

PM Challenge Tasks

Day 1

1. What do you want to have in your life? (be specific, where, when and with whom do you want it?)

I want to have my own place in the city and the suburbs (near where I grew up/live currently). Want to move to the city by the end of the year (2024) and then plan to have my own place there and back home by the end of 2025.

I want to have a nice car (I really want a 4x4 truck and a sports car - a Ferrari) - want the truck in the first quarter of 2025, and to have an intermediate (mid-range) car by mid 2025 before upgrading to the Ferrari by 2026. I also want to upgrade my bike to a 1000cc sports bike by the middle of 2025.

I want to have freedom in terms of time, location, and money e.g., be able to work from anywhere at any time. Not being controlled by the matrix or any 9-5. I want to achieve this by the time it is the end of Q1 next year (6 ish months time).

I want to be able to retire my parents by the middle of next year.

I want to be in better physical condition. To be honest I am in very good shape for what I do (track athletics and hyrox), I am athletic and fit. But I want to be more of a formidable force - hence why I am taking up boxing and plan to have a fight by the middle of 2025.

I want to be in some form of relationship with a woman who is good looking, but more importantly kind, polite, ladylike and gets my mission on life and wants to share in the lifestyle.

I want to be able to get up in front of groups of people and perform moving speeches and garner the attention of people when I am talking. I plan to do at least 1 public speech this year (2024). Want to be doing some form of speaking event once a month minimum next year.

2. How will you know you achieved this? What will you see, hear, feel, smell and taste? What would you look like/sound like?

The first sign will be having an even greater aura of confidence about myself. Always been a bit of an introvert, not massively anymore, but I know I could be more of an authority figure.

It will be reflected in my bank balance too. Won't have to really worry about paying for certain things in life.

I will hear people singing my praises - either thanking me for working with them or thanking me for helping them out.

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Taste wise I am sure my diet will improve (I eat well now), more so in the terms of being able to eat out more and have a meal prep service instead of my own cooking.

3. What will happen if you get this result? How would your life change?

If I get this result my life would change massively. I would be seen as a completely different person to who I am right now.

4. What will not happen if you get it?

I will not be part of the 9-5 grind anymore.

I won't be stuck thinking that I am not good enough.

I will not be worrying so much about if I have enough money.

I will not be thinking if I can easily protect myself in a dangerous situation.

5. What will happen if you don't get it?

I will be stuck in the 9-5 life.

I won't be able to pay for the things I want and help out my family.

I won't be able to attract the kind of woman that I want in my life.

I won't be able to stand up for myself properly.

6. What do you get to have by remaining the same person? (meaning, maybe being a loser has some benefits, what are those benefits?)

I get to stay comfortable.

I can just go by 'enjoying' life in terms of small mediocre nights out etc. with people.

I will be able to continue being fit and doing well with track athletics and hyrox.

I will be able to have a 'safe' job with some perks (e.g., ability to work from home, company car, pension).

7. How do you know it's worth getting? What's so special about that?

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It is worth getting because not many people have that.

Not many people can pay for the things they want and can retire their parents - it shows you have reached a certain financial level.

Not many people can properly protect themselves if needed - can be the difference between life and death.

8. How will this affect your life? Family, business, job, friends, etc

Family will see that I can do this (they don't think I am a fuck up at all, they know I did well in school and have a 'decent' job).

Business will be booming and even be helping other people (by having staff).

Friends will see that I have delivered on what I said about having my own business.

9. What will be different as a result of having this?

I will be able to have all the things I wanted and desired in life.

I will be able to go wherever, whenever.

I will be able to properly support and protect myself and others.

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Day 5 - Values

- He was a very hard working and dedicated individual.
 - If he wanted something done, he would make sure that it was done to the best of his ability.
 - Nothing could ever step in the way of him getting something done.
 - If he said it would be done, you could rest easy knowing the task is in safe hands.
 - You could trust him with anything. His honoured his word.
 - If He couldn't do something himself, he would find a way.
 - Those sorts of things would keep him awake at night until he scratched the itch and had a breakthrough.
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- He always knew that he wanted as much from life as physically possible.
 - This is why he lived every day to the fullest, making sure he squeezed as much from it as possible.
 - Living in this way meant that He would never shy from a challenge. Be it physical or mental.
 - This was personified in his work, his health & fitness, and within his relationships.
 - If he wanted something he would go and get. He wouldn't sit back and wait for it to somehow come to him.
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- He maintained all aspects of his life to the highest standards.
 - Not just in his work, but in his relationships, and most importantly himself.
 - He always stood out in a room. Not in a bad way, but in a "have you seen that guy?" way.
 - Everyone that met him was in awe of how effortless he made everything look.
 - He did all the basics, and always went one step further.
 - He was always in peak physical and mental condition. He was always perfectly groomed.
 - He always carried a look of positivity.
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- He was a very self-aware individual. He always had a sixth sense for people.
 - He was undoubtedly a people person. He could interact with anyone and always leave with them smiling.
 - He cultivated numerous great relationships with like-minded individuals, family & friends, and even those he only met a handful of times.

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Day 8/11 - Goals

Financial

- I want to be making £10k/month with my online marketing business by this time next year.
- Interim to this will be matching my 9-5 salary within the next 3-months.
- As well as making £5k/month come the end of the year.

- I want to be moved out and into my own place come the end of this year.
- I want to be able to buy a new car by the end of this year.

Physical

- I want to be able to have a boxing fight by mid of 2025. I am returning to my old boxing gym with a boxing coach in September and will do 2no. PT sessions and get a programme to be doing specific training for the other days of the week.
- I want to be able to do a muscle up by the end of this year. Always wanted to be able to and strength is there with pull ups, just need to get the technique. Will approach someone in the gym who can do them for tips as well as looking up some videos. Plan to implement into training 3-4 times per week.

Relationships

- I want to be able to retire my parents by the end of 2025 (ties in with finance).
- I want to be in some form of relationship with a female that respects me and is part of my team on my journey by mid-2025.
- Longer term with a partner is to have a kid by 2028.
- I want to build a brotherhood in and out of TRW. I am active every day on the platform and will continue to help others where I can. I also aim to be part of the Council by mid next year, and the War Room by the end of next year.

Personal development

- I want to engage in public speaking events. I plan to do at least 3no. Events by the end of this year. I have been practicing my communication skills and recording my speech. I will ensure I implement teachings into my everyday conversations.
- Longer term for speaking = be a proficient public speaker doing talks at numerous events nationally and internationally (within 3 years).

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Day 16 - Eisenhower