






TIME MASTERY









Week 1

Day 1/7:

U	I	S	Task List For The Day	Time	✓/✗
10	10	20	Finish The Spec Work File	1h 30m	✓
10	10	20	Write an Email to my Doctor	15m	✗
10	10	20	Push Workout	1h	✗
10	10	20	Morning Power up Call	30m	✗
8	10	18	Get everything ready for a sales call	5h	✗
10	8	18	Write follow up Email	30m	✓
5	10	15	Read	1h	✗
4	8	12	Finish one of Tate's Missions	1h	✗
5	7	12	Find a new Printer	1h	✗
5	5	10	Vacum the house	1h	✗
2	5	7	Add all the Emails to my prospect list	15m	✗
					✓/✗
					✓/✗
					✓/✗
					✓/✗

	 Day Number + Date + Time 
Day Number:	1
Date:	7. 8. 2023
Start Time:	7.00

	 Three Things That I Am Grateful to Have in My Life 
1.	Our house didn't get flooded despite the flood being just 100m from us
2.	I and all of the people around me are healthy
3.	Despite a water crisis I still have water to drink

	 My Top Three Priority Tasks That I WILL Complete 
1.	Finish the Spec Work file
2.	Get everything ready for a Sales call
3.	Finish Tate's mission

✂️ My Plan For The Day ✂️

7:00 Task 💰	Wake up, brush my teeth, and take a cold shower
Intention 🔔	Wake up after the first snooze, brush my teeth while getting some morning sunlight and take a 3-minute cold shower.
Reflection ✍️	Woke up exactly at 7.00 brushed my teeth, got 10 minutes of sunlight while doing that and took a 3-minute cold shower.

7:30 Task 💰	Fix 3 Twitter posts
Intention 🔔	Edit 3 Twitter posts and add context so that anyone reading can know what it's about
Reflection ✍️	I had to fill out some applications for my collage

8:00 Task 💰	Fix the last Twitter post and edit everything
Intention 🔔	Fix the one Twitter post I have left and go through the entire Spec Work File and make sure everything looks good, all the link are correct...
Reflection ✍️	I went to the post office to send out my application

8:30 Task 💰	Finish the Spec Work File
Intention 🔔	Go through everything again and make sure it's all perfect
Reflection ✍️	I needed to go to the store to get some water since I ran out

9:00 Task 💰	Write 4 Follow-up Emails and send them out
Intention 🔔	
Reflection ✍️	Made coffe and Finished up the Spec Work File



9:30 Task 💰	Analyze the prospect... Exactly what he sells, what content he puts out, what funnels does he have...
Intention 🔔	Analyze exactly what he sells, what content he puts out, what funnels he has...
Reflection ✍️	Finished up the Spec Work File



10:00 Task 💰	Improve the research
Intention 🔔	Go through the research for the prospect and fill in any gaps
Reflection ✍️	Finished up the Spec Work File



10:30 Task 💰	Improve the research
Intention 🔔	
Reflection ✍️	Finished up the Spec Work File



11:00 Task 💰	Improve the Top player analysis
Intention 🔔	Go even deeper into the top players and analyze them

Reflection 	Wrote to my Doctor
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11:30 Task \$	Improve the Top player analysis
Intention 	
Reflection 	Wrote all of the Follow up Emails and send them out

12:00 Task \$	Finish research and top player analysis
Intention 	
Reflection 	Went to help my friends split firewood

12:30 Task \$	Workout
Intention 	
Reflection 	Went to help my friends split firewood

13:00 Task \$	Workout
Intention 	
Reflection 	Went to help my friends split firewood

13:30 Task \$	Workout
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Intention 🔔	
Reflection ✍️	Went to help my friends split firewood

14:00 Task 💰	Lunch
Intention 🔔	
Reflection ✍️	Went to help my friends split firewood

14:30 Task 💰	Vacum
Intention 🔔	
Reflection ✍️	Went to help my friends split firewood

