



🚀 Today's Tasks & Steps To Success 🚀

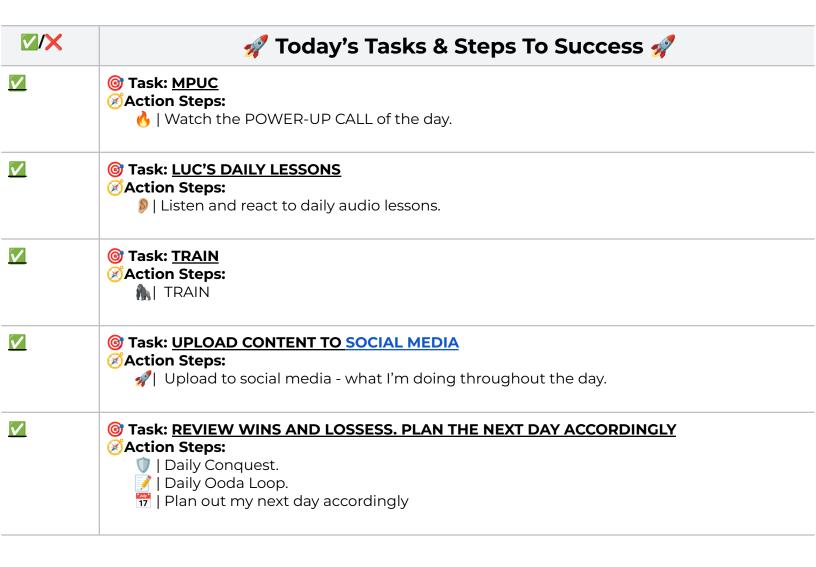


⊚ Task: <u>DAILY CHECKLIST</u> **⊗** Action Steps:

- •• | 15 secs focus on your ideal future self then review your plans to win that day.
- \boxed{y} | 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.
- \nearrow | 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
V	
V	

V/ ×	🚀 Today's Tasks & Steps To Success 🚀
	💁 Decide which one to start with.
	 Task: 30 DAY GRATITUDE
✓	 Task: HARNESS MY SPEECH Ø Action Steps:
	 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: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES Action Steps: Choose a piece of Copy/Content -or- Top Player to analyze/break down. Part 1 - Free Gun John Carlton » Swipe File Breakdown Clear my environment Visualize myself immersed in the work and how it feels Set a timer Take notes/or read them Write down insights and tactics I could use in my client's work.
	 Task: G-WORK SESSION ON CLIENT WORK Action Steps: Set a clear intention for what I'm going to do: ├ Help my client record 2 the scenes for 2 future REELS. Clear my environment Choose motivating music Visualize myself immersed in the work and how it feels Set a timer Get to work

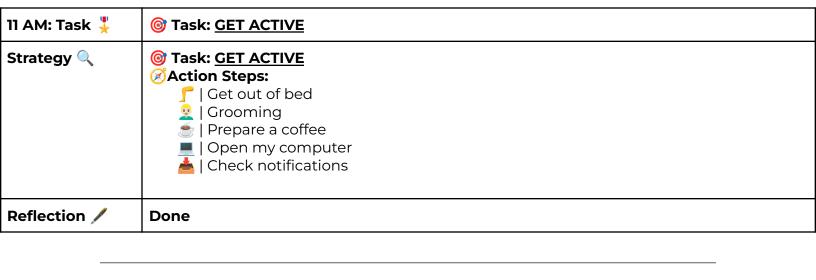




	🌄 3 Blessings I'm Grateful To Have 🙌
1.	Today I'm grateful for being able to out for lunch with my mom and my brother.
2.	I'm grateful for having a beautiful, versatile, and fast laptop to work from on all of my projects
3.	I'm grateful for having the opportunity to completely change my life from my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

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

The Fourly Commitments & Reflections



12 PM: Task 🖔	© Task: GM © Task: CLARITY © Task: 30 DAY GRATITUDE © Task: HARNESS MY SPEECH
Strategy 🔍	

	 Task: CLARITY Ø Action Steps:
	 Task: 30 DAY GRATITUDE Action Steps: ↓ Every day for 30 days be thankful for something different. ☑ Send it to the # ↓ gratitude-room chat.
	Task: HARNESS MY SPEECH Action Steps: Choose a book or any other text, and read out loud for at least 10 min.
Reflection /	Done.
1 PM: Task 辈	FAMILY TIME
Strategy 🔍	Have lunch at a nice restaurant.
Reflection /	Had a really great time
2 PM: Task 💃	FAMILY TIME
Strategy Q	Have lunch at a nice restaurant.
Reflection /	Had a really great time
3 PM: Task 💃	FAMILY TIME
Strategy Q	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: G-WORK SESSION ON CLIENT WORK Action Steps: Set a clear intention for what I'm going to do: I Help my client record the scenes for 2 future REELS. Clear my environment Choose motivating music Visualize myself immersed in the work and how it feels Set a timer Get to work
Reflection /	Done.
5 PM: Task 👢	BEACH
Strategy 🔍	Enjoy the beach for a bit.
Reflection /	The sea recharged me.
6 PM: Task 💃	
Strategy 🔍	 Task: LUC'S DAILY LESSONS Action Steps: Listen and react to daily audio lessons. Task: MPUC Action Steps: Watch the POWER-UP CALL of the day.
Reflection /	Not done yet

7 PM: Task 辈

Strategy 🔍

⊚ Task: MPUC

⊚ Task: MPUC

	⊗Action Steps:
	© 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 辈	DINNER
Strategy 🔍	DINNER 1. Cook 2. Eat 3. Clean
Reflection /	Done
10 PM: Task 💃	Task: UPLOAD CONTENT TO SOCIAL MEDIA
Strategy 🔍	

Reflection /

Done.

⑥ Task: POWER ⑥ Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES
 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: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES Action Steps: Choose a piece of Copy/Content -or- Top Player to analyze/break down. Part 1 - Free Gun John Carlton » Swipe File Breakdown Clear my environment Visualize myself immersed in the work and how it feels Set a timer Take notes/or read them Write down insights and tactics I could use in my client's work.
Not done yet, I need to completely change my conquest planner.
⊚ Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY
Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY Action Steps: Daily Conquest. Daily Ooda Loop. Plan out my next day accordingly
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**
- Found ways to improve my factory line iv.
 - 1. On my Clarity doc.



What lessons did I learn today?



DAILY OODA LOOP

- 2. OBSERVE
 - a. Wins
 - i. Deleted INSTAGRAM from my phone
 - Got my NNs/urgent tasks done ii.
 - **Completed the Daily Checklist**
 - iv. Found ways to improve my factory line
 - 1. On my Clarity doc.
 - b. Losses
 - Didn't get as much work done as I wanted/planned i.
 - 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
 Waking up early, 8 AM Applying the solution I came up with and the tactics Professor Andrew shared on today's MPUC. FAST till the URGENT & IMPORTANT WORK IS DONE
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



5

Freestyle Thoughts:

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