

OODA Loop – Week of August 3–9

Primary Goal

Keep pushing growth of the 37 Days program.

Specific Numerical Target

- Create new webpage and funnel
- Get 100 more people in the Discord

Why It's Important

- 37 Days could help change a lot of people's lives
- To prove the people who don't believe in me wrong
- To be a change in today's world full of crap
- I want to be able to support my family better while doing something that helps people
- To make God proud and do what I'm capable of

Deadline

November 1

Last Week's Progress

Nothing completed

Biggest Obstacles

- Work and post-work mental fatigue
 - Getting in my head and procrastinating
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Weekly Action Plan (August 3–9)

Weekday Plan

- Immediately upon arriving home:
 - Put things away
 - Work for 10 minutes on 37 Days or YouTube
 - No talking or sitting down before doing this
- Continue “New Morning Routine” (see below)

Weekend Plan

- 60-minute focused work sessions on:
 - Saturday
 - Sunday

37 Days Specific Tasks

- Create a map of all website pages
- Finish the skeleton layout for the homepage

YouTube Video Goal

Create 5 more videos – Start with uploading 1 by August 10

Target

- Upload 1 YouTube video by August 10

Why It's Important

- This is a promise I made to myself
- I believe God might be working through this, so I need to follow through

Last Week's Progress

Nothing completed

Biggest Obstacles

- Sitting down and starting
- Overthinking and perfectionism

Weekly Action Plan (August 3–9)

Weekday Plan

- Work 10 minutes right after getting home (same as above)

Weekend Plan

- 1 hour work session on:
 - Saturday
 - Sunday
 - Complete 1-minute animation by end of week
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Lessons Learned

- I can't break promises to myself anymore
 - Remind myself of promises and hold to them
 - Gratitude is key to mental stability
 - Spend 5 minutes priming after scripture reading
 - I'm too comfortable – need to reignite the fire
 - Think of a fire-starting idea that motivates big action
 - Learn to enjoy the process – embrace challenge
 - No more short-form content
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This week break bad habits and keep from going into worse place

5 min priming after reading and before bed

Be grateful

Im on this earth to serve
I need to improve for those around me
The things i crave are just a hit of dopamine
I want to improve and compete
God help me to do your will

No phone until after reading this week and put phone away before priming at night

No instagram till sunday
Only music text and chat when
Only check snap for the sake of snapping someone back