15:00 Task 💰	Vacum
Intention 🔔	
Reflection ✍️	Went to help my friends split firewood

15:30 Task 💰	Prepare the questions for the Sales Call
Intention 🔔	
Reflection ✍️	Went to help my friends split firewood

16:00 Task 💰	Prepare the questions for the sales call
Intention 🔔	
Reflection ✍️	Went to the doctor

16:30 Task 💰	Watch the Powerup calls + Eat
Intention 🔔	
Reflection ✍️	Doctor

17:00 Task 💰	Finish preparations for the sales call
Intention 🔔	
Reflection ✍️	Rested be Due to an injured eye... so I could not do anything on the computer

17:30 Task 💰	Finish preparations for the sales call
Intention 🔔	
Reflection ✍️	Rested be Due to an injured eye... so I could not do anything on the computer

18:00 Task 💰	Make dinner
Intention 🔔	
Reflection ✍️	Rested but listened to Tristans cigar night

18:30 Task 💰	Eat + Work on Tate's mission
Intention 🔔	Get everything on a google doc
Reflection ✍️	Rested but listened to Tristans cigar night

19:00 Task 💰	Organize the mission
Intention 🔔	
Reflection ✍️	Rested but listened to Tristans cigar night

19:30 Task 💰	Make a tasklist out of the mission
Intention 🔔	
Reflection ✍️	Made Dinner

20:00 Task 💰	If everything is finished look for printers
Intention 🔔	
Reflection ✍️	Ate dinner

20:30 Task 💰	If everything is finished look for printers
Intention 🔔	

Reflection ✍️	Cleaned up the kitchen
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21:00 Task 💰	If everything is finished look for printers
Intention 🔔	
Reflection ✍️	Got Ready for bed

21:30 Task 💰	Make a plan for the next day
Intention 🔔	
Reflection ✍️	Scroling through my phone

22:00 Task 💰	Get Ready for bed
Intention 🔔	
Reflection ✍️	Scroling through my phone

22:30 Task 💰	Read
Intention 🔔	
Reflection ✍️	Scroling through my phone

23:00 Task 💰	Read 15 minutes then Pray for 15 minutes
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Intention 🔔	
Reflection ✍️	Prayed

23:30 Task 💰	Go to Sleep
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

Wear eye protection while doing real work

✗ What Problems Did I Face In The Day? ✗

I couldn't do any work because of my eye

 **How Will I Solve These Problems Tomorrow?** 

My eye should be better

 **What Do I Plan To Do Differently Tomorrow?** 

I won't work but just focus on copywriting

 **What Do I Plan To Do The Same Tomorrow?** 

Wake up brush my teeth and immediately get to work

 **What Tasks Were Left Undone?** 




almost all of them




Brain Dump:




Week 1

Day 2/7:

U	I	S	Task List For The Day - Fill In All 15!	Time	✓/✗
10	10	20	Write an Email to my Doctor	15m	✗
10	10	20	Push Workout	1h	✓
10	10	20	Morning Power up Calls	1h	✗
10	10	20	Mow the lawn	2h	✓
8	10	18	Get everything ready for a sales call	5h	✓
8	10	18	Watch the new AI lessons	2h	✗
5	10	15	Read	1h	✗
4	8	12	Finish one of Tate's Missions	1h	✗
5	7	12	Find a new Printer	1h	✗
5	5	10	Vacum the house	1h	✓
2	5	7	Add all the Emails to my prospect list	15m	✗
					✓/✗
					✓/✗
					✓/✗
					✓/✗

	 Day Number + Date + Time 
Day Number:	2
Date:	8. 8. 2023
Start Time:	7.00

	 Three Things That I Am Grateful to Have in My Life 
1.	I still have perfect eyesight
2.	I didn't hurt myself in any way with the chainsaw or the axe
3.	My brother came home safely from his trip

