

DAY 23:

Achievements:

- Played my cards and it went well.
- First interactions on the ad.
- Kept going on the PUC'S.

Challenges:

- **Women itself.**

Lessons Learned:

- Women & Friends are soaking up more time than expected.

DAY 24:

Achievements:

- **Completed my main goals and tasks before midday successfully.**
- **Didn't waste much time, definitively saved much more than ever.**

DAY 25:

Achievements:

- Went back and started to post content for my client daily.

Challenges:

- Time and focus, these classes, and also the fact of just losing one hour really messes up everything else too.

Lessons Learned:

- Moving from place to place is actually messing up my schedule and even making me lose more time than what I expected, so is better if I just stay still on the same spot working.

DAY 26:

Achievements:

- Went full productive and even completed an extra checklist.
- Helped a friend to enter TRW.

Challenges:

- Music: I'm getting distracted by the music I'm editing with for my client and moving really slow when doing the real work...truly shameful mistake.

Lessons Learned:

- Be conscious about the times where you truly have to listen to music and have enough self-control to stop it when necessary.

DAY 27:

Achievements:

- Worked on the workshop of the subject I have pending earlier than ever before.

Challenges:

- Slow internet connection, battery issue with devices and displacements are my biggest time wasters currently.

Lessons Learned:

- I have time to do almost infinite necessary tasks in one day.

DAY 28:

Achievements:

- Full focus at the work that I was doing, I can feel how each time I'm losing even less and less time.

Challenges:

- Unawareness due to velocity: Yes, I am moving fast, but at the same time I'm missing on the details, acting sloppy and throwing objects away accidentally, this is representing a cost both on time and money.

Lessons Learned:

Go through the mental checklist of the things that I carry: Backpacks and pockets.. before leaving each place, go through the quick mental checklist and do not leave until I'm sure everything is in its place (Also assign a place to every object that I carry with me..EVERYONE).

DAY 29:

1. What progress did I make towards my goals and am I proud of my efforts?

Learn video editing from the best, despite another hit kept going and nailed the checklists despite being my "busiest" day.

2. What roadblocks did I face that held me back?

Women...women and women again, kind of heartbroken when I'm actually not, it's just disillusion, distraction and distortion of reality, I can't hide it, the fact that this I'd forced, the fact that I'm in no position of competing, there is neither something to earn at the other side, this kind of relationships are just a fuck up, mess with my mind, it's an ego game that in the end plays against me, and I do not have any rage, because I chose this, because I understand the dynamics, the wrong programming of the system, A game that seems lost in the short-term, but won in the long term with due diligence.

3. What tasks remained uncompleted and why?

- Economics task that can later be a treat to my fitness area or work area if I don't fulfill on time.
- Market Research completion
- Video editing lessons.

4. What is your final score for your productivity & progress today from 1 to 10? (1 being Panda mode, 10 being Grizzly Bear mode)

6.5

5. How will I beat that score and progress further tomorrow & what is my plan for ATTACK & ACTION?

Fucking obliterate like I did yesterday, everything emotionally that could went wrong on my control already went wrong, fuck it, nothing stops me from fulfilling for the clients, accomplishing my mission through and getting the 4 badges: Agoge Program Graduate, Experienced, Certified Freelancer and Certified Hustler.

DAY 30:

Outcome:

- better Offer.

Challenges:

- Family Time.

Lessons Learned:

- Go to a room and learn from there.

DAY 31:

Outcomes:

- First Loom Audit Videos
- First post for Cala.

Challenges:

- Lack of pressure is keeping me calm and actually making me waste time by falling into old comfortable habits (like listening to music +15 mins while taking a hot shower)... unacceptable.

Better Man Tomorrow:

- Eat The Frog and complete Flipping and Media Checklist along with Copy, Golden and CA Checklist.

DAY 32:

Outcomes:

- Client Communication steps
- Audio édition applied learning.

Challenges:

- Sleep
- Workout trajectory

Better man Tomorrow:

- Take the initiative for the Ecom proposal

DAY 33:

Outcomes:

- Ecom winning product formula and organic research.
 - Create UGC and content ideas for Cala.

Challenges:

- Fuck ton of content to watch and research upon is making me crazy but I'm loving it.

Better man Tomorrow:

- Make the right choice, dive full focus on this and keep investing in my knowledge now for a better future tomorrow.

DAY 34:

Outcomes:

- Figured out the best Ecom tool and invested in it.

Challenges:

- Usual things happening around me but as always I find a way to be resourceful.

Better man tomorrow:

- Solve the problem and complete courses.

DAY 35:

Outcomes:

- Finish Ecom lessons, delegated important Uni-work and went back to CC Lessons.

