

Week 1

Day 1/7:

| U | I | S | Task List For The Day | Time | V/X |
|----|----|----|--|------------|---------------------|
| 10 | 10 | 20 | Finish The Spec Work File | 1h 30m | V |
| 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 | 5 h | × |
| 10 | 8 | 18 | Write follow up Email | 30m | V |
| 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 | × |
| | | | | | ✓/ × |
| | | | | | V/ X |
| | | | | | V/ X |
| | | | | | V / X |

| | 📆 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 |

| 1. | Finish the Spec Work file |
|----|---------------------------------------|
| 2. | Get everything ready for a Sales call |
| 3. | Finish Tate's mission |



| 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 aplications 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 |

Go through everything again and make sure it's all perfect

I needed to go to the store to get some water since I ran out

Intention 🔔

Reflection /

| 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 |
|---------------|---|
| | |
| | |
| 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 |
| | ! |

| 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 |
|---------------|---|
| | |
| | |
| 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 |

| Intention 🔔 | |
|---------------|-------------|
| Reflection / | Prayed |
| | |
| | _ |
| 23:30 Task \$ | Go to Sleep |
| Intention 🔔 | |
| Reflection / | |
| | |



| What Did I Learn Today? |
|--|
| Wear eye protection while doing real work |
| |
| |
| XWhat Problems Did I Face In The Day?X |
| 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 |
| |
| |
| |
| almost all of them |
| |

Brain Dump:

Week 1

Day 2/7:

| U | I | S | Task List For The Day - Fill In All 15! | Time | V /X |
|----|----|----|---|------------|-------------|
| 10 | 10 | 20 | Write an Email to my Doctor | 15m | X |
| 10 | 10 | 20 | Push Workout | 1h | V |
| 10 | 10 | 20 | Morning Power up Calls | 1h | × |
| 10 | 10 | 20 | Mow the lawn | 2h | V |
| 8 | 10 | 18 | Get everything ready for a sales call | 5 h | V |
| 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 | V |
| 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 |



| 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 |
| | |
| | T |
| 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 🔔 | |
| | 1 |

| Reflection / | Worked out |
|---------------|-------------------------|
| | |
| | |
| 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 |
| | |

| 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 / | Trimed our vines |
| | |
| | |
| 19:00 Task \$ | Mow the lawn |
| Intention 🔔 | |
| Reflection / | Trimed our vines |
| | |
| | |
| 19:30 Task \$ | Mow the lawn |
| Intention 🔔 | |
| Reflection / | Trimed 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 |



| ≪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 | | |
| XWhat Problems Did I Face In The Day?X | | |
| 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. | | |
| | | |
| www.www.www.www.www.www.www.www.www.ww | | |
| 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 I | Left | Undone? | |
|------|-------|--------|------|----------------|--|
| | | | | | |

Brain Dump:

Week 1

Day 3/7:

| U | I | S | Task List For The Day - Fill In All 15! | Time | V/X |
|----|----|----|--|------------|---------------------|
| 10 | 10 | 20 | Write an Email to my Doctor | 15m | × |
| 10 | 10 | 20 | Pull Workout | 1h | × |
| 10 | 10 | 20 | Morning Power up Calls | 1h 30m | × |
| 8 | 10 | 18 | Watch the new AI lessons | 2 h | × |
| 8 | 10 | 18 | Decide on a new niche and find 50 good prospects | 5 h | VX |
| 5 | 10 | 15 | Read for at least an hour | 1h | × |
| 4 | 8 | 12 | Finish one of Tate's Missions | 30m | × |
| 2 | 5 | 7 | Add all the Emails to my prospect list | 15m | × |
| | | | | | V / X |
| | | | | | V/X |
| | | | | | V / X |
| | | | | | V/X |
| | | | | | V/X |
| | | | Y | | V / X |
| | | | | | ☑/ × |
| | | | | | |

| | 📆 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 |



| 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 |
| | |
| | 1 |
| 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 |
|---------------|--|
| | |
| 19:00 Task \$ | Eat dinner and watch AI campus |
| Intention 🔔 | |
| Reflection / | Ate dinner |
| | |
| | 1 |
| 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 |
| | |
| | 1 |
| 20:30 Task \$ | Write and Email to my doctor and do anything that needs doing |
| Intention 🔔 | |
| Reflection / | |
| | |
| | 1 |
| 21:00 Task \$ | Plan the next day end evaluate this day |

| 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 / | |



| What Did I Learn Today? |
|---|
| |
| |
| |
| XWhat Problems Did I Face In The Day?X |
| |
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| |
| Phow Will I Solve These Problems Tomorrow? |
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| what Do I Plan To Do Differently Tomorrow? www |
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| 😘 What Do I Plan To Do The Same Tomorrow?🛟 |
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Brain Dump:

Day 4/7:

| U | I | S | Task List For The Day - Fill In All 15! | Time | V/X |
|----|----|----|---|------|---------------------|
| 10 | 10 | 10 | Help with the floods | 12h | V |
| | | | | | V/X |
| | | | | | ☑/ × |
| | | | | | V /X |
| | | | | | V /X |
| | | | | | ☑/ × |
| | | | | | ☑/ × |
| | | | | | ☑/ × |
| | | | | | ☑/ × |
| | | | | | V / X |
| | | | | | V / X |
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| | | | ¥ | | ▽ /× |
| | | | | | V / X |
| | • | • | | | - |

| | 📆 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. | |



| 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 / | |
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| | |
| 7:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 7:30 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 8:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| 8:30 Task \$ | |
|---------------|--|
| Intention 🔔 | |
| Reflection / | |
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| | |
| 9:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 9:30 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 10:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 10:30 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| 11:00 Task \$ | |
|---------------|---|
| Intention 🔔 | |
| Reflection / | |
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| | _ |
| 11:30 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 12:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | T |
| 12:30 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | T |
| 13:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| 13:30 Task \$ | |
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| Intention 🔔 | |
| Reflection / | |
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| 14:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 14:30 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 15:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| 15:30 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| 16:00 Task \$ | |
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| Intention 🔔 | |
| Reflection / | |
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| 16:30 Task \$ | |
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| Reflection / | |
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| 17:00 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| 17:30 Task \$ | |
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| 18:00 Task \$ | |
| Intention 🔔 | |
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| Reflection / | |
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| 18:30 Task \$ | |
| Intention 🔔 | |
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| 19:00 Task \$ | |
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| Reflection / | |
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| 19:30 Task \$ | |
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| 20:00 Task \$ | |
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| 20:30 Task \$ | |
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| Intention 🔔 | |
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| Reflection / | |
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| 21:00 Task \$ | |
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| 21:30 Task \$ | |
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| 22:00 Task \$ | |
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| 22:30 Task \$ | |
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| 23:00 Task \$ | |
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| Intention 🔔 | |
| Reflection / | |
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| 23:30 Task \$ | |
| Intention 🔔 | |
| Reflection / | |
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| What Did I Learn Today? | |
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| XWhat Problems Did I Face In The Day?X | |
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| How Will I Solve These Problems Tomorrow? | |
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| www.what Do I Plan To Do Differently Tomorrow? | |
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| 🗘 What Do I Plan To Do The Same Tomorrow?🗘 | |
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| | _ |
| What Tasks Were Left Undone? ✓ | |
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Day 5/7:

| U | I | S | Task List For The Day - Fill In All 15! | Time | V/ X |
|----|----|----|---|------------|---------------------|
| 10 | 10 | 20 | Pull Workout | 1h | V |
| 10 | 10 | 20 | Morning Power up Calls | 1h 30m | V |
| 8 | 10 | 18 | Watch the new Al lessons | 2 h | × |
| 5 | 10 | 15 | Read for at least an hour | 1h | × |
| 4 | 8 | 12 | Finish one of Tate's Missions | 30m | V |
| 2 | 5 | 7 | Add all the Emails to my prospect list | 15m | × |
| | | | | | V / X |
| | | | | | V /X |
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| | | | | | V /X |
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| | 📆 Day Number + Date + Time 🕃 |
|-------------|------------------------------|
| Day Number: | 5 |
| Date: | 11.8.2023 |
| Start Time: | When I wake up |

| 66 | 🙏 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 |



| 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 / | |
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| | |
| 17:00 Task \$ | Plan my day |
| Intention 🔔 | |
| Reflection / | |
| | |
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| 17:30 Task \$ | MOrning Powerup |
| Intention 🔔 | |
| Reflection / | |
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| 18:00 Task \$ | MOrningn poweup |
|---------------|-----------------|
| Intention 🔔 | |
| Reflection / | |
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| | |
| 18:30 Task \$ | MOrning Powerup |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 19:00 Task \$ | MOrning Powerup |
| Intention 🔔 | |
| Reflection / | |
| | • |
| | |
| 19:30 Task \$ | Workout |
| Intention 🔔 | |
| Reflection / | |
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| 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 / | |
| | |



