The **Time Tycoon Challenge** - DAY PLAN + REPORT

D/10	I/10	/20	Master Checklist:	Task Time:
10 •	10 •	20 -	Power Up Call	15 min
10 -	10 -	20 -	Swipe File Review	60 min
10 -	10 -	20 -	Copy Analysis	15 min
10 -	10 -	20 -	Help TRW Students	15 min
10 -	10 -	20 -	Normal job	7am - 5pm
10 -	10 -	20 -		
10 •	10 •	20 ·	Send 3-10 Outreach messages or 1 G-work session on client work	
5 -	10 -	20 -	Review my work and identify new ideas to test	60 min
7 -	10 -	20 -	Train - chest and shoulders	
10 -	10 -	20 -	300 Push-Ups	
1 -	10 -	20 -	Abs	
3 -	10 -	20 -	Start Time: 05:30 am	
2 -	5 -	20 -	Sleep - 11:30 pm	
10 -	10 -	20 -		
8 -	10 -	20 -		
10 -	10 -	20 -		
10 -	10 -	20 -		
10 -	10 -	20 -		
10 -	10 -	20 -		
	10 · 10 · 10 · 10 · 10 · 10 · 10 · 10 ·	10 · 10 · 10 · 10 · 10 · 10 · 10 · 10 ·	10 · 10 · 20 · 10 · 10 · 10 · 20 · 10 · 1	10

☑/ ×	D/10	I/10	/20	Master Checklist:	Task Time:
✓/ ×	10 -	10 -	20 -		

Start The Day With Tasks Valued 20 Then Move Down

Total Hours Planned In The Day: /24

	77 DAY NUMBER + DATE + TIME 🕙
Day Number:	205
Date:	14.01.2024
Start Time:	05:30 am

	🙏 3 Things That I Am Grateful To Have In My Life 🙏
1.	Family
2.	Wife
3.	Life

1.	Copy Analysis + Help TRW Students + Daily Lessons
2.	Try to fix Clapeyron on my PC version, otherwise prepare next Meetings
3.	Grappling Training



\$ Task:	\$ Task = Set The Task That I Intend To Complete This Hour?		
🔔 Sub-Task:	Sub-Task:		
/Reflection:	/ Reflection = Did I Complete This Task For This Hour? If Not, Then Why?		
	MY MORNING WAR PLAN		
	What Do I Plan To Accomplish This Morning?		
Start the Outro	each		
	⊚What Is The Main Goal For This Morning?⊚		
Finish 1st Draf	t Outreach		
	·		

DELETE BOXES

How Will I Start My Morning With Power?

Do 300 Push-Ups, 200 abs

THAT ARE BEFORE

YOU WAKE UP!

5:30 am: Task \$	Drink water with salt, do Push-Ups, Power Up Call	
Sub-Task's 🔔	Power-Up Call	
Reflection /		
6 am: Task \$		
Sub-Task's 🔔	Analyze the sales page of Sell like Crazy	
Reflection /		
7 am: Task \$		
Sub-Task's 🔔		
Reflection /		
8 am: Task \$		
Sub-Task's 🔔		
Reflection /		

9 am: Task \$		
Sub-Task's 🔔		
Reflection /		
<u>, </u>		
10 am: Task \$		
Sub-Task's 🔔		
Reflection /		
<u> </u>		
11 am: Task \$		
Sub-Task's 🔔		
Reflection /		
<u> </u>		
12 am: Task \$		
Sub-Task's 🔔		

©END-OF-THE-MORNING REPORT ©

What Did I Learn This Morning?
Let ChatGPT answer a smaller set of questions gives you a lot better anwers
XWhat Problems Did I Face This Morning?X
I spend too much time on Copy Analysis instead of my priority work
Phow Will I Solve These Problems For This Afternoon?
Spend more time on my Master Thesis
MY AFTERNOON WAR PLAN
What Do I Plan To Accomplish This Afternoon?
Start to fix Clapeyron, organize the next meetings for the new groups
⊚What Is The Main Goal For This Afternoon?⊚
Organize the next meetings for the new groups
→ How Will I Start My Afternoon With Power? → → → → → → → → → → → → → → → → → → →
5 Convict Conditioning Cadence Push-Ups

1 pm: Task \$	Start with the Clapeyron fix
Intention 🔔	Look up the mistakes
Reflection /	
	
2 pm: Task \$	Continue with the Clapeyron fix + organize the Meetings for the new groups if necessary
Intention 🔔	
Reflection /	
3 pm: Task \$	Duomana the mout day + Dead Commist Conditioning + Tuessie Consta
y pan, adda q	Prepare the next day + Read Convict Conditioning + Traffic Secrets
Intention 🔔	Open calendar and google doc
Intention 🔔	
Intention 🔔	
Intention 🔔	
Intention 🔔	
Intention 🔔 Reflection 🖊	Open calendar and google doc
Intention Reflection / 4 pm: Task \$ Intention &	Open calendar and google doc Grappling
Intention Reflection / 4 pm: Task \$ Intention &	Open calendar and google doc Grappling
Intention Reflection / 4 pm: Task \$ Intention &	Open calendar and google doc Grappling
Intention Reflection / 4 pm: Task \$ Intention &	Open calendar and google doc Grappling
Intention Reflection / 4 pm: Task \$	Open calendar and google doc Grappling

Intention 🔔	
Reflection /	
	т
6 pm: Task \$	Grappling + dinner
Intention 🔔	Continue task
Reflection /	
7 pm: Task \$	dinner
Intention 🔔	Cook an omlette
Reflection /	
	1
8 pm: Task \$	Dinner + if not done already prepare next day
Intention 🔔	
Reflection /	
9 pm: Task \$	FEOS tasks + Prepare for sleep
Intention 🔔	

Reflection /		
10 pm: Task \$	Sleep	
Intention 🔔		
Reflection /		
11 pm: Task \$		
Intention 🔔		
Reflection /		
12 pm: Task \$		
Intention 🔔		
Reflection /		
	End-Of-The-Day Report:	

⊗What Did I Learn Today?

I should make it a habit to praise people more often in my private life.

XWhat Problems Did I Face In The Day?X					
Spending much time on cleaning my gear and the house. Plan my time better					
Phow Will I Solve These Problems Tomorrow?					
Plan more time for cleaning next week					
www.www.www.www.www.www.www.www.www.ww					
Spend more time on TRW and my Master Thesis					
🛟 What Do I Plan To Do The Same Tomorrow? 🛟					
Keep the morning routine with TRW Copy Analysis					
Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?					
Look-up if Gameday Barbell responds.					

Brain Dump: