

<b>V/</b> X	🚀 Today's Tasks & Steps To Success 🚀
*. <b>X</b>	
*. 🗸	
1. 🗸	<ul> <li>Task: <u>CLARITY</u> (5min)</li> <li>Action Steps:</li> <li>✓   ≤ Write down all the tasks that need to be done that day</li> <li>✓   Decide which one to start with (easiest one).</li> </ul>
2. 🗸	<ul> <li>Task: POWERFUL MORNING (30 min)</li> <li>Action Steps:</li> <li>  </li></ul>
3. 🗸	<ul> <li>Task: G-WORK SESSION ON CLIENT WORK (&gt; 60 min)</li> <li>Action Steps:</li> <li>✓ ( ) Set a clear intention for what I'm going to do.</li> <li>→ Improve yesterday's first draft of a Video Script.</li> <li>✓ ( ) Clear my environment.</li> <li>✓ ( ) Choose motivating music.</li> <li>✓ ( ) ( ) Visualize myself immersed in the work and how it feels</li> </ul>

<b>V/</b> ×	🚀 Today's Tasks & Steps To Success 🚀
	Set a timer
	✓    ✓ Get to work
4. 🗸	
	→ Vert Shock - PT 7
	☑Clear my environment
	☑ ☑Visualize myself immersed in the work and how it feels
	✓  4 Set a timer
	☑ ⑤Take notes/or read them
	☑  ⑥Write down insights and tactics I could use in my client's work.
5. 🔽	© Task: MPUC (< 60 min)  ⊗ Action Steps:  ☑   🔥 Watch the POWER-UP CALL of the day.
6. 🔽	
7. 🔽	
8. 🗙	
9. 🔽	

<b>V/X</b>	🚀 Today's Tasks & Steps To Success 🚀
10. 🔽	Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-) Action Steps: ✓
11. 🔽	
12. 🗙	Task: HARNESS YOUR SPEECH (10 min) Action Steps:  Choose a book or any other text, and read out loud for at least 10 min.

Date:	05/05/2024	
	🌄 3 Blessings I'm Grateful To Have 🙌	
1.	Loving Family	
2.	Warm Shelter	
3.	Unlimited Water and Food	
	J. 3 Priority Tasks	
1.	DAILY CHECKLIST	
2.	PRAYER	
3.	DRIVING SCHOOL	

Date 17



## Mourly Commitments & Reflections



Task 辈 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.)

asieep. )	
7 AM: Task 辈	
Strategy 🔍	
	Task: CLARITY (5min)
	☑   ∰ Decide which one to start with (easiest one).
Reflection /	DONE
	1
8 AM: Task 💃	PREPARE TO GO SURFING
Strategy 🔍	PREPARE TO GO SURFING
Reflection /	•••
9 AM: Task 辈	GO SURF TO THE BEACH
Strategy 🔍	SURF
Deflection /	

10 AM: Task 💃	GO SURF TO THE BEACH
Strategy 🔍	SURF
Reflection /	•••
11 AM: Task 辈	GO SURF TO THE BEACH
Strategy 🔍	SURF
Reflection /	
12 PM: Task 💃	GO SURF TO THE BEACH
Strategy Q	SURF
Reflection /	•••
1 PM: Task 🖐	GO SURF TO THE BEACH
Strategy 🔍	SURF
Reflection /	•••
2 PM: Task 🐇	GO SURF TO THE BEACH
Strategy Q	SURF
Reflection /	•••
	·
3 PM: Task 🖐	HOUSE CHORES
Strategy 🔍	DO THEM

Reflection /	done
4 PM: Task 辈	HOUSE CHORES
Strategy 🔍	ро тнем
Reflection /	done
5 PM: Task 辈	nap
Strategy $\operatorname{\mathbb{Q}}$	nap
Reflection /	
6 PM: Task 💃	nap
Strategy 🔍	nap
Reflection /	
7 PM: Task 🖔	PROCRASTINATED
Strategy 🔍	
Reflection /	••
	•
8 PM: Task 辈	
Strategy 🔍	(30 min)
	✓
	1

	<ul> <li>✓   ✓ Read and refine my NEW IDENTITY (if necessary).</li> <li>✓   <sup>®</sup> Review my plan to win the day.</li> <li>✓   ✓ Decide what I'm exactly going to be working on today.</li> <li>✓   ® Focus on my ideal future self for 15 seconds.</li> </ul>
	<ul> <li>Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (&gt; 10 min)</li> <li>Action Steps:</li> <li></li></ul>
	☑ ☑Visualize myself immersed in the work and how it feels ☑ ☑Set a timer
	☑ ⑤Take notes/or read them ☑ ⑥ Write down insights and tactics I could use in my client's work.
Reflection /	done

9 PM: Task 辈	
Strategy 🔍	<ul> <li>Task: G-WORK SESSION ON CLIENT WORK (&gt; 60 min)</li> <li>★ Action Steps:</li> <li>✓ Description of the province of the pr</li></ul>
	☑Clear my environment.
	☑ Choose motivating music.
	☑ 14Visualize myself immersed in the work and how it feels
	☑ ⑤Set a timer
	☑   <del>▼</del> Get to work.

Reflection /	done
10 PM: Task 🐇	⊚ Task: <u>DRIVING SCHOOL</u> (15 - 60 min) ⊚ Task: <u>LUC'S DAILY LESSONS</u> (<20 min)
Strategy 🔍	<ul> <li>Task: DRIVING SCHOOL (15 - 60 min)</li> <li>Action Steps:         <ul> <li>I ← Study Driving School Stuff.</li> </ul> </li> <li>Task: LUC'S DAILY LESSONS (&lt;20 min)</li> <li>Action Steps:         <ul> <li>I ≥ Listen and react to daily audio lessons.</li> </ul> </li> </ul>
Reflection /	done
11 PM: Task 辈	DINNER

11 PM: Task 🖔	DINNER
Strategy 🔍	→ COOK → EAT → CLEAN
Reflection /	••

12 AM: Task 
PROCRASTINATED

Strategy 
...

Reflection 
...

2 AM: Task 💃	PROCRASTINATED
Strategy 🔍	•••

Reflection /	•••
2 AM: Task 煤	Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-)
	⊚ Task: WEEKLY OODA LOOP (30 min +/-)
Strategy 🔍	
	Daily conquest.
	✓     ✓ Daily Ooda Loop.
	✓   <sup>17</sup> Plan out my next day accordingly
	⑥ Task: WEEKLY OODA LOOP (30 min +/-) ⑥ Action Steps: ☑   ② Lessons learned.
	✓   ♥ Victories Achieved.
	✓   📆 How many days have I completed the Daily Checklist?
	✓   × Goals for Next Week
	✓   ♣ Top Question/Challenge
Reflection /	Done. Not done yet.

3 AM: Task 💃	⊚ Task: WEEKLY OODA LOOP (30 min +/-)
Strategy 🔍	© Task: WEEKLY OODA LOOP (30 min +/-)  ⊗ Action Steps:  V   Steps: Lessons learned.
	🔽   🏆 Victories Achieved.
	✓   <sup>17</sup> How many days have I completed the Daily Checklist?
	☑   × Goals for Next Week

🔽 | 🔝 Top Question/Challenge Reflection / done.



## 🖿 Twilight's Review 🏬





#### **GOALS**

- 🚺 | 🌅 Powerful Morning
- 🔽 | 💧 Stay hydrated (drink a minimum of 4 liters a day)
- 🔽 | 🔆 30 min SUNLIGHT (directly on the skin)
- 💢 | 🥩 Eat Whole Natural Foods, cut out all processed.
- 🔽 l 💪 Train hard
- 🔽 | 🌙 Powerful Evening
- X | 🐻 Feel PROUD of myself.

### 📘 What lessons did I learn today? 📘

Sleep is ESSENTIAL for having HIGH ENERGY LEVELS

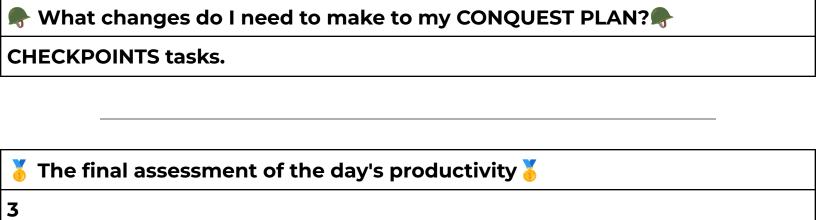
#### **DAILY OODA LOOP:**

https://docs.google.com/document/d/10VxIIGxnZ0onLqk3j9oY\_G-4ArfzmDUOvCnY-Z\_QHVA/edit?usp=sh aring



TIME.

BEING TIRED BECAUSE OF POOR SLEEP.
How will I improve and progress tomorrow?
By getting to work as soon as possible after waking up.
What worked well and will be repeated?
Writing down all the tasks of the day on pen and paper.
Who are the People I need to connect with?     ✓
<u> </u>
Fellow Students
📌 What tasks remain uncompleted 📌
© Task: <u>RECOVERY</u>
<b>⊗Action Steps:</b> X   Lay in bed for 8-9 hours.
© Task: UPLOAD CONTENT TO SOCIAL MEDIA (??? min)
Action Steps:  X     Upload to social media what I'm doing throughout the day.
💢   📖 Choose a book or any other text, and read out loud for at least 10 min.



## **Freestyle Thoughts:**

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