

6th hour:

- **Snoozed my alarm.**

-  - **Put it on the other end with 100% volume.**

- **Didn't do push-ups right as I got up.**

But usually when I get up right at 6 am, on the dot...

This problem gets solved on its own.

Those 25 striq push-ups have been embedded in my mind.

7-8-9-10th hours | main issues:

- I ate my breakfast right as I got to matrix school.**

Which stacked up on my sleep deprivation and I fell asleep during 2+ classes today.

 - Everything in life is earned.
**Sent 3 outreaches and analyze
professional copy for 10 minutes
while at matrix school - THEN
reward yourself with breakfast.**

**That way I'm going to be working
as fast as possible to get it, as
hunger is the biggest motivator
after fear.**

11th-12th hours:

- **Andrew is damn right. I have allowed my environment to shape my behavior at school to be unproductive.**

I want to cut some old friendships, because those people are full of decay.

Miroslav consumes shit, eats shit, and plays shit...

Yet I'm not sick of it. Or at least I wasn't, up until now.

I must be polite towards such people, but I must intentionally separate myself from them.

 - **Sitting in the other end of the classroom, avoiding them, and putting on my headphones is okay for the short-term,**

but I need something for the long run.

 - **Label whatever loser-like behavior I see as cowardice.**

- That way I'll easily get sick of their bullshit and won't allow myself to get involved in it.
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13th-14th hours:

- Made the bad choice to listen to binaural beats in the gym.

In my opinion, listening to music while being in the gym and working out is for straight-up bitches.

The only exception is if it helps with focus.

But this clearly subtracted from my productivity while being there.

 - **Ditch the headphones away, and memorize the exercises, then ditch my phone away as well.**

 - **Bring my timer to the gym and actively use it to track every single moment.**

- This idea came to me earlier today, and I want to try it out either tomorrow or the next Monday.

I believe it will save me time and bring more intensity to my workouts as I strictly follow the resting periods.

 - I can also include punishments for not following them. Extra work after completing the daily checklist.

15th hour:

- People truly don't take you seriously, until you start meaning what you say and saying what you mean.**

After coming up with this thought, I decided to watch one 6-minute long video about Andrew Tate's take on men keeping their word.

After finishing it, I understood that it's all a pact I must make with myself.

The way I viewed it 3 days ago was 50% of the subject, but now I grasped the other fifty.

I chose to be a fucking G, rather than a fucking bitch.

And I'm proud of myself for sticking to every single promise I made from this moment till now (9 pm).

 - **I can even write this on a piece of paper. Something like “I made the promise to deliver on every word I gave” or “You made...”.**

Then I can read it every single day, as well as carry it with myself.

I've found that writing something on a piece of paper and reminding yourself of it repeatedly helps with projecting whatever that thing is to reality over a specific amount of time.

16th hour:

- Analyzed “The Vault 2023” for nearly 20 minutes, but then felt like my performance is shit because of feeling like a bag of potatoes due to the little sleep I got these few days.

And not that I can’t go for days with little to zero sleep,

but the fact I’ve been consistently missing out on sleep.

 - I'm not 100% sure if I really want to sacrifice 7-8h of my time in sleeping this night,

7 is more acceptable, but 8 - that's too much.

- I also want to shift my focus from sending many outreaches, to sending a few but attaching state-of-the-art pieces of Free Value to them.

Hey Petar, here's a document I prepared a long time ago for

holding my outreach/copy to a higher standard ↓ ↓ ↓

☰ Phoenix Program - Question...

Do you think I should add more questions and make them more specific?

Because I will 100% add a quick 10-15-minute brainstorming session to my daily task list which I can use for this exact occasion.

It's gonna be called "Quality Questions".

17th hour:

- Slept through the whole hour and up until 18:15±.**
- Maybe I have lost some time, but I also woke up with energy and better focus.**

So I think it was worth the investment.

18th hour:

- Re-watched yesterday's MPUC and took notes upon it + did the same with today's.**

I'll still take notes on the MPUCs, but it won't be every single thing Andrew says like I used to do.

It's gonna be just the important takeaways.

19th hour:

- **Prospected, broke down businesses.**

Found 4 kind-of-quality prospects and broke them all down.

I found that most businesses I write to struggle with attention.

And the way to help them with that is by taking top player scripts and refining them until they're matching their voice and I'm sure they can produce results.

Kind of unsure how to hold them to an extremely high standard, but I'll probably ask myself better questions.

Harsh questions.

I even got this response from an interested prospect after he saw my FV... it's a shame...

3:46 AM



Appreciate you taking the time to create this bro but respectful I don't agree with anything on there



Telling someone to eat 2g of protein per lbs of body weight is insane. If someone weighs 200 lbs you would be telling them to consume 400g of protein a day. That makes no sense.



In addition, I don't agree that the goal is to lose weight as fast as possible.



Lastly I don't think you understand how hard it is for most people to get 10,000 steps. Asking someone to get 20-40k steps everyday is literally insane.

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- **Grateful this happened, cause it helped me realize that I'm half-assing the FV process and**

**focusing on the outcome
instead of the input.**

20th hour:

- Interacted with prospects, and sent 4 compliment outreaches.**
- I have noticed that I don't send follow-ups to prospects I've already wrote to.**

And that's a HUGE problem.

Because I can send them a compliment outreach, make a FV, and then after 24h have passed - send the FV.

And if I've given my all to make that piece of spec work great - I'll most likely land a client.

 **- Tomorrow I will create a small Google sheet document for keeping track of my outreach efforts.**

- I don't want it to be something complicated.

Maybe this is enough:

Name	Email	Main Flaw/s	Solution/s

- **Oh, and also a row or a column that will serve as a reminder as to whether I have sent the first follow-up or not.**

And also a second column to remind me if I have sent the takeaway follow-up 3-7 days later.

21th hour:

- Started with this reflection.

Andrew said it would take 5 minutes or less, but it took me the entire hour.

And the reason it did is because I'm not tracking my hours during my day, but rather reflecting upon memory.

 **- I can also set a timer of 10-15 minutes and reflect with greater speed.**

- I must treat my mother better.

A few minutes ago, I tried to set a boundary on them not distracting me, but it ended up being an insult, because of the direct approach I took with it.

- I must think thrice and speak once.

22nd hour:

- I will crank out my push-ups for the day and then I will eat.
- Lost my fucking time in trw chats for. Didn't lose that much, but it's still time lost.
-  - Anything less except absolute urgency is cowardice.
- I have developed such hate for the term "cowardice" that I can use this hate by connecting it with urgency.

