








**Day Number: 1**

**Date: 19/06/23**







**Start Of The Day - Time: 6 :44**

	 <b>3 Things That I Am Excited To Have In The Future?</b> 
<b>1.</b>	<b>weigh 75kg</b>
<b>2.</b>	<b>land my first customer</b>
<b>3.</b>	<b>make my first money</b>

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## **Hour-By-Hour** **Tracking:**

**[Track+Measure=Improve]**

 <b>Task:</b>	 <b>Task = Set The Task That I Intend To Complete This Hour?</b>
 <b>Intention:</b>	 <b>Intention = What Is My Plan Of Action To Complete This Task For This Hour?</b>
 <b>Reflection:</b>	 <b>Reflection = Did I Complete This Task For This Hour? If Not, Then Why?</b>

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### **My War Mode Words:**

***1. I Am Acting With No Limits To My Abilities!***

***2. I Am Being All That I Can Be, Every Hour And Every Day!***

***3. Every Word I Am Saying And Thought I Am Thinking Is Positive!***

***4. I Am Being Enthusiastic About Completing Each Task!***



## 5. I Am The Best Copywriter In The World!

**(Delete Any Boxes Below That Are Before  
The Time That You Start Your Day In Your  
Own Copy)**

<b>\$ 6 am: Task \$</b>	<b>take a cold shower</b>
<b>🔔 Intention 🔔</b>	<b>I am going to get up and go take the shower</b>
<b>✍️ Reflection ✍️</b>	<b>was hard but felt good and it got me in the right mindset for the day : every single waking hour I am going to be working</b>

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<b>\$ 7 am: Task \$</b>	<b>eat my everyday bulking breakfast</b>
<b>🔔 Intention 🔔</b>	<b>since it is long I'll do so while watching some lessons from the bootcamp</b>
<b>✍️ Reflection ✍️</b>	<b>This is the real start of the hustle, I found myself constantly reaching for my phone, and i wasted some time. I am still eating and learning right now and from now on i will do my best to always focus on my task.</b>

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<b>\$ 8 am: Task \$</b>	<b>Finish eating and Hygiene</b>
<b>🔔 Intention 🔔</b>	<b>Finish eating my breakfast (I am just starting) while learning about copywriting and go do some hygiene stuff to prepare for the gym</b>
<b>✍️ Reflection ✍️</b>	<b>I Learned a lot of stuff, and I just finished boot camp 2. I spent the whole hour eating though.</b>

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<b>\$ 9 am: Task \$</b>	<b>Hygiene and Gym.</b>
<b>🔔 Intention 🔔</b>	<b>I am going to do some hygiene stuff and then I will get ready for the gym. If i will feel i need some time to digest the food i will watch some more lessons.</b>
<b>✍ Reflection ✍</b>	<b>Work Work Work i dont give a fuck about nothing else than work. NOTHING is more important than work work is what defines me as a man.</b>

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<b>\$ 10 am: Task \$</b>	<b>still at the gym</b>
<b>🔔 Intention 🔔</b>	<b>get a sick pump in</b>
<b>✍ Reflection ✍</b>	<b>feels nice</b>

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<b>\$ 11 am: Task \$</b>	<b>gym and get back home</b>
<b>🔔 Intention 🔔</b>	<b>finish my session and head back home and take a shower to remove all the sweat</b>
<b>✍ Reflection ✍</b>	<b>I am going to try my best to focus on myself and not on what other people think of me at the gym from now on as it is a pretty toxic mindset. I am overall grateful for this session which was intense but great. The only best thing I can do at all times is work hard.</b>

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<b>\$ 12 am: Task \$</b>	<b>learn copy lessons</b>
<b>🔔 Intention 🔔</b>	<b>get better at copywriting and get closer to finishing step 3 of the bootcamp</b>
<b>✍ Reflection ✍</b>	<b>i already wasted 25 minutes buying protein but i am hustling back again now</b>