| What Did I Learn Today? | |
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| XWhat Problems Did I Face In The Day?X | |
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| How Will I Solve These Problems Tomorrow? | |
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| www.what Do I Plan To Do Differently Tomorrow? | |
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| What Tasks Were Left Undone? ✓ | |
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Day 6/7:

| U I S Task List For The Day - Fill In All 15! 10 10 20 Leg workout 1h 30m 10 10 20 Help out with the floods 8h 6 8 14 Watch lessons from armo on copywriting 2h 5 8 13 Al course 2h 1h | | | | | |
|---|------------|--|--|--|---|
| 10 10 20 Help out with the floods 8h 6 8 14 Watch lessons from Arno on copywriting 2h 5 8 13 Al course 2h | Time | Task List For The Day - Fill In All 15! | S | I | U |
| 6 8 14 Watch lessons from Arno on copywriting 2h 5 8 13 Al course 2h | 1h 30m | Leg workout | 20 | 10 | 10 |
| 5 8 13 Al course 2h | 8h | Help out with the floods | 20 | 10 | 10 |
| | 2h | Watch lessons from Arno on copywriting | 14 | 8 | 6 |
| 4 7 11 Read 1h | 2 h | Al course | 13 | 8 | 5 |
| | 1h | Read | 11 | 7 | 4 |
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| | + | 1h 30m 8h 2h 2h | Leg workout Help out with the floods Watch lessons from Arno on copywriting 2h Al course 2h | 20 Leg workout 20 Help out with the floods 14 Watch lessons from Arno on copywriting 2h 13 Al course 2h | 10 20 Leg workout 1h 30m 10 20 Help out with the floods 8h 8 14 Watch lessons from Arno on copywriting 2h 8 13 Al course 2h |

| | 📆 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 | |



| 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 hove 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 |
|---------------|---|
| | |
| | _ |
| 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 |
| | |

| 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 |



| ≪What Did I Learn Today? ≪ |
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| XWhat Problems Did I Face In The Day?X |
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| How Will I Solve These Problems Tomorrow? |
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| What Do I Plan To Do Differently Tomorrow? NEW |
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| What Do I Plan To Do The Same Tomorrow? |
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| ∭What Tasks Were Left Undone? ∭ |
| |

Day 7/7:

| U | I | S | Task List For The Day - Fill In All 15! | Time | V /X |
|----|----|----|--|------------|---------------------|
| 10 | 10 | 20 | Leg workout | 2h 30m | V /X |
| 9 | 10 | 19 | Research | 5 h | V / X |
| 8 | 10 | 18 | Top Player Analysis | 3h | V / X |
| 10 | 7 | 17 | Change the bed sheets | 1h | V /X |
| 8 | 9 | 17 | Week Analysis | 1h | ✓/ × |
| 7 | 8 | 15 | Read | 1h | V / X |
| | | | | | V / X |
| | | | | | ✓/ × |
| | | | | | ✓/ × |
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| | | | | | V /X |

| | 📆 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 |



| 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 |
| | 1 |

| 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 / | |
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| | |
| 18:30 Task \$ | Dinner |
| Intention 🔔 | |
| Reflection / | |
| | · |
| | |
| 19:00 Task \$ | Top Player Analysis |
| Intention 🔔 | |
| Reflection / | |
| | • |
| | |
| 19:30 Task \$ | Top Player Analysis |
| Intention 🔔 | |
| | I |

| Reflection / | |
|---------------|----------------------------|
| | |
| | _ |
| 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 |
| | |

| Intention 🔔 | |
|---------------|---------------|
| Reflection / | |
| | |
| | |
| 22:30 Task \$ | Read |
| Intention 🔔 | |
| Reflection / | |
| | |
| | |
| 23:00 Task \$ | Read and pray |
| Intention 🔔 | |
| Reflection / | |
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| | |
| 23:30 Task \$ | Go to Sleep |
| Intention 🔔 | |
| Reflection / | |
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| ≪What Did I Learn Today? ≪ |
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| XWhat Problems Did I Face In The Day?X |
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| How Will I Solve These Problems Tomorrow? |
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| What Do I Plan To Do Differently Tomorrow? NEW |
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| What Do I Plan To Do The Same Tomorrow? |
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| ∭What Tasks Were Left Undone? |
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End Of Week Report:

| What Did I Learn This Week? |
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| XWhat Problems Did I Face This Week?X |
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| µHow Will I Solve These Problems Next Week? ₽ |
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| ™What Do I Plan To Do Differently Next Week?™ |
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| ♦ What Do I Plan To Do The Same Next Week? |
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■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧

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|----------------------------------|---|
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| 📝 What Tasks Were Left Undone? 📝 | |
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