

1	
V/X	🚀 Today's Tasks & Steps To Success 🚀
1. 🔽/🗙	 ⑥ Task: learn more ※ Action Steps: educate myself on TRW
2. 🚺/💢	 ⑥ Task: agoge identity ※ Action Steps: reading my identity document and visualize my future self
3. //	 ⑥ Task: daily checklist ※ Action Steps: execute daily checklist
4. V / X	 ⑥ Task: power up call ※ Action Steps: see the call and take notes
5. / / ×	 ⑥ Task: create more customers for my client ※ Action Steps: do market research and create good content
6. //	
7. / /	
8. // ×	
9. V /X	
10. 🚺/💢	© Task:

	17 Date 17
Date:	20-04-2024

	🌄 3 Blessings I'm Grateful To Have 🙌
1.	My family
2.	The ability to learn inside TRW
3.	The ability to grow as a man

	🎩 3 Priority Tasks 🎩
	(These are non-negotiable tasks and must be conquered today!)
1.	workout
2.	Learn and implement what i learned in copy
3.	Plan and self reflect on what i want to achieve



Mourly 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.)

6 AM: Task 辈	Wake up and self reflect. And plan my day
Strategy 🔍	Look at myself in the mirror and visualize my ideal self. Grab my calendar and check my goals
Reflection /	Task finished
7 AM: Task 辈	job
Strategy 🔍	
Reflection /	

8 AM: Task 辈	job
Strategy Q	
Reflection /	

9 AM: Task 辈	job
	Job
Strategy 🔍	
Reflection 🖊	
10 AM: Task 💃	job
Strategy 🔍	
Reflection /	
	·
11 AM: Task 辈	job
Strategy 🔍	
Reflection /	
12 PM: Task 💃	job
Strategy 🔍	
Reflection /	
1 PM: Task 💃	job
Strategy 🔍	

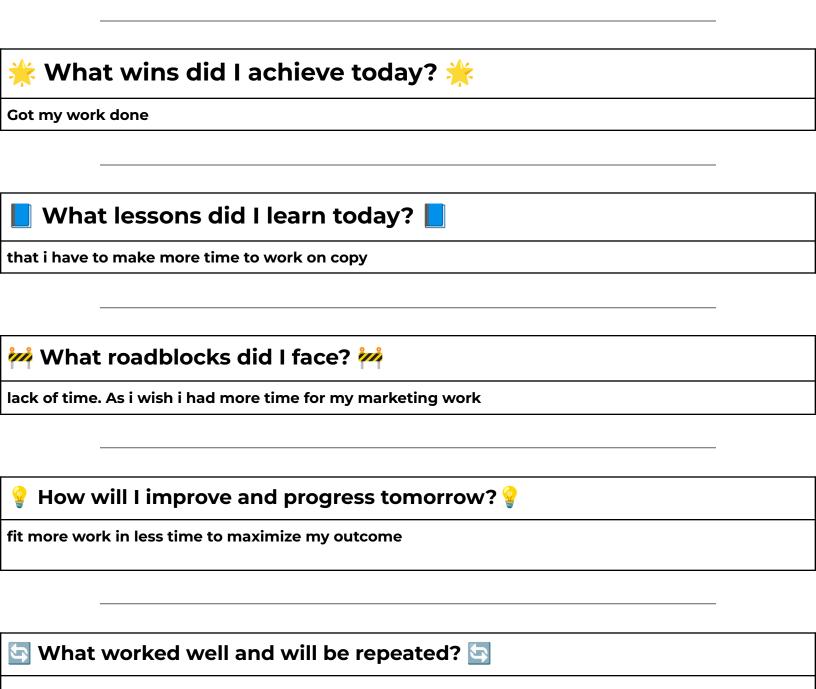
2 PM: Task 💃	job
Strategy 🔍	
Reflection 🖊	
3 PM: Task 辈	job
Strategy 🔍	
Reflection /	
4 PM: Task 💃	job
Strategy 🔍	
Reflection /	
5 PM: Task 辈	job
Strategy 🔍	
Reflection /	
6 PM: Task 💃	Have dinner with my children and wife
Strategy 🔍	
Reflection /	

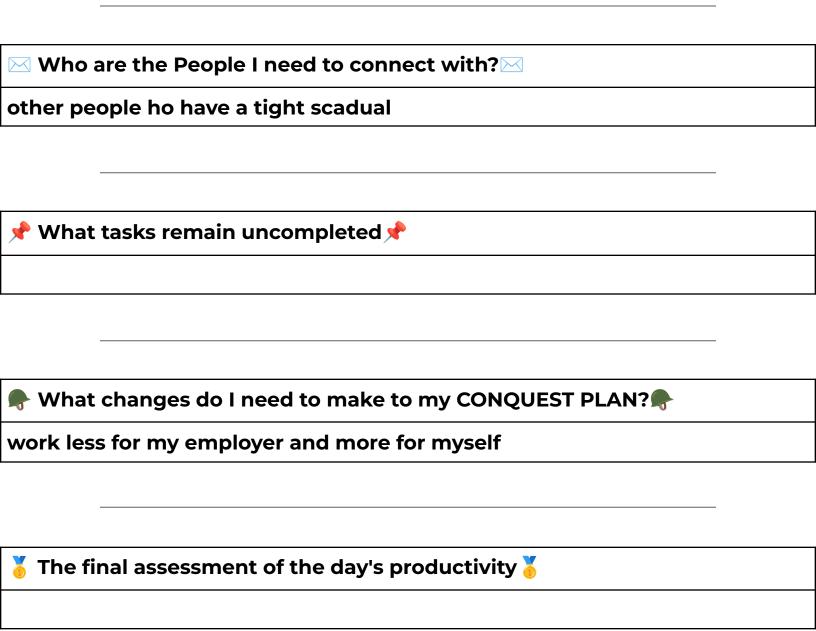
7 PM: Task 💃	Bring kids to bed
Strategy 🔍	
Reflection /	
8 PM: Task 💃	Learn about copy and implement what i have learned for my client
Strategy 🔍	Learning inside TRW checking daily powerup call and doing daily checklist
Reflection /	done
9 PM: Task 💃	Learn about copy and implement what i have learned for my client
Strategy 🔍	Learning inside TRW checking daily powerup call and doing daily checklist
Reflection /	done
10 PM: Task 💃	Learn about copy and implement what i have learned for my client
Strategy 🔍	Doing client work
Reflection /	done
11 PM: Task 💃	Learn about copy and implement what i have learned for my client
Strategy 🔍	Doing client work
Reflection /	done



🌆 Twilight's Review 🌆







Freestyle Thoughts:

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