Challenges:

Uni work consumed a lot of my time as I figured out a solution to it, have to delegate as much as I can, really is not that important but it conflicts with my values.

Better man Tomorrow:

Doing the next task within a 30 sec gap.

DAY 36:

- I'm grateful for the support of my grandmother and father.
- I'm grateful for how lucky I have been with my health up to this point.
- I'm grateful for getting apart of toxic and false people.

DAY 37:

Outcomes:

- 2 Uni Works done flawlessly.

Challenges:

Waste of time on scams.

Better man Tomorrow:

Complete the checklists on my busiest day.

DAY 38:

- I'm grateful that I have a client to practice with and gain money.
- I'm grateful for the food that I have on the table every morning.
- I'm grateful for the support of my mother with my health.

Outcomes:

- Content for my client
- Delivered for the Uni Work

Challenges:

- Negative emotions made losing easier..

Better Man Tomorrow:

- Be the man that is TRULY making progress towards his objectives by doing the client work in the morning, TRW in the afternoon.

DAY 39:

- I'm grateful for the love of my parents.
- I'm grateful for the silence in my room.
- I'm grateful for Laura as my friend.

Planned:

- Yes, I'll act upon eating the frog first by studying for economics exam.

DAY 40:

- I'm grateful for being alive.
- I'm grateful for the tips of my father.
- I'm grateful because I have a client to practice and earn money with.

Outcomes:

- Aikidoed myself through responsibilities and medical procedures.

Challenges:.

Gossip.

Better man Tomorrow:

- Complete the checklists, as I just completed this one.

DAY 41:

- I'm grateful for having friends with dedication
- I'm grateful for my girl friends.

- I'm grateful for TRW and my tribe.

DAY 42:

- Im grateful for the patience of my grandmother.
- Im grateful for the sun.
- Im grateful for the opportunity of traveling to China.

Outcomes:

- Regained momentum after all the things that have happened.

Challenges:

- Emotions bursting despite mini wins because of huge losses, these huge losses are happening due to complacency when being close to the finish line as well as getting emotional before hand due to fear: Fear of her cheating, fear of failing a challenge, fear of not knowing everything for an exam...the fucking fear of nothing! Blocking my mind when I needed it the most.

Better man Tomorrow:

- Give my best despite the challenges, smile proudly for the efforts, fill those family buckets, spending time with family just for tomorrow IS work (Networking).

DAY 43:

- I'm grateful for Luc's lessons.
- I'm grateful for never giving up.
- I'm grateful for having another opportunity to go through the Agoge.O

Out ones; family time

Challenges m: past failures

Better man tomorrow: bodcme even more unstoppable with the Agoge.

DAY 44:

- I'm grateful for the Agoge.
- I'm grateful for my US family.
- I'm grateful for my mentors.

Outcomes of the day:

- Post for the client.
- Start Agoge Physical Challenge.
- Appointment for tips for my exchange on Saturday.

Challenges:

- Agoge is taking crucial have, unnecessary repetitive conversations...have to go faster with this one.

Better man tomorrow:

- Fast Agoge in the morning before creativity, daily outcome for the client and look for second one.

DAY 45:

- I'm grateful for the family.
- I'm grateful for the Agoge.
- I'm grateful for the rush.

Outcomes:

- Creativity work by myself.
- Some client work.
- Burpees with no shame in the park.

Challenges:

- People bothering.
- People lacking
- Family time in the worst moment possible but I can take it and learn to manage both.c

Better man Tomorrow:

- Crush my obstacles no matter the difficulty as my identity sheet says: Economics.

DAY 46:

- I'm grateful for my self-accountability.
- I'm grateful for the alter-ego concept.
- I'm grateful for the Jaw Exerciser.

Outcomes:

- Emails and Uni work
- Client daily post.
- Intensive fucking workout

Challenges:

- The Uni task that I could not take care of earlier due to this mofos.

Better Man Tomorrow:

- Demolish every task of the checklists, as I said I go THROUGH the difficulty.

DAY 47:

- I'm grateful for the patience of my mother.
- I'm grateful for Andrew Bass
- I'm grateful that I'm learning how to become exceptional.

Outcomes:

- Agoge updated planning sheet 1.0
- China Subjects Application
- Updated strategy for Cala Catalog.

Challenges:

- Looking for comfort and cheap dopamine when trying to socialize when actually sadness take over me because I know I'm not working hard enough.

Better man Tomorrow:

- No need to socialize if there is work to get done, in the end, if it is truly done, I will be surrounded with better people, better options so f it.

DAY 48:

OUTCOMES:

- Application exchange Fund
- Exam revision
- G-work session.

Challenges:

- Lack of support.

Better man Tomorrow: