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<div>✓/✗</div>	<div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div>
<div>1. ✓</div>	<div>  <b>MISSION:</b> Wake up 6:40 AM         </div> <div>  <b>Strategic Steps:</b> </div>
<div>2. ✗</div>	<div>  <b>MISSION:</b> Sleep 22:40 AM         </div> <div>  <b>Strategic Steps:</b> </div>
<div>3. ✓</div>	<div>  <b>MISSION:</b> Eat daily 3180 cals         </div> <div>  <b>Strategic Steps:</b> Do 2 big meals, one lunch and one dinner         </div>
<div>4. ✓</div>	<div>  <b>MISSION:</b> Drink 3L of water         </div> <div>  <b>Strategic Steps:</b> </div>
<div>5. ✗</div>	<div>  <b>MISSION:</b> Copy work         </div> <div>  <b>Strategic Steps:</b> <ol style="list-style-type: none"> <li>10 min helping student's</li> <li>15 min copy review</li> <li>Research for prospect</li> <li>Search prospects</li> <li>Write outreach</li> <li>Write FV ✗</li> <li>Watch daily power-up call</li> <li>Check announcements channel</li> </ol> </div>
<div>6. ✓</div>	<div>  <b>MISSION:</b> Watch lessons on social media fame         </div>




<div> <div>✓/✗</div> </div>	<div> <div>  <b>Today's Missions &amp; Strategic Steps To Success</b>  </div> <div> <b>(Tackle each mission, step by step, and track your progress.)</b> </div> </div>
	<div>  <b>Strategic Steps:</b> </div>
<div>7. ✓</div>	<div>  <b>MISSION:</b> Do 150 push ups         </div> <div>  <b>Strategic Steps:</b> Do 2 sets of 40 and 1 of 20         </div>
<div>8. ✗</div>	<div>  <b>MISSION:</b> Play 3 blitz chess game         </div> <div>  <b>Strategic Steps:</b> </div>
<div>9. ✓</div>	<div>  <b>MISSION:</b> Practice German for 15 min         </div> <div>  <b>Strategic Steps:</b> </div>
<div>10. ✓</div>	<div>  <b>MISSION:</b> Review the work did in a day and come up with new ideas         </div> <div>  <b>Strategic Steps:</b> </div>
<div>11. ✓</div>	<div>  <b>MISSION:</b> Plan the next day         </div> <div>  <b>Strategic Steps:</b> </div>
<div>12. ✗</div>	<div>  <b>MISSION:</b> Read 10 pages         </div> <div>  <b>Strategic Steps:</b> </div>
<div>13. ✓</div>	<div>  <b>MISSION:</b> Watch daily power up call         </div> <div>  <b>Strategic Steps:</b> </div>




	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
14. 	 <b>MISSION:</b> 15 min stretching   <b>Strategic Steps:</b>
15. 	 <b>MISSION:</b> Leg / bicep day   <b>Strategic Steps:</b>  1.Squat 2.Landmine squat to press 3.Box jumps 4.Leg extensions 5.Bulgarian split squats 6.Hammer curls 7.Curls on incline bench 8.Spider curls 9.Forearm curls at the low cable 10.Reverse crunches 11.Landmine rotations
16. 	 <b>MISSION:</b> Send three outreaches   <b>Strategic Steps:</b>
17. 	 <b>MISSION:</b> Review outreach and FV and find ways to improve it   <b>Strategic Steps:</b>
18. 	 <b>MISSION:</b>   <b>Strategic Steps:</b>
19. 	 <b>MISSION:</b>   <b>Strategic Steps:</b>

✓/✗	 <b>Today's Missions &amp; Strategic Steps To Success</b>  <b>(Tackle each mission, step by step, and track your progress.)</b>
20. ✓/✗	 <b>MISSION:</b>   <b>Strategic Steps:</b>

	<div>  <b>Date of Determination</b>  </div>
Date:	30/11

 <b>Igniting Your Flame - Outshine Yesterday's Blaze</b> 
<b>Yesterday's Overall Benchmark Score to Surpass Today =14/16</b>

	 <b>3 Blessings I Cherish This Morning</b> 
1.	I'm healthy
2.	I'm strong
3.	My loved ones are healthy

	<div>  <b>Magic Trio: 3 Priority Missions</b>  </div> <b>(These are non-negotiable tasks and must be conquered today!)</b>
1.	Outreach

2.	Research for prospect
3.	Training



# Hourly Commitments & Reflections



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

Mission 🏆	Mission: <b>What will I do?</b>
Strategy 🔍	Strategy: <b>How will I do it, step-by-step action?</b>
Reflection ✍️	Reflection: <b>Was the mission accomplished? If not, what stopped me?</b>
Score 🏆	Hourly Score: <b>How did this hour measure up to my standards? Good</b>

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6 AM: Mission 🏆	Wake up and shower
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	8/10

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7 AM: Mission 🏆	Get ready for school and go to school
Strategy 🔍	While going to school help students
Reflection ✍️	accomplished
Score 🏆	8/10

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8 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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9 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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10 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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11 AM: Mission 🏆	School
Strategy 🔍	
Reflection ✍️	accomplished

<b>Score</b> 🏆	9/10
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<b>12 PM: Mission</b> 🏆	School
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>1 PM: Mission</b> 🏆	Get home and eat
<b>Strategy</b> 🔍	While getting home review copy and while cooking practice German
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	8/10

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<b>2 PM: Mission</b> 🏆	Finish eating and do homework
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, eating took longer because I started eating a bit later because the copy review took a bit longer
<b>Score</b> 🏆	6/10

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<b>3 PM: Mission</b> 🏆	Finish homework and write outreach
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	no, I didn't finish homework because there wasn't any and I didn't write outreach because I took me a bit more time doing the top player comparison

Score 🏆	9/10
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4 PM: Mission 🏆	Write outreach
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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5 PM: Mission 🏆	Write outreach and go to the gym
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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6 PM: Mission 🏆	Leg / bicep day
Strategy 🔍	
Reflection ✍️	accomplished
Score 🏆	9/10

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7 PM: Mission 🏆	Get home, shower and cook
Strategy 🔍	
Reflection ✍️	accomplished



<b>Score</b> 🏆	9/10
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<b>8 PM: Mission</b> 🏆	Eat
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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<b>9 PM: Mission</b> 🏆	Review the work of the day, plan the next day and get ready to go to sleep
<b>Strategy</b> 🔍	
<b>Reflection</b> ✍️	accomplished
<b>Score</b> 🏆	9/10

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# Twilight's Review




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

Don't need out on things that don't move you forward in business and life even if they're good things like reading marketing books rather read for 15 minutes but only as a prize for completing a G work session.

Before a hard social situation or event tap into a state of calm abundance:

1-Listen to music and put yourself on a calm environment ( optional )

2-Still your mind, take a couple of deep breaths and focus on your body sensations

3-Cut out any worry that you have

4-Think about what a high performer would do in your situation

5-Think about the success that will come after successfully going through that hard social situation



## **Victories Celebrated: Accomplishments and successes of the day**

Sent 3 outreaches

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



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



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

Copy work and training

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## **Communications: Identifying individuals to connect with.**



## **Pending Missions: Tasks that remain uncompleted**

Going to sleep on time, reading, playing chess games and stretching



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

15/16

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## **Freestyle Thoughts Chamber:**

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