

# Tasks That Will Be Done!

✓ [Task List] ✗

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards Your Goals)	Time needed
1. ✓/✗	Start-Day ▾	Tasks set out on paper ✓	1h 10m
2. ✓/✗	Start-Day ▾	Follow up with Sophie ✓	2m
3. ✓/✗	Start-Day ▾	Any necessary client work ✓	1h
4. ✓/✗	Start-Day ▾	Complete the 20m research for one prospect ✓	20m
5. ✓/✗	Start-Day ▾	Go motocross ✓	3h
6. ✓/✗	Mid-Day ▾	Workout - push day + cardio ✓	45m
7. ✓/✗	Mid-Day ▾	2 IG reels on brand account ✓	10m
8. ✓/✗	Mid-Day ▾	List more items for sale (flipping) ✓	45m
9. ✓/✗	Mid-Day ▾	Reply to all emails and DMs ✓	10m
10. ✓/✗	Mid-Day ▾	Power up + 100 pushups ✓	30m
11. ✓/✗	End-Day ▾	Write the email for the first prospect and send it out ✓	15m
12. ✓/✗	End-Day ▾	Research and outreach for 2 more prospects ✓	1h 10m
13. ✓/✗	End-Day ▾	More of the copy IQ challenge ✓	30m
14. ✓/✗	End-Day ▾	Invest 30 minutes on a copy review call ✓	30m
15. ✓/✗	End-Day ▾	Review 2 copy ✓	20m
16. ✓/✗	End-Day ▾	Breakdown 2 pro fascinations ✓	15m
17. ✓/✗	End-Day ▾	Big OODA loop on new outreach ✓	20m
18. ✓/✗	End-Day ▾	Reflect on day ✓	10m
19. ✓/✗	End-Day ▾	Plan the day for tomorrow + 50 pushups ✓	20m
20. ✓/✗	End-Day ▾		

# ***Tiger Day Plan + Reflection***

***The task I will set my subconscious mind on today is:***

***Day Number: 98***

***Date: 25.2.23***

***Start Of The Day - Time: 7:40 AM***

🙏	🙏 <b>3 Things That I Am Excited To Have In The Future?</b> 🙏
1.	10/10 women
2.	Private Jet
3.	15 + supercars

 **Hour-by-hour**  
**tracking:** 

**[Track+Measure=Improve]**

<b>\$ Task:</b>	<b>\$ Task = Set The Task That You Intend To Complete This Hour?</b>
<b>🔔 Intention:</b>	<b>🔔 Intention = What Is Your Plan Of Action To Complete This Task For This Hour?</b>
<b>🖋️ Reflection:</b>	<b>🖋️ Reflection = Did You Complete This Task For This Hour? If Not, Then Why?</b>

**5 Tigerisms**

**1. Act With No Limits To Your Abilities**

# ***Tiger Day Plan + Reflection***

***2. Be All That You Can Be***

***3. Every Word And Though Counts***

***4. Be Enthusiastic***

***5. I Am The Best Copywriter Is In The World***

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<b>\$ 1 am: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 2 am: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 3 am: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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# ***Tiger Day Plan + Reflection***

<b>\$ 4 am: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 5 am: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 6 am: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 7 am: Task \$</b>	
<b>🔔 Intention 🔔</b>	<b>Paper tasks</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 8 am: Task \$</b>	
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# ***Tiger Day Plan + Reflection***

 <b>Intention</b> 	<b>Paper tasks</b>  <b>Follow up with Soph</b>
 <b>Reflection</b> 	







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 <b>9 am: Task</b> 	
 <b>Intention</b> 	<b>Start outreach</b>  <b>Go mototcross</b>
 <b>Reflection</b> 	







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 <b>10 am: Task</b> 	
 <b>Intention</b> 	
 <b>Reflection</b> 	

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 <b>11 am: Task</b> 	
 <b>Intention</b> 	
 <b>Reflection</b> 	

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# ***Tiger Day Plan + Reflection***

<b>\$ 12 am: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 1 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 2 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	<b>Back from motocross</b> <b>Workout</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 3 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	<b>Flip more stuff</b> <b>Reply to emails and DMs</b> <b>IG reels</b>
<b>✍️ Reflection ✍️</b>	

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# ***Tiger Day Plan + Reflection***

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<b>\$ 4 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	<b>Power up</b> <b>Start more outreach</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 5 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	<b>More outreach</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 6 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	<b>Finish outreach + brian reset</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 7 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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# ***Tiger Day Plan + Reflection***

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<b>\$ 8 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 9 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 10 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 11 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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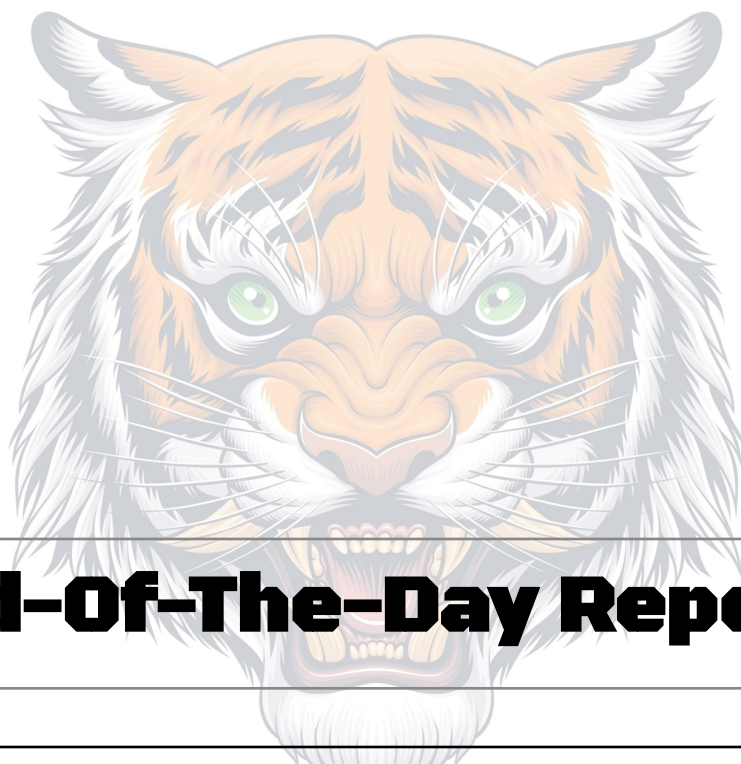
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# ***Tiger Day Plan + Reflection***

<b>\$ 12 pm: Task</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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## **End-Of-The-Day Report:**




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**🧠 What Did I Learn Today? 🧠**

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**NEW What Do I Plan To Do Differently Tomorrow? NEW**

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# ***Tiger Day Plan + Reflection***

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

 **Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?** 

 **What Tasks Were Left Undone?** 

**BRAIN DUMP:**