	 My Top Three Priority Tasks That I WILL Complete 
1.	Complete the Sales call prep
2.	Finally finish tates mission
3.	Watch the new AI campus and the Powerup calls



My Plan For The Day



7:00 Task 💰	Wake up and Brush my teeth
Intention 🔔	Make sure to wake up at exactly 7.00
Reflection ✍️	Woke up Exactly at 7.00

7:30 Task 💰	Analyze the prospect...
Intention 🔔	Analyze exactly what he sells, what content he puts out, what funnels he has...
Reflection ✍️	Almost finished analyzing my prospect just need to dig a bit deeper

8:00 Task 💰	Improve the research
Intention 🔔	Go through the research for the prospect and fill in any gaps
Reflection ✍️	Spend another 10 minutes on the analysis, took a 5 minute nap and then spent 15 minutes on research

8:30 Task 💰	Improve the research
Intention 🔔	Go through the research for the prospect and fill in any gaps
Reflection ✍️	Finished the painful and the dream state

9:00 Task 💰	Make coffe and clean around the house
Intention 🔔	
Reflection ✍️	Spend 10 minutes on research and then 15 minutes on making coffe and cleaning

9:30 Task 💰	Improve the Top player analysis
Intention 🔔	Go even deeper into the top players and analyze them
Reflection ✍️	Toilete

10:00 Task 💰	Improve the Top player analysis
Intention 🔔	Go even deeper into the top players and analyze them
Reflection ✍️	I was on the toilet for 15 more minutes mindlessly scrolling and then wrote the values and beliefs of the avatar

10:30 Task 💰	Finish research and top player analysis
Intention 🔔	
Reflection ✍️	Finished the research and spend the last 10 minutes starting the top player analysis

11:00 Task 💰	Prepare the questions for the Sales Call
Intention 🔔	
Reflection ✍️	Got Caught up in Tate edits

11:30 Task \$	Prepare the questions for the Sales Call
Intention 🔔	
Reflection ✍️	Finished the top player analysis and spent 15 minutes writing questions



12:00 Task \$	Finish preparations for the sales call
Intention 🔔	
Reflection ✍️	Finished writing sales call questions and had a coffe



12:30 Task \$	Finish preparations for the sales call
Intention 🔔	
Reflection ✍️	Rested

13:00 Task \$	Morning Powerup calls
Intention 🔔	
Reflection ✍️	Worked out



13:30 Task \$	Morning Powerup calls
Intention 🔔	

Reflection 	Worked out
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14:00 Task \$	Push Workout
Intention 	
Reflection 	Worked out

14:30 Task \$	Push Workout
Intention 	
Reflection 	Ate a post workout meal

15:00 Task \$	Push Workout
Intention 	
Reflection 	Cleaned the kitchen

15:30 Task \$	Lunch
Intention 	
Reflection 	ate lunch

16:00 Task \$	Vacum
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Intention 🔔	
Reflection ✍️	Vacumed the house

16:30 Task 💰	Vacum
Intention 🔔	
Reflection ✍️	Vacumed the house

17:00 Task 💰	AI campus
Intention 🔔	
Reflection ✍️	Mowed the lawn

17:30 Task 💰	AI campus
Intention 🔔	
Reflection ✍️	Mowed the lawn

18:00 Task 💰	Mow the lawn
Intention 🔔	
Reflection ✍️	Mowed the lawn

18:30 Task 💰	Mow the lawn
Intention 🔔	
Reflection ✍️	Trimmed our vines

19:00 Task 💰	Mow the lawn
Intention 🔔	
Reflection ✍️	Trimmed our vines

19:30 Task 💰	Mow the lawn
Intention 🔔	
Reflection ✍️	Trimmed our vines

20:00 Task 💰	Make dinner
Intention 🔔	
Reflection ✍️	Relaxed

20:30 Task 💰	Eat dinner and work on tate mission in between
Intention 🔔	
Reflection ✍️	Made Dinner

21:00 Task 💰	Finish tates mission
Intention 🔔	
Reflection ✍️	Ate dinner

21:30 Task 💰	Put all of the things from the mission onto my phone
Intention 🔔	
Reflection ✍️	Ate dinner

22:00 Task 💰	Bathroom
Intention 🔔	
Reflection ✍️	Cleaned up the kitchen

22:30 Task 💰	Read
Intention 🔔	
Reflection ✍️	Bathroom

23:00 Task 💰	Read and Pray
Intention 🔔	
Reflection ✍️	And then I was scrolling on my phone till 1.30 like a dummy.

23:30 Task 💰	Go To Sleep
Intention 🔔	
Reflection ✍️	At 1.45 prayed for 15 minutes and then went to sleep



End-Of-The-Day Report:



What Did I Learn Today?

I learned an even more efficient way of doing research and came up with some good questions I will be able to use in all sorts of Sales calls

What Problems Did I Face In The Day?

I spent WAY too much time on my phone just scrolling and watching useless stuff instead of doing actual work.

How Will I Solve These Problems Tomorrow?

I have restricted my phone usage today to 20 minutes.

What Do I Plan To Do Differently Tomorrow?

I won't use my phone and I won't take a second off until everything is done.

What Do I Plan To Do The Same Tomorrow?




Drink 2 coffees instead of one since I saw it gave me a lot of energy, train just as hard and eat a lot.




 **What Tasks Were Left Undone?** 




Brain Dump:

Day 3/7:

[illegible]

	 Day Number + Date + Time 
Day Number:	3
Date:	9. 8. 2023
Start Time:	7.00

	 Three Things That I Am Grateful to Have in My Life 
1.	I and everyone around me have perfect health.
2.	I have the privilege to work on copywriting 24 hours a day if I wanted
3.	Nothing bad happened to any of my loved ones in the flood that stormed the country these past few days.

	 My Top Three Priority Tasks That I WILL Complete 
1.	Find 50 prospects
2.	Finish Tates mission
3.	Watch AI course



My Plan For The Day



7:00 Task 💰	Wake up at exactly 7.00 brush my teeth and take a cold shower
Intention 🔔	
Reflection ✍️	Snoozed for the whole half hour

7:30 Task 💰	
Intention 🔔	
Reflection ✍️	Woke up at 7.30, brushed my teeth, and had taken a cold shower

8:00 Task 💰	Evaluate the previous day
Intention 🔔	
Reflection ✍️	started Evaluating my day at 8.15 and got it done

8:30 Task 💰	Make a plan for the day
Intention 🔔	
Reflection ✍️	planed this day

9:00 Task 💰	Go through different niches and decide on the one I want to work in
Intention 🔔	
Reflection ✍️	Decided on a good niche

9:30 Task 💰	Make coffee and do something
Intention 🔔	
Reflection ✍️	Made coffee and cleaned the kitchen

10:00 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Found 5 prospects

10:30 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Found 5 prospects

11:00 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Cousins came so I spent time with them

11:30 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Cousins came so I spent time with them

12:00 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Found 4 prospects

12:30 Task 💰	Workout
Intention 🔔	
Reflection ✍️	Found 3 prospects

13:00 Task 💰	Workout
Intention 🔔	
Reflection ✍️	Ate

13:30 Task 💰	Workout
Intention 🔔	
Reflection ✍️	Ate for 15 minutes and then found another prospect

14:00 Task 💰	Eat a post-workout meal and finish Tates mission
Intention 🔔	
Reflection ✍️	Toilet

14:30 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Ate lunch

15:00 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Prepared to go help with the flods

15:30 Task 💰	Lunch
Intention 🔔	
Reflection ✍️	Helped with the floods

16:00 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Helped with the floods

16:30 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Helped with the floods

17:00 Task 💰	Find 5 prospects...
Intention 🔔	Get their Website name, Social Media, Name, Given Name, and Email
Reflection ✍️	Helped with the floods

