

11th hour:

- I woke up this late (4-5 hours later than planned), because yesterday, I forgot to set-up my alarms and make sure they're good for tomorrow (for today).



- SOLUTION:

- I'm going to either include a sub-task to remind myself of setting up my alarms...

OR Set up an alarm, FOR setting up alarms.

12th hour:

- Began to work, but wasn't as focused because I allowed myself to not focus on doing the work, but instead distract myself by looking away from the screen.



- SOLUTION:

- Whenever I notice I'm allowing myself to get distracted, I will just read the document about "The 7 Things you Need to Conquer 2024"...

And then visualize my future ideal-self.

Or more specifically - the man I want to become.

13th hour:

- **Actually sat down and began working on a website FV, but then when my mother asked me if I'd like to have breakfast, I accepted - which was the cowardly act back then.**

And in order to not feel like it was a cowardly act anymore...

Those are the 2 things I'll be doing from now on...



- Number 1 - Work extremely hard and DESERVE my breakfast.

- This would mean completing one FV and sending 10 situation-question outreaches + cranking out 100 striq push-ups.



- Number 2 - Fast.

- This means not eating ANYTHING from 6:00 to 12:00.

And IF the temptation arises...

I will defeat it by asking myself:

“What is the choice that will make me the most proud?”

14th-15th hour:

- Actually did some work during that period, but faced some 5-10-minute long analysis-paralysis shit and basically lost those minutes.**

The work that I did is:

- 1. Analyze a Dan Kennedy's Self-Magnetism ad...**

From which I extracted a lot of insights about how to draw the

reader's attention and FORCE him to continue reading.

2. Work on the topbar of a website I started building for a prospect

- This isn't much work though, because I wasn't working with the speed required.

 **- SOLUTIONS:**

- (1st issue) Before sitting to do web-design or write copy, I will define what experience do I want to take them on.

What feelings do I want to convey and what are the colors to accomplish this.

- (2nd issue) I will strive to work using a timer for almost every task (maybe all tasks actually).**

This way, I'll ensure the feeling of urgency and I'll use it to my advantage.

I will just tell myself that I must get X work done within X much time and boom. ATTACK.

16th - 17th hour:

- I continued working on this website and finally passed through analysis paralysis, but when I did my uncle and aunt came and my mother made me come see them.
- It's my fault for losing a hour with them though.



- SOLUTION:

- Next time, when some relative of mine visits us, I'm just going to set a 15-25-minute timer to see them (maybe even less) and strictly follow it.

This way my mother is not able to say:

“How dare you not come to spend time with your family!?”



- Lesson:

- I watched Luc's lesson called "JAN 1st" and I realized one thing that brought SO much Fire Blood - it's insane.**

The thing I'm talking about is the fact that those who make money (inside TRW) aren't even THAT much disciplined.

They're just willing to work harder than me and as a result they EARN more than me.

And I'm willing to outwork them every single time.

In every aspect.

- Just telling myself those words made me feel like I'm going to make \$200,000 today, not at the end of 2024.**
- Extracted a bunch of lessons from Andrew's call with Dylan as well...**

Though I need to rewatch it. And that's mainly because I entered at 17:33±.

18th hour:

- Finished work on the FV.**

19th hour:

- Watched Ace's call and I'm willing to spend a month without eating or drinking things that have sugar.**

Which means NO to almost everything.

- **The challenge itself is made for beginners, but I'll extract as much as possible from it, as Ace said he'd share a lot of discipline tips and tricks...**

And that's my biggest struggle.

20th hour:

- **Decided to spend more time on the FV and re-touch some things about the topbar, then I sent one outreach...**

With the strong belief that this one prospect is going to respond me very soon.

I even said I wanted it to happen and I thought about it, as well as visualizing the words as I speak them.

This resulted in the prospect replying to me 3-5 minutes after I sent the message (if not less).

He said:

“Build rapport first and then pitch, brother. God bless 🙏”

- I believe God Himself allowed this to happen thus showing me the direction I should lean into**

21th hour:

- **After getting a response that fast, and getting shown the right direction through God's ‡ guidance...**

I sent 3-4 more situation outreaches.

I brainstormed a little and decided to start the outreach with a compliment...

And nothing else.

Just a compliment.

This way, I'll build rapport and then follow-up with a bunch of situation questions.

22th hour - 0:00:

- I need to stop responding to randoms on TRW.**

How?

- I just limit usage of it.**