








































# **DAILY DOMINATION**

 	 <b>Today's Tasks &amp; Steps To Success</b> 
1. 	 <b>Task:</b> Review my plans to win the day  <b>Action Steps:</b> See what tasks I have for the day
2. 	 <b>Task:</b> Watch the PUC of the day and participate in the AGOGE live call  <b>Action Steps:</b> Set a timer and prepare pen and paper
3. 	 <b>Task:</b> Spend 10 mins reviewing my notes or analyzing good copy from the swipe file or Top Players  <b>Action Steps:</b> Use the resources in the campus
4. 	 <b>Task:</b> Finish the landing page for my client  <b>Action Steps:</b> I focus and apply my skills and knowledge
5. 	 <b>Task:</b> Do the AGOGE assignment  <b>Action Steps:</b> Review the notes and see some examples from other students
6. 	 <b>Task:</b> Train and 100 burpee  <b>Action Steps:</b> Warm up, training, stretching
7. 	 <b>Task:</b> Spend time with family/friends  <b>Action Steps:</b> When I'm done with all my tasks for the day
8. 	 <b>Task:</b> Analysing the day and planning the next one  <b>Action Steps:</b> Review my wins and losses for the day and plan out my next day
9.  	 <b>Task:</b>  <b>Action Steps:</b>
10.  	 <b>Task:</b>  <b>Action Steps:</b>

	<div> <div>July 17</div> <div><b>Date</b></div> <div>July 17</div> </div>
<b>Date:</b>	<b>04/20/24</b>

	<div>  <div><b>3 Blessings I'm Grateful To Have</b></div>  </div>
1.	I am thankful that my family is healthy
2.	I am grateful for the opportunity I have to develop my skills and knowledge
3.	I'm grateful to have woken up today and have a unique day ahead of me

	<div> <div>  <div><b>3 Priority Tasks</b></div>  </div> <div> <div>(These are non-negotiable tasks and must be conquered today!)</div> </div> </div>
1.	Train
2.	100 burpees
3.	Spend time with my family



# Hourly Commitments & Reflections



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

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

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<b>10:00 : Task</b> 🏆	<b>Waking up, making bed, morning routine, making breakfast, reviewing my notes to win the day</b>
<b>Strategy</b> 🔍	<b>Just to do things one after another and not open my phone</b>
<b>Reflection</b> ✍️	<b>DONE</b>

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<b>11:00 : Task</b> 🏆	<b>Clean my room, and back exercises because I'm hunched over</b>
<b>Strategy</b> 🔍	<b>Preparing the things I need</b>
<b>Reflection</b> ✍️	<b>DONE</b>

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<b>12:00-14:00 : Task</b> 🏆	<b>TRW read channels and watch a replay of the agoge live call</b>
<b>Strategy</b> 🔍	<b>Focusing and preparation of sheet and pen</b>
<b>Reflection</b> ✍️	<b>Done</b>

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14:00-15:00 : Task 🏆	Lunch preparation and coffee break
Strategy 🔍	Preparation of the necessary products
Reflection ✎	DONE

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15:00-16:30 : Task 🏆	AGOGÉ assignment
Strategy 🔍	Reviewing the notes from the live call
Reflection ✎	DONE

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16:30-18:00 : Task 🏆	Train and 100 burpees
Strategy 🔍	
Reflection ✎	DONE

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18:00-19:00 : Task 🏆	PUC, shower, helping mom with the groceries, analyzing a copy
Strategy 🔍	Preparing a pen and paper for the PUC
Reflection ✎	DONE

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19:00-20:00 : Task 🏆	Working on the landing page
Strategy 🔍	Review my notes and the resources from TRW
Reflection ✎	DONE

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20:00-22:00 : Task 🏆	Dinner with my family, spending time with them, conversation with a friend
Strategy 🔍	
Reflection 🖋️	

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22:00-23:30 : Task 🏆	AGOGÉ live call
Strategy 🔍	Timer before the call starts, pen and paper
Reflection 🖋️	DONE

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23:30-00:15 : Task 🏆	Shower, evening routine, analysing the day, and planning the next one
Strategy 🔍	Wins and losses for the day and planning the next one better
Reflection 🖋️	DONE

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12 PM: Task 🏆	
Strategy 🔍	
Reflection 🖋️	

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1 PM: Task 🏆	
Strategy 🔍	
Reflection 🖋️	

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2 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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3 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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4 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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5 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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6 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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7 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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8 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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9 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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10 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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11 PM: Task 🏆	
Strategy 🔍	
Reflection ✍️	

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12 AM: Task 🏆	
Strategy 🔍	
Reflection ✍️	



# Twilight's Review



🌟 What wins did I achieve today? 🌟

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📖 What lessons did I learn today? 📖

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🚧 What roadblocks did I face? 🚧

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💡 How will I improve and progress tomorrow? 💡

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

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

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 **What tasks remain uncompleted** 

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

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

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# Freestyle Thoughts:

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