17:30 Task 💰	Watch the Morning Powerup calls
Intention 🔔	
Reflection ✍️	Helped with the floods

18:00 Task 💰	Watch the Morning Powerup calls
Intention 🔔	
Reflection ✍️	Came home and got cleaned

18:30 Task 💰	Watch the Morning Powerup calls
Intention 🔔	

Reflection ✍️	Rested for a bit and then found 3 more prospects so now I have 20 in total
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19:00 Task 💰	Eat dinner and watch AI campus
Intention 🔔	
Reflection ✍️	Ate dinner

19:30 Task 💰	Watch AI campus
Intention 🔔	
Reflection ✍️	Went to the cemetary

20:00 Task 💰	Watch AI campus
Intention 🔔	
Reflection ✍️	Went out with my friends and came home 1 bit past midnight

20:30 Task 💰	Write and Email to my doctor and do anything that needs doing
Intention 🔔	
Reflection ✍️	

21:00 Task 💰	Plan the next day end evaluate this day
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Intention 🔔	
Reflection ✍️	

21:30 Task 💰	Bathroom
Intention 🔔	
Reflection ✍️	

22:00 Task 💰	Read
Intention 🔔	
Reflection ✍️	

22:30 Task 💰	Read
Intention 🔔	
Reflection ✍️	

23:00 Task 💰	Read for 15 minutes and Pray for 15 minutes
Intention 🔔	
Reflection ✍️	

23:30 Task 💰	Go To Sleep
Intention 🔔	
Reflection ✍️	

End-Of-The-Day Report:

 **What Did I Learn Today?** 

 **What Problems Did I Face In The Day?** 

 **How Will I Solve These Problems Tomorrow?** 

 **What Do I Plan To Do Differently Tomorrow?** 




 **What Do I Plan To Do The Same Tomorrow?** 




 **What Tasks Were Left Undone?** 




Brain Dump:

Day 4/7:

[illegible]

	 Day Number + Date + Time 
Day Number:	4
Date:	10.8.2023
Start Time:	5.30

	 Three Things That I Am Grateful to Have in My Life 
1.	Me and everyone around me have good health
2.	We still have a roof over our heads and food on the table
3.	I am in a position I am able to help others and help build my country back up

	 My Top Three Priority Tasks That I WILL Complete 
1.	Help with the floods
2.	
3.	



My Plan For The Day



6:30 Task 💰	Wake up at 5.30 so I can be at the firestation by 7.00 and then help clean up the destruction the floods brought ... and in the evening go out for a drink since my friend has a birthday
Intention 🔔	
Reflection ✍️	

7:00 Task 💰	
Intention 🔔	
Reflection ✍️	

7:30 Task 💰	
Intention 🔔	
Reflection ✍️	

8:00 Task 💰	
Intention 🔔	
Reflection ✍️	

8:30 Task \$	
Intention 🔔	
Reflection ✍️	

9:00 Task \$	
Intention 🔔	
Reflection ✍️	

9:30 Task \$	
Intention 🔔	
Reflection ✍️	

10:00 Task \$	
Intention 🔔	
Reflection ✍️	

10:30 Task \$	
Intention 🔔	
Reflection ✍️	

11:00 Task \$	
Intention 🔔	
Reflection ✍️	

11:30 Task \$	
Intention 🔔	
Reflection ✍️	

12:00 Task \$	
Intention 🔔	
Reflection ✍️	

12:30 Task \$	
Intention 🔔	
Reflection ✍️	

13:00 Task \$	
Intention 🔔	
Reflection ✍️	

13:30 Task \$	
Intention 🔔	
Reflection ✍️	

14:00 Task \$	
Intention 🔔	
Reflection ✍️	

14:30 Task \$	
Intention 🔔	
Reflection ✍️	

15:00 Task \$	
Intention 🔔	
Reflection ✍️	

15:30 Task \$	
Intention 🔔	
Reflection ✍️	

16:00 Task \$	
Intention 🔔	
Reflection ✍️	

16:30 Task \$	
Intention 🔔	
Reflection ✍️	

17:00 Task \$	
Intention 🔔	
Reflection ✍️	

17:30 Task \$	
Intention 🔔	
Reflection ✍️	

18:00 Task \$	
Intention 🔔	

Reflection 	
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18:30 Task \$	
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Intention 	
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Reflection 	
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19:00 Task \$	
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Intention 	
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Reflection 	
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19:30 Task \$	
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Intention 	
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Reflection 	
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20:00 Task \$	
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Intention 	
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Reflection 	
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20:30 Task \$	
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Intention 🔔	
Reflection ✍️	

21:00 Task 💰	
Intention 🔔	
Reflection ✍️	

21:30 Task 💰	
Intention 🔔	
Reflection ✍️	

22:00 Task 💰	
Intention 🔔	
Reflection ✍️	

22:30 Task 💰	
Intention 🔔	
Reflection ✍️	

23:00 Task 💰	
Intention 🔔	
Reflection ✍️	

23:30 Task 💰	
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

 **What Problems Did I Face In The Day?** 

 **How Will I Solve These Problems Tomorrow?** 

 **What Do I Plan To Do Differently Tomorrow?** 




 **What Do I Plan To Do The Same Tomorrow?** 




 **What Tasks Were Left Undone?** 




Brain Dump:

Day 5/7:

[illegible]

	 Day Number + Date + Time 
Day Number:	5
Date:	11.8.2023
Start Time:	When I wake up

	 Three Things That I Am Grateful to Have in My Life 
1.	I didn't get injured yesterday when I helped Out With the floods
2.	I was able to help 15 homes
3.	I have great friends that I can come together with and have a blast

	 My Top Three Priority Tasks That I WILL Complete 
1.	Watch the morning powerup calls
2.	Watch the AI campus
3.	Finish Tates mission



My Plan For The Day



13:30 Task 💰	
Intention 🔔	
Reflection ✍️	Woke up at 13.30 since I went to sleep at 3.30

14:00 Task 💰	Get redy
Intention 🔔	
Reflection ✍️	

14:30 Task 💰	
Intention 🔔	
Reflection ✍️	

15:00 Task 💰	
Intention 🔔	
Reflection ✍️	

15:30 Task \$	Lunch
Intention 🔔	
Reflection ✍️	

16:00 Task \$	Lunch
Intention 🔔	
Reflection ✍️	

16:30 Task \$	Lunch
Intention 🔔	
Reflection ✍️	

17:00 Task \$	Plan my day
Intention 🔔	
Reflection ✍️	

17:30 Task \$	MORning Powerup
Intention 🔔	
Reflection ✍️	

18:00 Task 💰	MOrningn poweup
Intention 🔔	
Reflection ✍️	

18:30 Task 💰	MOrning Powerup
Intention 🔔	
Reflection ✍️	

19:00 Task 💰	MOrning Powerup
Intention 🔔	
Reflection ✍️	

19:30 Task 💰	Workout
Intention 🔔	
Reflection ✍️	

20:00 Task 💰	Workout
Intention 🔔	
Reflection ✍️	

20:30 Task \$	Workout
Intention 🔔	
Reflection ✍️	

21:00 Task \$	Shower and get dinner ready
Intention 🔔	
Reflection ✍️	

21:30 Task \$	Eat dinner and finish tates mission
Intention 🔔	
Reflection ✍️	

22:00 Task \$	Watch AI
Intention 🔔	
Reflection ✍️	

22:30 Task \$	Watch AI
Intention 🔔	
Reflection ✍️	

23:00 Task \$	Watch AI
Intention 🔔	
Reflection ✍️	

23:30 Task \$	Bathroom... read for and hour... and then pray
Intention 🔔	
Reflection ✍️	

End-Of-The-Day Report:

