

Wake Up And Sleeping Times

- ☐ *Wake up - 7:30 am*
- ☐ *Sleep - 23:00 pm*

Daily Goals

- ☐ To clearly define what I want to obtain in life and make a short plan for the next 2 months + put in the time in google calendar
- ☐ To send 6 outreaches, create FV for one interested prospect and send it
- ☐ To analyze copy for 30 minutes or more

Daily Tasks & Daily Schedule

- ☐ 7:30 → 8:00 *I will get up and do my morning routine*

INPUT:

- Visualize your future ideal-self and review your plans to conquer today
- Crank out 50 **STRIQ** push-ups elbows-behind-back ONLY!
- Hygiene habits + Shave everywhere and take shower → Change of clothing

- ☐ 8:00 → 8:30 *Pray to your God - Jesus Christ, the Lord → Read 3 chapters from the Bible*

INPUT:

- Pray for your heart to be touched by the Holy Spirit
- Read the Bible

☐ 8:30 → 9:00 **Begin studying the first 2 lessons for your biology exam tomorrow and promise yourself you're gonna be focused + use a timer**

☐ 9:00 → 10:00 **Understand 3+ lessons for your biology test and solve 1 problems Or answer to 1-3+ questions**

☒ ~~10:00 → 10:30 Breakfast + Dish Washing~~

INPUT:

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☐ 10:30 → 11:00 **Test your biology knowledge by answering correctly to at least 10 questions + try solving 1 equation**

INPUT:

☐ 11:00 → 12:00 **Final reading of whatever is left for you to read when it comes to biology + try the test at the end of this chapter**

INPUT:

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☐ 12:00 → 13:00 **Analyze Professional Copy (THE VAULT 2023)**

INPUT:

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☐ 13:00 → 14:10 **Create a FV script for Deidre**

- **Check up some top player videos and pick up a viral one**
- **Create the whole script**
- **Revise + refine it till it matches her voice enough**

☐ 14:10 → 14:25 **Respond to Deidre and then send her the FV**

- ☐ 14:25 → 15:00 ***Breakdown 3-5 prospects***

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- ☐ 15:00 → 16:00 ***Interact with each prospect + Send 3-5 outreaches***

INPUT:

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- ☐ 16:00 → 16:30 ***Clearly and specifically define what is it your want from life and imagine yourself already having it***

INPUT:

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- ☐ 16:30 → 17:00 ***Understand very well that you don't have what you want right now, get pissed off and then begin defining what the steps are to get there***

INPUT:

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- ☐ 17:00 → 18:00 ***Finish defining until February and then put in the time in Google Calendars***

- ☐ 18:00 → 18:20 ***Listen to today' Morning power Up call***

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- ☐ 18:20 → 18:40 ***Discuss the lesson with your fellow G's in the mindset and time channel***

INPUT:

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- ☐ 18:40 → 19:10 ***Spend time defining what repetitive and non-repetitive tasks you're going to do in the next week to***

accomplish the goals you planned in your BATTLE PLANS

→ Then begin with the eisenhower matrix

INPUT:

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☐ 19:10 → 19:30 ***Get them all through the eisenhower matrix***

INPUT:

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☐ 19:30 → 19:50 ***Set a timer of 20 minutes and review your day
HARSHLY***

☐ 19:50 → 20:20 ***Plan tomorrow in accordance***

☐ 20:20 → 20:40 ***Post your tasklist in the accountability roster,
read where I'm tagged & respond, then hold brothers
accountable***

☐ 20:40 → 22:30 ***Spend time with your family, Pray to the Lord,
your God - Jesus Christ!!! and then go to bed!***

6:00 — Mission 🇫🇷 ⭐	
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Reflection ✍️	
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7:00 — Mission 🇫🇷 ⭐	
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Reflection ✍️	
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8:00 — Mission 🏆	
Reflection ✍️	
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Reflection 

16:00 — Mission  

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17:00 — Mission  

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18:00 — Mission  

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20:00 — Mission  

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21:00 — Mission  

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22:00 — Mission  

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23:00 — Mission 🏆	
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Reflection ✍️	
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