

- No degenerate shit
- No alcohol
- No smoking
- No drugs
- No Sugar
- No music
- Ate clean
- Worked out
- Smashed my checklist
- Drank nothing but tea, coffee and water
- Spent time with the family
- Wrote my goals for tomorrow
- Didn't take shit from anybody
- Ate sufficient protein for the day
- Tuned in to TRW live calls
- No social media use(except for business
- Caught myself having some degenerate thoughts, blinked and cured my mind
- Wasted a little bit of time looking at Youtube thumbnails but caught myself doing it and corrected it
- Going to sleep relatively early to ensure my 7+ hours of sleep