

DAILY DOMINATION



Today's Tasks & Steps To Success



Task: DAILY CHECKLIST Action Steps:

 | 15 secs focus on your ideal future self then review your plans to win that day.

 | Spend 10 minutes reviewing your notes and/or analyzing good copy from the swipe file or Top Players.

 G-WORK SESSION on client work.

 | MPUC.

 | Train.

 | Review your wins and losses for the day. Plan out your next day accordingly.



Task: GET ACTIVE Action Steps:

-  | Get out of bed
-  | Grooming
-  | Prepare a coffee
-  | Open my computer
-  | Check notifications



Task: GM

- #### Action Steps:
-  | Say GM in the chats.



Task: CLARITY

- #### Action Steps:
-  | Review the plan for the day and all the tasks that need to be done that day

	 Today's Tasks & Steps To Success 
	 Decide which one to start with.
	 Task: <u>30 DAY GRATITUDE</u>  Action Steps:  Every day for 30 days be thankful for something different.  Send it to the #🙏 gratitude-room chat.
	 Task: <u>HARNESS MY SPEECH</u>  Action Steps:  Choose a book or any other text, and read out loud for at least 10 min.
	 Task: <u>POWER</u>  Action Steps:  Prayer.  Read the Ooda Loop from the day Before to ensure I ACT on it  Read my CONQUEST PLANNER.  Read my NEW IDENTITY.  Focus on my ideal future self for 15 seconds.
	 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u>  Action Steps: 1 Choose a piece of Copy/Content -or- Top Player to analyze/break down.  Part 1 - Free Gun John Carlton » Swipe File Breakdown 2 Clear my environment 3 Visualize myself immersed in the work and how it feels 4 Set a timer 5 Take notes/or read them 6 Write down insights and tactics I could use in my client's work.
	 Task: <u>G-WORK SESSION ON CLIENT WORK</u>  Action Steps: 1 Set a clear intention for what I'm going to do:  Help my client record 2 the scenes for 2 future REELS. 2 Clear my environment 3 Choose motivating music 4 Visualize myself immersed in the work and how it feels 5 Set a timer 6 Get to work

	 Today's Tasks & Steps To Success 
	 Task: <u>MPUC</u>  Action Steps:  Watch the POWER-UP CALL of the day.
	 Task: <u>LUC'S DAILY LESSONS</u>  Action Steps:  Listen and react to daily audio lessons.
	 Task: <u>TRAIN</u>  Action Steps:  TRAIN
	 Task: <u>UPLOAD CONTENT TO SOCIAL MEDIA</u>  Action Steps:  Upload to social media - what I'm doing throughout the day.
	 Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u>  Action Steps:  Daily Conquest.  Daily Ooda Loop.  Plan out my next day accordingly

	 Date 
Date:	26/05/2024

	 3 Blessings I'm Grateful To Have 
1.	Today I'm grateful for being able to out for lunch with my mom and my brother.
2.	I'm grateful for having a beautiful, versatile, and fast laptop to work from on all of my projects
3.	I'm grateful for having the opportunity to completely change my life from my laptop

	 3 Priority Tasks  (These are non-negotiable tasks and must be conquered today!)
1.	DAILY CHECKLIST
2.	PRAYER
3.	

Hourly Commitments & Reflections

11 AM: Task 	 Task: <u>GET ACTIVE</u>
Strategy 	 Task: <u>GET ACTIVE</u>  Action Steps:  Get out of bed  Grooming  Prepare a coffee  Open my computer  Check notifications
Reflection 	Done

12 PM: Task 	 Task: GM  Task: <u>CLARITY</u>  Task: <u>30 DAY GRATITUDE</u>  Task: <u>HARNESS MY SPEECH</u>
Strategy 	 Task: GM  Action Steps:  Say GM in the chats.

	 Task: <u>CLARITY</u>  Action Steps:  Review the plan for the day and all the tasks that need to be done that day  Decide which one to start with.  Task: <u>30 DAY GRATITUDE</u>  Action Steps:  Every day for 30 days be thankful for something different.  Send it to the #🙏 gratitude-room chat.  Task: <u>HARNESS MY SPEECH</u>  Action Steps:  Choose a book or any other text, and read out loud for at least 10 min.
Reflection 	Done.

1 PM: Task 	FAMILY TIME
Strategy 	Have lunch at a nice restaurant.
Reflection 	Had a really great time

2 PM: Task 	FAMILY TIME
Strategy 	Have lunch at a nice restaurant.
Reflection 	Had a really great time

3 PM: Task 	FAMILY TIME
Strategy 	Have lunch at a nice restaurant.
Reflection 	Had a really great time

4 PM: Task 🏆	🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u>
Strategy 🔍	🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u> 🔗 Action Steps: 1 Set a clear intention for what I'm going to do: 👉 Help my client record the scenes for 2 future REELS. 2 Clear my environment 3 Choose motivating music 4 Visualize myself immersed in the work and how it feels 5 Set a timer 6 Get to work
Reflection ✍️	Done.

