







DAILY DOMINATION

 	 Today's Tasks & Steps To Success 
1.  	 Task: learn more  Action Steps: educate myself on TRW
2.  	 Task: agoge identity  Action Steps: reading my identity document and visualize my future self
3.  	 Task: daily checklist  Action Steps: execute daily checklist
4.  	 Task: power up call  Action Steps: see the call and take notes
5.  	 Task: create more customers for my client  Action Steps: do market research and create good content
6.  	 Task: train  Action Steps: do pushups burpees etc
7.  	 Task:  Action Steps:
8.  	 Task:  Action Steps:
9.  	 Task:  Action Steps:
10.  	 Task:  Action Steps:

	<div> <div>July 17</div> <div>Date</div> <div>July 17</div> </div>
Date:	20-04-2024

	<div>  <div>3 Blessings I’m Grateful To Have</div>  </div>
1.	My family
2.	The ability to learn inside TRW
3.	The ability to grow as a man

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



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.)

6 AM: Task 🏆	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 🏆	job
Strategy 🔍	
Reflection ✍️	

8 AM: Task 🏆	job
Strategy 🔍	
Reflection ✍️	

9 AM: Task 🏆	job
Strategy 🔍	
Reflection ✍️	

10 AM: Task 🏆	job
Strategy 🔍	
Reflection ✍️	

11 AM: Task 🏆	job
Strategy 🔍	
Reflection ✍️	

12 PM: Task 🏆	job
Strategy 🔍	
Reflection ✍️	

1 PM: Task 🏆	job
Strategy 🔍	
Reflection ✍️	

2 PM: Task 🏆	job
Strategy 🔍	
Reflection 🖋️	

3 PM: Task 🏆	job
Strategy 🔍	
Reflection 🖋️	

4 PM: Task 🏆	job
Strategy 🔍	
Reflection 🖋️	

5 PM: Task 🏆	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



☀️ What wins did I achieve today? ☀️

Got my work done

📖 What lessons did I learn today? 📖

that i have to make more time to work on copy



🚧 What roadblocks did I face? 🚧


lack of time. As i wish i had more time for my marketing work



💡 How will I improve and progress tomorrow? 💡

fit more work in less time to maximize my outcome

🔄 What worked well and will be repeated? 🔄

 Who are the People I need to connect with? 
other people ho have a tight scadual

 What tasks remain uncompleted 

 What changes do I need to make to my CONQUEST PLAN? 
work less for my employer and more for myself

 The final assessment of the day's productivity 

Freestyle Thoughts:

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