

World Conquest



 **Today's Missions & Strategic Steps To Success** 
(Tackle each mission, step by step, and track your progress.)

 **Wake up and sleep** 

1. 

 **MISSION:** Wake up 9:00 AM

 **Strategic Steps:**

2. 

 **MISSION:** Sleep 11:30 PM

 **Strategic Steps:**

 **Health and training** 

3. 

 **MISSION:** Eat daily 3380 cals


 **Strategic Steps:** Do 2 big meals, one lunch and one dinner

4. 

 **MISSION:** Drink 3L of water

 **Strategic Steps:**

5. 

 **MISSION:** Running/sprinting training

 **Strategic Steps:**

6. 

















 **MISSION:** Do 250 push ups





















 **Strategic Steps:**















1-Do 2 sets of 25 reps and 4 sets of 50 reps


2-Do them during the mental reset between G work sessions and do one set before every meal







<div> <div>✓</div> <div>/</div> <div>✗</div> </div>	<div> <div> <div>🚀</div> <div>Today's Missions & Strategic Steps To Success</div> <div>🚀</div> </div> <div>(Tackle each mission, step by step, and track your progress.)</div> </div>
<div>7. ✓/✗</div>	<div> <div>🎯 MISSION:</div> <div>🕒 Strategic Steps:</div> </div>
<div>8. ✗</div>	<div> <div>🎯 MISSION:</div> Stretch for 5 minutes <div>🕒 Strategic Steps:</div> </div>
<div> <div>💰</div> <div>The path to financial conquest</div> <div>🔪</div> </div>	
<div>9. ✗</div>	<div> <div>🎯 MISSION:</div> Do 3 G work sessions on client work <div>🕒 Strategic Steps:</div> Do three 1 hour sessions </div>
<div>10. ✓</div>	<div> <div>🎯 MISSION:</div> Work on client's website design <div>🕒 Strategic Steps:</div> </div>
<div>11. ✗</div>	<div> <div>🎯 MISSION:</div> Do new top player SEO and website analysis <div>🕒 Strategic Steps:</div> </div>
<div>12. ✓/✗</div> <div>Dyland didn't post so I searched for a successful post and saved it in my successful posts folder</div>	<div> <div>🎯 MISSION:</div> Check the daily-content-idea chat to get ideas for client's IG posts <div>🕒 Strategic Steps:</div> </div>

<div> <div>✓/✗</div> </div>	<div> <div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div> </div>
<div>13. ✓</div>	<div> <div>  MISSION: Do market research for barbershop niche </div> <div>  Strategic Steps: Focus on target market research </div> </div>
<div>14. ✓</div>	<div> <div>  MISSION: Review successful copy for 15 minutes </div> <div>  Strategic Steps: </div> </div>
<div>15. ✓</div>	<div> <div>  MISSION: Review student's copy for 10 minutes </div> <div>  Strategic Steps: </div> </div>
<div>16. ✗</div>	<div> <div>  MISSION: Analyze competitors' logos </div> <div>  Strategic Steps: </div> </div>
<div>17. ✓</div>	<div> <div>  MISSION: Complete the daily checklist </div> <div>  Strategic Steps: <div> <div> <input checked="" type="checkbox"/> 15 seconds focus on your ideal future self </div> <div> <input checked="" type="checkbox"/> Review your plans to win that day </div> <div> <input checked="" type="checkbox"/> Watch the PUG </div> <div> <input checked="" type="checkbox"/> 10 minutes analyzing good copy from the swipe file or top players </div> <div> <input checked="" type="checkbox"/> 3-10 outreaches or 1G work session on client work </div> <div> <input checked="" type="checkbox"/> Train </div> <div> <input checked="" type="checkbox"/> Review your wins and losses for the day </div> <div> <input checked="" type="checkbox"/> Plan out your next day accordingly </div> </div> </div> </div>
<div>18. ✓</div>	<div> <div>  MISSION: Watch the PUC </div> <div>  Strategic Steps: </div> </div>
<div>19. ✓/✗</div>	<div> <div>  MISSION: </div> <div>  Strategic Steps: </div> </div>