 **What Did I Learn Today?** 

 **What Problems Did I Face In The Day?** 

 **How Will I Solve These Problems Tomorrow?** 

 **What Do I Plan To Do Differently Tomorrow?** 




 **What Do I Plan To Do The Same Tomorrow?** 




 **What Tasks Were Left Undone?** 




Brain Dump:

Day 6/7:

[illegible]

	 Day Number + Date + Time 
Day Number:	6
Date:	12.8.2023
Start Time:	8.00

	 Three Things That I Am Grateful to Have in My Life 
1.	A roof over my head and food on the table
2.	I and everyone around me have good health
3.	I'm in a position where I don't have to worry about my survival so I can help those who need and appreciate my help

	 My Top Three Priority Tasks That I WILL Complete 
1.	Help with the floods
2.	Leg Workout
3.	AI course



My Plan For The Day



8:00 Task 💰	Wake up and get ready
Intention 🔔	Wake up at exactly 8.00, brush my teeth, take a 3-minute cold shower
Reflection ✍️	Woke up at 8.05, brushed my teeth and shawed

8:30 Task 💰	Make and eat breakfast
Intention 🔔	
Reflection ✍️	Cleaned up and took a 3 minute cold shower

9:00 Task 💰	Get ready
Intention 🔔	Pack everything and prepare everything I need to go help out
Reflection ✍️	Make breakfast and ate it

9:30 Task 💰	Get ready
Intention 🔔	Pack everything and prepare everything I need to go help out
Reflection ✍️	Got ready to go

10:00 - 16.00 Task 💰	Help out with the floods
Intention 🔔	
Reflection ✍️	Helped out with the floods

16:00 Task 💰	Eat
Intention 🔔	
Reflection ✍️	Drove home and unpacked everything from the car


16:30 Task 💰	Clean my gear and clothes
Intention 🔔	Clean everything that I got dirty so it will dry till the next time I go help out
Reflection ✍️	Showered



17:00 Task 💰	Clean my gear and clothes
Intention 🔔	Clean everything that I got dirty so it will dry till the next time I go help out
Reflection ✍️	Ate



17:30 Task 💰	Workout
Intention 🔔	

Reflection 	Cleaned my gear
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18:00 Task \$	Workout
Intention 	
Reflection 	Cleaned my gear

18:30 Task \$	Workout
Intention 	
Reflection 	Cleaned my gear

19:00 Task \$	Shower and get dinner ready
Intention 	
Reflection 	Cleaned my gear

19:30 Task \$	Eat dinner and start watching the AI course
Intention 	
Reflection 	Fell asleep

20:00 Task \$	AI course
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Intention 🔔	
Reflection ✍️	Fell asleep

20:30 Task 💰	AI course
Intention 🔔	
Reflection ✍️	Fell asleep

21:00 Task 💰	AI course
Intention 🔔	
Reflection ✍️	Fell asleep

21:30 Task 💰	Arno's lessons
Intention 🔔	
Reflection ✍️	Showered

22:00 Task 💰	Arno's lessons
Intention 🔔	
Reflection ✍️	Prayed

22:30 Task \$	Arno's lessons
Intention 🔔	
Reflection ✍️	Went to sleep

23:00 Task \$	Plan the next day and reflect on the one that has passed
Intention 🔔	
Reflection ✍️	Went to sleep

23:30 Task \$	Brush my teeth read for an hour and then Pray and go to sleep at 1.00
Intention 🔔	
Reflection ✍️	Went to sleep



End-Of-The-Day Report:



 **What Did I Learn Today?** 

 **What Problems Did I Face In The Day?** 

 **How Will I Solve These Problems Tomorrow?** 

 **What Do I Plan To Do Differently Tomorrow?** 




 **What Do I Plan To Do The Same Tomorrow?** 




 **What Tasks Were Left Undone?** 




Brain Dump:

Day 7/7:

[illegible]

	 Day Number + Date + Time 
Day Number:	7
Date:	13
Start Time:	13.8.2023

	 Three Things That I Am Grateful to Have in My Life 
1.	Nothing happened to me or my brother when helping with the damage the floods brought
2.	I didn't get sick despite only sleeping for 5 hours for most of the week
3.	We have nice sunny weather so the damage from the floods has an easier time drying

	 My Top Three Priority Tasks That I WILL Complete 
1.	Research
2.	Top Player Analysis
3.	Change the bed sheets



My Plan For The Day



8:00 Task 💰	
Intention 🔔	
Reflection ✍️	Woke up at 8.20 and brushed my teeth

8:30 Task 💰	
Intention 🔔	
Reflection ✍️	Ate breakfast

9:00 Task 💰	
Intention 🔔	
Reflection ✍️	Was on my phone

9:30 Task 💰	
Intention 🔔	
Reflection ✍️	Was on my phone

10:00 Task \$	
Intention 🔔	
Reflection ✍️	Watched the Tate's in prison

10:30 Task \$	
Intention 🔔	
Reflection ✍️	Watched the Tate's in prison and spent 10 minutes planing my day

11:00 Task \$	
Intention 🔔	
Reflection ✍️	Planed my day

11:30 Task \$	
Intention 🔔	
Reflection ✍️	

12:00 Task \$	
Intention 🔔	
Reflection ✍️	

12:30 Task 💰	Prepare lunch
Intention 🔔	
Reflection ✍️	

13:00 Task 💰	Lunch
Intention 🔔	
Reflection ✍️	

13:30 Task 💰	Clean up from lunch
Intention 🔔	
Reflection ✍️	

14:00 Task 💰	Research
Intention 🔔	
Reflection ✍️	

14:30 Task 💰	Research
Intention 🔔	
Reflection ✍️	

15:00 Task \$	Research
Intention 🔔	
Reflection ✍️	

15:30 Task \$	Research
Intention 🔔	
Reflection ✍️	

16:00 Task \$	Research
Intention 🔔	
Reflection ✍️	

16:30 Task \$	Research
Intention 🔔	
Reflection ✍️	

17:00 Task \$	Leg Workout
Intention 🔔	
Reflection ✍️	

17:30 Task \$	Leg Workout
Intention 🔔	
Reflection ✍️	


18:00 Task \$	Leg Workout
Intention 🔔	
Reflection ✍️	


18:30 Task \$	Dinner
Intention 🔔	
Reflection ✍️	



19:00 Task \$	Top Player Analysis
Intention 🔔	
Reflection ✍️	



19:30 Task \$	Top Player Analysis
Intention 🔔	

Reflection 	
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20:00 Task \$	Top Player Analysis
Intention 	
Reflection 	

20:30 Task \$	Top Player Analysis
Intention 	
Reflection 	

21:00 Task \$	Week Analysis
Intention 	
Reflection 	

21:30 Task \$	Plan the next week and day
Intention 	
Reflection 	

22:00 Task \$	Get readdy for bed
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Intention 🔔	
Reflection ✍️	

22:30 Task 💰	Read
Intention 🔔	
Reflection ✍️	

23:00 Task 💰	Read and pray
Intention 🔔	
Reflection ✍️	

23:30 Task 💰	Go to Sleep
Intention 🔔	
Reflection ✍️	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

✗ What Problems Did I Face In The Day? ✗

 **How Will I Solve These Problems Tomorrow?** 

 **What Do I Plan To Do Differently Tomorrow?** 

 **What Do I Plan To Do The Same Tomorrow?** 

 **What Tasks Were Left Undone?** 

Brain Dump:

End Of Week Report:

 **What Did I Learn This Week?** 

 **What Problems Did I Face This Week?** 

 **How Will I Solve These Problems Next Week?** 

 **What Do I Plan To Do Differently Next Week?** 

 **What Do I Plan To Do The Same Next Week?** 

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

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 **What Tasks Were Left Undone?** 

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Brain Dump: