






**Day Number: 4**

**Date: 3/16/2023**







**Start Of The Day - Time: 3:00am**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
<b>1.</b>	<b>Motorcycle</b>
<b>2.</b>	<b>Independence</b>
<b>3.</b>	<b>College acceptance</b>

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## **Hour-By-Hour** **Tracking:**

**[Track+Measure=Improve]**

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Intention:</b>	 <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

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### **My War Mode Words:**

***1. I Am Acting With No Limits To My Abilities!***

***2. I Am Being All That I Can Be, Every Hour And Every Day!***

***3. Every Word I Am Saying And Thought I Am Thinking Is Positive!***

***4. I Am Being Enthusiastic About Completing Each Task!***

## 5. I Am The Best Copywriter In The World!

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<b>\$ 3 am: Task \$</b>	<b>Gym: weights</b>
<b>🔔 Intention 🔔</b>	<b>Go, workout or a while until 5:00am</b>
<b>✍️ Reflection ✍️</b>	<b>I woke up like a slob and left before 4:00am.</b>

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<b>\$ 4 am: Task \$</b>	<b>Set up Schedule</b>
<b>🔔 Intention 🔔</b>	<b>Go through the planner for today and finish setup.</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 5 am: Task \$</b>	<b>Lesson 47 for Math</b>
<b>🔔 Intention 🔔</b>	<b>Sit and complete lesson 47 for Math. Have it corrected.</b>
<b>✍️ Reflection ✍️</b>	







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<b>\$ 6 am: Task \$</b>	<b>Lesson 47 for Math</b>
<b>🔔 Intention 🔔</b>	<b>Sit and complete lesson 47 for Math. Have it corrected.</b>
<b>✍️ Reflection ✍️</b>	







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 <b>7 am: Task</b> 	<b>PT9</b>
 <b>Intention</b> 	<b>Sit and finish the first third amount of questions for PT9</b>
 <b>Reflection</b> 	







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 <b>8 am: Task</b> 	<b>PT9</b>
 <b>Intention</b> 	<b>Sit and finish the first third amount of questions for PT9</b>
 <b>Reflection</b> 	







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 <b>9 am: Task</b> 	<b>SAT Math and English</b>
 <b>Intention</b> 	<b>Sit and have 10 questions done with 5 per subject</b>
 <b>Reflection</b> 	

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 <b>10 am: Task</b> 	<b>Allergy Appointment</b>
 <b>Intention</b> 	<b>Prep for appointment and be at the office by 10:30am.</b>
 <b>Reflection</b> 	

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<b>\$ 11 am: Task \$</b>	<b>Allergy Appointment</b>
<b>🔔 Intention 🔔</b>	<b>The appointment will most likely reach into 11am.</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 12 am: Task \$</b>	<b>Allergy App.</b>
<b>🔔 Intention 🔔</b>	<b>If the appointment reaches into this hour, I'll need to get home quick</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 1 pm: Task \$</b>	<b>Dentist appointment</b>
<b>🔔 Intention 🔔</b>	<b>Drive my mother and myself to the dentists and this may reach into multiple hours.</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 2 pm: Task \$</b>	<b>Dentist appointment</b>
<b>🔔 Intention 🔔</b>	<b>Drive my mother and myself to the dentists and this may reach into multiple hours.</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 3 pm: Task \$</b>	<b>Gym: cardio</b>
<b>🔔 Intention 🔔</b>	<b>Go and do a normal cardio workout.</b>

 <b>Reflection</b> 	
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<b>\$ 4 pm: Task \$</b>	<b>Gym: cardio</b>
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 <b>Intention</b> 	<b>Go and do a normal cardio workout.</b>
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 <b>Reflection</b> 	
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<b>\$ 5 pm: Task \$</b>	<b>Stage 13 HU</b>
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 <b>Intention</b> 	<b>Sit and finish the notes for stage 13 in HU.</b>
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 <b>Reflection</b> 	
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<b>\$ 6 pm: Task \$</b>	<b>Stage 13 HU</b>
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 <b>Intention</b> 	<b>Sit and finish the notes for stage 13 in HU.</b>
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
 <b>Reflection</b> 	
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<b>\$ 7 pm: Task \$</b>	<b>Stage 13 HU</b>
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 <b>Intention</b> 	<b>Sit and finish the notes for stage 13 in HU.</b>
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 <b>Reflection</b> 	
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<b>\$ 8 pm: Task \$</b>	<b>Final portfolio</b>
<b>🔔 Intention 🔔</b>	<b>Sit and begin to write the last piece in my final portfolio</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 pm: Task \$</b>	<b>Cello</b>
<b>🔔 Intention 🔔</b>	<b>Continue to work on “Be our Guest” and find a new song to learn</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 10 pm: Task \$</b>	<b>Clean Garage</b>
<b>🔔 Intention 🔔</b>	<b>Go in and clean the door side of the garage.</b>
<b>✍️ Reflection ✍️</b>	



# End-Of-The-Day Report:




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<b>🧠 What Did I Learn Today? 🧠</b>
<b>Not much other than what I already know, weed never breeds productivity.</b>

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

**Start the day and keep my head down on my work. Don't schedule out what every hour has but have a list of things to do and do them whe I need to but also track what I did for that hour.**

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

**Keep everything I need to do first on the list.**

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

 **What Tasks Were Left Undone?** 

**A lot**

**Brain Dump:**