<div> <div>✓/✗</div> </div>	<div> <div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div> </div>
<div> <div>20. ✓/✗</div> </div>	<div> <div>  MISSION: </div> <div>  Strategic Steps: </div> </div>
<div> <div>21. ✓/✗</div> </div>	<div> <div>  MISSION: </div> <div>  Strategic Steps: </div> </div>
<div> <div>22. ✓/✗</div> </div>	<div> <div>  MISSION: </div> <div>  Strategic Steps: </div> </div>
<div> <div>23. ✓/✗</div> </div>	<div> <div>  MISSION: </div> <div>  Strategic Steps: </div> </div>
<div> <div>24. ✓/✗</div> </div>	<div> <div>  MISSION: </div> <div>  Strategic Steps: </div> </div>
<div> <div>  Review of the day's conquest and new battle plans  </div> </div>	
<div> <div>25. ✓</div> </div>	<div> <div>  MISSION: Plan the next day </div> <div>  Strategic Steps: </div> </div>
<div> <div>26. ✓</div> </div>	<div> <div>  MISSION: Review the work did in a day and come up with new ideas to improve and get more work done faster in a day </div> <div>  Strategic Steps: </div> </div>
<div> <div>27. ✓</div> </div>	<div> <div>  MISSION: Carefully measure how you spend your time </div> <div>  Strategic Steps: </div> </div>

	<div>  Today's Missions & Strategic Steps To Success  </div> <div> (Tackle each mission, step by step, and track your progress.) </div>
	<div> 1-Measure how you spend every second of your life. 2-Measure how much time you spend on garbage and remove it. 3-At the end of the day review the time you spent and how you spent it 4-Hold yourself accountable and maximize the time you spend on tasks that move you forward with your goals. </div>
28. 	<div>  MISSION: Review the day's attack plan and visualize your future self for 15 seconds </div> <div>  Strategic Steps: </div>
29.  Didn't write any new improvement	<div>  MISSION: Read yesterday's improvements in yesterday's daily planner and act on them. </div> <div>  Strategic Steps: </div>
Knowledge 	
30. 	<div>  MISSION: Practice German for 15 minutes </div> <div>  Strategic Steps: not urgent/not important so don't do the whole 15 minutes if there are urgent important or not urgent important tasks to do </div>
Work to complete in order to get the reward	<div> Extra tasks - rewards for conquering the day  </div>
Complete 3 G work	Watch and take notes on Sabri Suby's how to unlock hyper focus video

sessions 	
Complete all the daily tasks	Reading 10 pages of a marketing/conquest/personal development book
Get gym training done in max 1 hour and 30 minutes	Watch upcoming Canelo fight highlights




 Weekly goals- conquests for the week		
1.  / 	<u>State of completion:</u> <u>Deadline:</u> 19/05/2024	
2.  / 	<u>State of completion:</u> <u>Deadline:</u> 19/05/2024	
3. 	<u>State of completion:</u> Working on the design	Get the website's design done (steps tbd)

	<u>Deadline: 19/05/2024</u>	
4. ❌	<u>State of completion:</u> <u>Not started</u> <u>Deadline: 19/05/2024</u>	Get SEO done (steps tbd)
5. ❌	<u>State of completion:</u> 3/7 <u>Deadline: 19/05/2024</u>	Complete the daily checklist everyday
6. ❌	<u>State of completion:</u> 3/7 <u>Deadline: 19/05/2024</u>	Get at least 6 hours of sleep per night




	<div> <div>July 17</div> <div>Date of Determination</div> <div>July 17</div> </div>
Date:	19/05

 **Igniting Your Flame - Outshine Yesterday's Blaze** 

Yesterday's Overall Benchmark Score to Surpass Today =13/16





	<div>  <div>3 Blessings I Cherish This Morning</div>  </div>
1.	I'm healthy
2.	I'm strong




3.	My loved ones are healthy
----	---------------------------

	 Magic Trio: 3 Priority Missions  (These are non-negotiable tasks and must be conquered today!)
1.	Putting together an execution plan
2.	Target market research
3.	Training

Hourly Commitments & Reflections

(Design each hour with intention and reflect upon its journey)

Mission 	Mission: What will I do?
Strategy 	Strategy: How will I do it, step-by-step action?
Reflection 	Reflection: Was the mission accomplished? If not, what stopped me?
Score 	Hourly Score: How did this hour measure up to my standards? Good

4 AM: Mission 	
Strategy 	
Reflection 	
Score 	

5 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

6 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

7 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

8 AM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	

9 AM: Mission 🏆★	Wake up and go running/sprinting
Strategy 🔍	
Reflection ✍️	
Score 🏆	

10 AM: Mission 🏆★	Finish running/sprinting, shower, and review copy
Strategy 🔍	
Reflection ✍️	
Score 🏆	

11 AM: Mission 🏆★	Work on client's website design
Strategy 🔍	First G work session
Reflection ✍️	
Score 🏆	

12 PM: Mission 🏆★	Work on client's website design
Strategy 🔍	Second G work session
Reflection ✍️	

Score 🏆	
---------	--

1 PM: Mission 🏆	Work on client's website design
Strategy 🔍	Third G work session
Reflection ✍️	
Score 🏆	

2 PM: Mission 🏆	Work on client's website design
Strategy 🔍	Fourth G work session
Reflection ✍️	
Score 🏆	

3 PM: Mission 🏆	IKEA
Strategy 🔍	While going to it review a student's copy and analyze competitors' logos
Reflection ✍️	
Score 🏆	

4 PM: Mission 🏆	IKEA
Strategy 🔍	
Reflection ✍️	

Score 🏆	
---------	--

5 PM: Mission 🏆	IKEA
Strategy 🔍	While getting home analyze new top player's SEO and website
Reflection 🖋️	
Score 🏆	

6 PM: Mission 🏆	Work on client's website design
Strategy 🔍	Fifth G work session
Reflection 🖋️	
Score 🏆	

7 PM: Mission 🏆	Work on client's website design
Strategy 🔍	Sixth G work session
Reflection 🖋️	
Score 🏆	

8 PM: Mission 🏆	Cook, do 50 push-ups, and eat
Strategy 🔍	While cooking and eating listen to the PUC and then after you finish listening to the PUC do target market research
Reflection 🖋️	

Score 🏆	
---------	--

9 PM: Mission 🏆	Finish eating, and finish last tasks
Strategy 🔍	While finishing to eat do target market research
Reflection ✍️	
Score 🏆	

10 PM: Mission 🏆	Review the work did in a day, read the bible, pray, get ready to go to sleep and go to sleep
Strategy 🔍	
Reflection ✍️	
Score 🏆	

11 PM: Mission 🏆	
Strategy 🔍	
Reflection ✍️	
Score 🏆	



Twilight's Review



☀️ What wins did I achieve today? ☀️

📖 What lessons did I learn today? 📖

- Show the reader the first option where he has to do it all by himself with all the effort and hassle correlated, and then show the second option where you present your offer or service which removes all the effort and hassle from the plate (IKEA text found at the store)
- God tried to wake me up from my sleep through numerous ways so that I could start conquering but I ignored his signs and went back to sleep → god is by my side, supporting, guiding and helping me, I just have to listen and follow him
- If I'm in a fasted state long enough, at a certain point, the feeling of hunger will disappear and my energies will go up (maybe this happened today because I increased my energy by getting fired up)

🚧 What roadblocks did I face? 🚧

- Woke up 3 hours and 50 minutes late
- Had a stomach problem

💡 How will I improve and progress tomorrow? 💡

- Get the main training done
- Do all the push-ups
- Wake up on time

🔄 What worked well and will be repeated? 🔄

- Praying
- Training

- Focused client work
-

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

 **What tasks remain uncompleted** 

1. Waking up on time
 2. Going to sleep on time
 3. Eating 3380 calories (ate 3280 calories)
 4. Drinking 3L of water (drank only 2L)
 5. Doing running/sprinting training
 6. Doing 250 push-ups
 7. Stretching
 8. Doing 3 G work sessions
 9. Doing new top player's SEO and website analysis
 10. Analyzing competitors' logos
 11. Practicing German for 15 minutes
-

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

 **The final assessment of the day's productivity** 

