

Day 1/7:

	Task List For The Day - Fill In ALL 20!	V/ ×
1	Deep Work #1: Study how to create a good "Single" 1-sheet	V /
2	Deep Work #2: Write a 1-sheet draft	V /
3	Say cheese merch art	V /
4	Schedule next day	V /
5	Morning Prayer	V /
6	Lift	V /
7	Help Copy Campus	V /
8	Analyze Swipe File	V /
9	Review Work from the day	V /
10	Check Announcements	V /
11	Morning PowerUp	V /
12	30 minutes bike	V /
13	Shower	V /
14	Brush Teeth	V /
15	Call Mom	V /
16	100 pushups	V /
17	Weigh in	V /
18	Trac	V /
19	Go for a walk	V /
20	TRW PM Daily Check-in	V /

	Day Number + Date + Time
Day Number:	111
Date:	7/3/2023
Start Time:	5:00 am

	🙏 Three Things That I Am Grateful to Have in My Life 🙏
1.	
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	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
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©	⊚ My Top Three Goals That I WILL Achieve This Year ⊚
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How To Use This:

\$ Task:	\$ Task = Set the task that I intend to complete.
≜ Intention:	Intention = What is my step-by-step plan of action to complete this task?
/Reflection:	/ Reflection = Did I complete this task? If not, then why?

Example:

9 am: Task \$	Chest Workout At The Gym - 1 Hour
Intention 🔔	 Warm Up 100 Push-Ups In 4 Sets Of 25 Reps 5 Sets x 10 Reps of Bench Press Using 100KG 3 Sets x 25 Reps of Incline Dumbbell Bench Press Using 35KG And so on
Reflection /	My workout went as planned, and I achieved exactly what I wanted. I also got an idea for a new exercise to try out during my next workout. And so on

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🗘 What Do I Plan To Do The Same Tomorrow?🗘
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
∭What Tasks Were Left Undone?∭
Brain Dump:

Day 2/7:

	Task List For The Day - Fill In ALL 20!	V / X
1	Deep Work #1: QP the 1 sheet copy	☑/ ×
2	Deep Work #2: Say cheese merch art	VI
3	IG like campaign	VI
4	Schedule next day	VI
5	Morning Prayer	VI
6	Lift	VI
7	Help Copy Campus	VI
8	Analyze Swipe File	VI
9	Review Work from the day	VI
10	Check Announcements	VI
11	Morning PowerUp	VI
12	30 minutes bike	VI
13	Shower	☑/ ×
14	Brush Teeth	✓/ ×
15	Call Mom	VI
16	100 pushups	VI
17	Weigh in	VI
18	Trac	V /
19	Go for a walk	VI
20	TRW PM Daily Check-in	VI

		Day Number + Date + Time
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Date:		
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		🙏 Three Things That I Am Grateful to Have in My Life 🙏
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		🔮 My Top Three Priority Tasks That I WILL Complete 🔮

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©	⊚ My Top Three Goals That I WILL Achieve This Year ⊚
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■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? 📧
∭What Tasks Were Left Undone?
Brain Dump:

Day 3/7:

	Task List For The Day - Fill In ALL 20!	V/ ×
1	Deep Work #1: Do Voices for Dave	IX
2	Deep Work #2: Set up YouTube campaign	/X
3	Say cheese merch art	/X
4	Schedule next day	/X
5	Morning Prayer	1×
6	Lift	/X
7	Help Copy Campus	1X
8	Analyze Swipe File	/X
9	Review Work from the day	IX
10	Check Announcements	/X
11	Morning PowerUp	/X
12	30 minutes bike	/X
13	Shower	/X
14	Brush Teeth	/X
15	Call Mom	/X
16	100 pushups	/X
17	Weigh in	IX
18	Trac	IX
19	Go for a walk	IX
20	TRW PM Daily Check-in	IX

		Day Number + Date + Time
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		🔮 My Top Three Priority Tasks That I WILL Complete 🔮

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	→ How Will I Solve These Problems Tomorrow? →

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Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback	with? 📧
∛What Tasks Were Left Undone?	
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Brain Dump:	
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Day 4/7:

	Task List For The Day - Fill In ALL 20!	V / X
1	Deep Work #1:	/ X

	Task List For The Day - Fill In ALL 20!	☑ /×
	 ✓ Schedule more clipped-up videos + □ clip up more videos ✓ Come up with an IG/FB post 	
2 3	Deep Work #2: BTS Editing	1×
3	Say cheese merch art	/X
1 :	Schedule next day	/X
5 1	Morning Prayer	/ X
3	Do voice cloning	/X
7 1	Help Copy Campus	/ X
3	Analyze Swipe File	/ X
)	Review Work from the day	/ X
lO (Check Announcements	/ X
11 1	Morning PowerUp	/ X
12	30 minutes bike	/ X
នេ :	Shower	1×
14	Brush Teeth	/ X
15	Call Mom	1×
16	100 pushups	/ X
17	Weigh in	/X
18	Trac	IX
19	Go for a walk	IX
20	TRW PM Daily Check-in	IX

		Day Number + Date + Time
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What Do I Plan To Do Differently Tomorrow? NEW	
🗘 What Do I Plan To Do The Same Tomorrow? 🗘	
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback Wit	th?E
 What Tasks Were Left Undone?	
Brain Dump:	

Day 5/7:

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Task List For The Day - Fill In ALL 20! X/✓ Deep Work #1: /✓

	Task List For The Day - Fill In ALL 20!	XIV
	 ☑ BTS Editing ☑ Say-cheese merch art 	
2	Deep Work #2: Troubleshoot commerce manager	1
3	Spotify Meeting 4:30	1
4	Schedule next day	1
5	Morning Prayer	1
6	Make a doc with all messages from returns	1
7	Help Copy Campus	1
8	Analyze Swipe File/Music Industry Modeling	1
9	Review Work from the day	1
10	Check Announcements	1
11	Morning PowerUp	1
12	30 minutes bike	1
13	Shower	1
14	Brush Teeth	1
15	Call Mom	1
16	100 pushups	1
17	Weigh in	1
18	Trac	1
19	Go for a walk	1
20	TRW PM Daily Check-in	1

		Day Number + Date + Time
Day N	umber:	
Date:		
Start Time:		
		🙏 Three Things That I Am Grateful to Have in My Life 🙏
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🗘 What Do I Plan To Do The Same Tomorrow?🗘	
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback Wi	th?E
∬What Tasks Were Left Undone? ∭	
Brain Dump:	

Day 6/7:

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Task List For The Day - Fill In ALL 20! Deep Work #1: Say Cheese Merch

	Task List For The Day - Fill In ALL 20!	×IV
2	Deep Work #2: ☑ Set up Spotify ad ☑ Ask bands in town how to optimize widget for mobile	1
3	Put the marketing strategies for say cheese together for Dave	1
4	Schedule next day	1
5	Morning Prayer	1
6	Marketing IQ call 3pm	1
7	Help Copy Campus	1
8	Analyze Swipe File/Music Industry Modeling	1
9	Review Work from the day	1
10	Check Announcements	1
11	Morning PowerUp	1
12	30 minutes bike	1
13	Shower	1
14	Brush Teeth	1
15	Call Mom	1
16	100 pushups	1
17	Weigh in	1
18	Trac	1
19	Go for a walk	1
20	TRW PM Daily Check-in	V

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	🙏 Three Things That I Am Grateful to Have in My Life 🙏
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	🔮 My Top Three Priority Tasks That I WILL Complete 🔮
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www. What Do I Plan To Do Differently Tomorrow? №
♦ What Do I Plan To Do The Same Tomorrow?
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?
Brain Dump:

Day 7/7:

Task List For The Day - Fill In ALL 20! Deep Work #1: Set up in-stream youtube ad

1

	Task List For The Day - Fill In ALL 20!	XIV
2	Deep Work #2: Create a merch ad with 5 different pieces of merch ☐ IG/FB retarget ☐ "See Content" retarget ☐ Use the 2 latest merch drop posts as an ad set	1
3	Seet up call with google adwords manager	1
4	Schedule next day	1
5	Morning Prayer	1
6	Marketing IQ call 3pm	1
7	Help Copy Campus	1
8	Analyze Swipe File/Music Industry Modeling	1
9	Review Work from the day	1
10	Check Announcements	1
11	Morning PowerUp	1
12	30 minutes bike	1
13	Shower	1
14	Brush Teeth	1
15	visit Mom	1
16	100 pushups	1
17	Weigh in	1
18	Trac	1
19	Go for a walk	1
20	TRW PM Daily Check-in	1

		Day Number + Date + Time
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