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<b>\$ 1 pm: Task \$</b>	<b>doing the researching mission on the biggest players in the supplementing industry</b>
<b>🔔 Intention 🔔</b>	<b>I am looking up stuff on the company</b>
<b>✍ Reflection ✍</b>	<b>Decent work in tho i wasted a bit of time in the end</b>

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<b>\$ 2 pm: Task \$</b>	<b>Eat my lunch</b>
<b>🔔 Intention 🔔</b>	<b>Cook and eat my lunch while continuing my work on the company</b>
<b>✍ Reflection ✍</b>	<b>I wasted a bunch of time on my pc while eating so it didnt feel fulfilling at all</b>

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<b>\$ 3 pm: Task \$</b>	<b>Go to pharmacy, then read 10 pages of book</b>
<b>🔔 Intention 🔔</b>	<b>Get done with this task so i can move on with my day, and progress in my book so i can start reading the way of the superior man asap.</b>
<b>✍ Reflection ✍</b>	

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<b>\$ 4 pm: Task \$</b>	<b>finish reading, drink protein shake and watch latest power up call</b>
<b>🔔 Intention 🔔</b>	<b>get done with these tasks as they are essential to my day.</b>
<b>✍ Reflection ✍</b>	<b>ong i ate so much i trew up half of my shake im so mad</b>

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<b>\$ 5 pm: Task \$</b>	<b>research on rpe/watch power up call</b>
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 <b>Intention</b> 	
 <b>Reflection</b> 	<b>I dont really get the point but its interesting and the power up call was nice but i wanna hear abt the testosterone part</b>

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<b>\$ 6 pm: Task \$</b>	...
 <b>Intention</b> 	<b>To be fair i didn't do shit I made a quick outreach but that is it</b>
 <b>Reflection</b> 	

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<b>\$ 7 pm: Task \$</b>	<b>Learn some lessons</b>
 <b>Intention</b> 	<b>I am going to watch some lessons until the end of the hour because i have already made some research on some product earlier today as part of a mission and i believe the best way for me to improve right now is to get done with the boot camp especially in order to get better with outreaches.</b>
 <b>Reflection</b> 	

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<b>\$ 8 pm: Task \$</b>	<b>Do some outreaches</b>
 <b>Intention</b> 	<b>I Am writing this as i finished this task, my intention was to contact some fitness influencers, in order to land my first customer</b>
 <b>Reflection</b> 	<b>I found a guy and i started planning out an outreach email, but then i found out that he wasn't selling anything in his website and that it were just articles.</b>

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<b>\$ 9 pm: Task \$</b>	<b>Finish eating + plan out tomorrow</b>
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	<b>ate the whole time</b>

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<b>\$ 10 pm: Task \$</b>	<b>plan out tomorrow+hygiene+2nd cold shower</b>
<b>🔔 Intention 🔔</b>	<b>finish the day out, and send a message in the accountability channel</b>
<b>✍️ Reflection ✍️</b>	

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<b>\$ 11 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	

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<b>\$ 12 pm: Task \$</b>	
<b>🔔 Intention 🔔</b>	
<b>✍️ Reflection ✍️</b>	



# End-Of-The-Day Report:




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### What Did I Learn Today?

**That i get distracted way more easily than I thought, but once I get into the flow of doing the work it gets easy**

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### What Do I Plan To Do Differently Tomorrow?

**I plan on doing some different hu related tasks as these one weren't right like the one on the product copy i did it's just wasting time. I am going to focus way more on outreach**

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### What Do I Plan To Do The Same Tomorrow?

**my morning routine and the gym and my meals that was clean although I have some tasks in the morning that disrupt my work it is alright as i will do my best**

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### Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With?

**i keep this between the accountability channel and me for now**

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### What Tasks Were Left Undone?

**I didn't finish the 45 min task as well as the 3500 cal one because I threw up**

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**Brain Dump: today was a pretty productive day for the first half although I am not really proud of the second half because I kind of wasted time and i didn't manage to get into the flow of doing always my tasks**