

DAILY DOMINATION

 	 Today's Tasks & Steps To Success 
1.  	 Task: Study; accounting, maths, business, english  Action Steps:
2.  	 Task: Complete my Agoge program task  Action Steps: do my 100 burpees
3.  	 Task:  Action Steps:
4.  	 Task:  Action Steps:
5.  	 Task:  Action Steps:
6.  	 Task:  Action Steps:
7.  	 Task:  Action Steps:
8.  	 Task:  Action Steps:
9.  	 Task:  Action Steps:
10.  	 Task: Action Steps:

	July 17 Date July 17
Date:	21 April 2024

	 3 Blessings I’m Grateful To Have 
1.	My family
2.	My health
3.	My life experiences

	 3 Priority Tasks  (These are non-negotiable tasks and must be conquered today!)
1.	100 burpees
2.	Agoge daily task
3.	Study for school



Hourly Commitments & Reflections



Task 🏆	Task: What will I do?
Strategy 🔍	Strategy: How will I do it, step-by-step action?
Reflection ✍️	Reflection: Was the task finished? If not, why & what stopped me and how will I fix it?

(Fill in as you go & remove the hours you are asleep.)

1 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

2 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

3 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

4 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

5 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

6 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

7 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

8 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

9 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

10 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

11 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

12 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

1 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

2 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

3 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

4 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

5 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

6 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

7 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

8 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

9 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

10 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

11 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

12 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	



Twilight's Review



🌟 What wins did I achieve today? 🌟 I studied alot of school work, placing me in an advantageous situation, 7 day streak of 100 burpees, spent time practicing my cooking
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📖 What lessons did I learn today? 📖 You can't give up, do the work when you don't feel like it, be disiplined

🚧 What roadblocks did I face? 🚧 My inner bitch voice telling me not to train and be lazy, wasting time scrolling
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💡 How will I improve and progress tomorrow? 💡 Limet the time i'm on youtube, keep myself busy

 **What worked well and will be repeated?** 

Doing the hardest tasks first

 **Who are the People I need to connect with?** 

The real world community and my closest friends

 **What tasks remain uncompleted** 

Outreaching to clients

 **What changes do I need to make to my CONQUEST PLAN?** 

Update it tomorrow on the 22nd of april 2024

 **The final assessment of the day's productivity** 

Doing my Agoge task.

Freestyle Thoughts:

(Let your thoughts flow here. No judgment, no boundaries.)

I am proud of myself, for coming this far, and breaking my boundaries, doing the difficult work, and staying grateful.