5 PM: Task 🏆	BEACH
Strategy 🔍	Enjoy the beach for a bit.
Reflection ✍️	The sea recharged me.

6 PM: Task 🏆	🎯 Task: <u>LUC'S DAILY LESSONS</u> 🎯 Task: <u>MPUC</u>
Strategy 🔍	🎯 Task: <u>LUC'S DAILY LESSONS</u> 🔗 Action Steps: 👂 Listen and react to daily audio lessons. 🎯 Task: <u>MPUC</u> 🔗 Action Steps: 🔥 Watch the POWER-UP CALL of the day.
Reflection ✍️	Not done yet

7 PM: Task 🏆	🎯 Task: <u>MPUC</u>
Strategy 🔍	🎯 Task: <u>MPUC</u>

	 Action Steps:  Watch the POWER-UP CALL of the day.  Task: TRAIN  Action Steps:  TRAIN 1 hour +/- of medium-intensity cardio.
Reflection 	Not done, started training at 7:45 pm.

8 PM: Task 	 Task: TRAIN
Strategy 	 Task: TRAIN  Action Steps:  TRAIN 1:30 medium intensity cardio
Reflection 	Done.

9 PM: Task 	DINNER
Strategy 	DINNER 1. Cook 2. Eat 3. Clean
Reflection 	Done

10 PM: Task 	 Task: UPLOAD CONTENT TO SOCIAL MEDIA
Strategy 	 Task: UPLOAD CONTENT TO SOCIAL MEDIA  Action Steps:  Upload to social media - what I'm doing throughout the day.  Picture working - (Instagram Story)  Picture Of Me - (Instagram Post)
Reflection 	Done.

11 PM: Task 🏆	🎯 Task: POWER 🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u>
Strategy 🔍	🎯 Task: POWER 🗺️ Action Steps: 🙏 Prayer. 🧑 Read the Ooda Loop from the day Before to ensure I ACT on it 📝 Read my CONQUEST PLANNER. 📝 Read my NEW IDENTITY. 👁️ Focus on my ideal future self for 15 seconds. 🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES</u> 🗺️ Action Steps: 1 Choose a piece of Copy/Content -or- Top Player to analyze/break down. 👉 Part 1 - Free Gun John Carlton » Swipe File Breakdown 2 Clear my environment 3 Visualize myself immersed in the work and how it feels 4 Set a timer 5 Take notes/or read them 6 Write down insights and tactics I could use in my client's work.
Reflection 🖋️	Not done yet, I need to completely change my conquest planner.

12 AM: Task 🏆	🎯 Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u>
Strategy 🔍	🎯 Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u> 🗺️ Action Steps: 🛡️ Daily Conquest. 📝 Daily Ooda Loop. 📅 Plan out my next day accordingly
Reflection 🖋️	Done.



Twilight's Review



☀️ What wins did I achieve today? ☀️

- i. Deleted INSTAGRAM from my phone
- ii. Got my NNs/urgent tasks done
- iii. Completed the Daily Checklist
- iv. Found ways to improve my factory line
 - 1. On my Clarity doc.

📖 What lessons did I learn today? 📖

DAILY OODA LOOP

2. OBSERVE

a. Wins

- i. Deleted INSTAGRAM from my phone
- ii. Got my NNs/urgent tasks done
- iii. Completed the Daily Checklist
- iv. Found ways to improve my factory line
 - 1. On my Clarity doc.

b. Losses

- i. Didn't get as much work done as I wanted/planned
- ii. Woke up late.

3. ORIENT

- a. Okay, so today was really a family day. I went to a nice restaurant with my mother, and my brother, then we went to the beach to record the scenes for 2 future reels.
- b. And if I had woken up early this wouldn't have been a problem.

4. DECIDE

- a. Sacrifice sleep today, sleep 7 hours, and tomorrow wake up at 8 am.
- b. And to get as much work done on working hours, leverage THE HOW TO GAIN UNLIMITED POWER DOC (on the clarity notes)

5. ACT

- a. Get feedback and refine the strategy accordingly.

🚧 What roadblocks did I face? 🚧

TIME
WEAK MENTALLITY

 **How will I improve and progress tomorrow?** 

1. Waking up early, 8 AM
2. Applying the solution I came up with and the tactics Professor Andrew shared on today's MPUC.
3. FAST till the URGENT & IMPORTANT WORK IS DONE

 **What worked well and will be repeated?** 

MORNING ROUTINE

 **Who are the People I need to connect with?** 

Fellow students

 **What tasks remain uncompleted** 

REFINE CONQUEST PLANNER

 **What changes do I need to make to my CONQUEST PLAN?** 

Change it completely



The final assessment of the day's productivity



5

Freestyle Thoughts:

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