

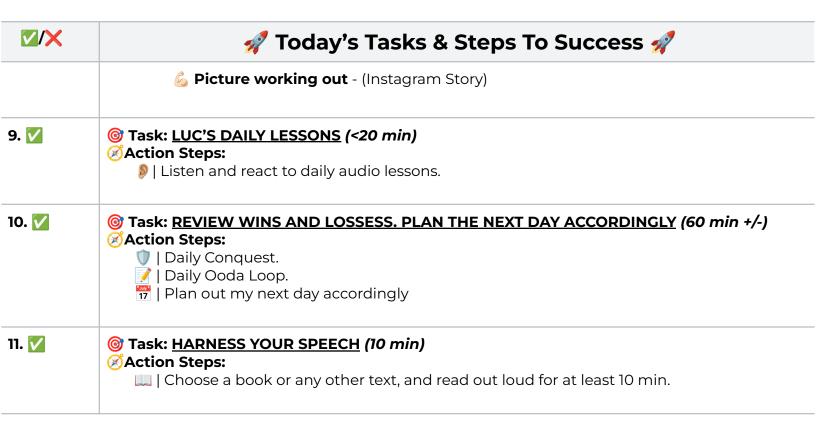


## 🚀 Today's Tasks & Steps To Success 🚀

- Task: <u>DAILY CHECKLIST</u>
- **Action Steps:** 
  - 15 secs focus on your ideal future self then review your plans to win that day.
  - 📝 | 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.
  - | Review your wins and losses for the day. Plan out your next day accordingly.
- - Action Steps:

    | Get out of bed
    | Grooming
    | Prepare a coffee
    | Open my computer
    | Check notifications

<b>▽/</b> ×	√ Today's Tasks & Steps To Success √
3. 🗸	Task: POWER (30 min)
4. 🗸	<ul> <li>Task: G-WORK SESSION ON CLIENT WORK (&gt; 60 min)</li> <li>Action Steps:         <ul> <li>Set a clear intention for what I'm going to do:</li> </ul> </li> <li>Clear my environment</li> <li>Choose motivating music</li> <li>Visualize myself immersed in the work and how it feels</li> <li>Set a timer</li> <li>Get to work</li> </ul>
5. 🔽	Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min) Action Steps:    Choose a piece of Copy/Content -or- Top Player to analyze/break down.    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.
6. 🗸	
7. 🔽	© Task: TRAIN (60 - 150 min)  ☑ Action Steps:  ↑ TRAIN
8. 🗸	



	17 Date 17
Date:	17/05/2024

	🌄 3 Blessings I'm Grateful To Have 🙌
1.	I'm grateful to have a beautiful and loving dog.
2.	I'm grateful to be born in the perfect time to become as SUCCESFUL AS POSSIBLE
3.	I'm grateful to have a nice working tool that'll help me achieve it.



1.	DAILY CHECKLIST
2.	PRAYER
3.	



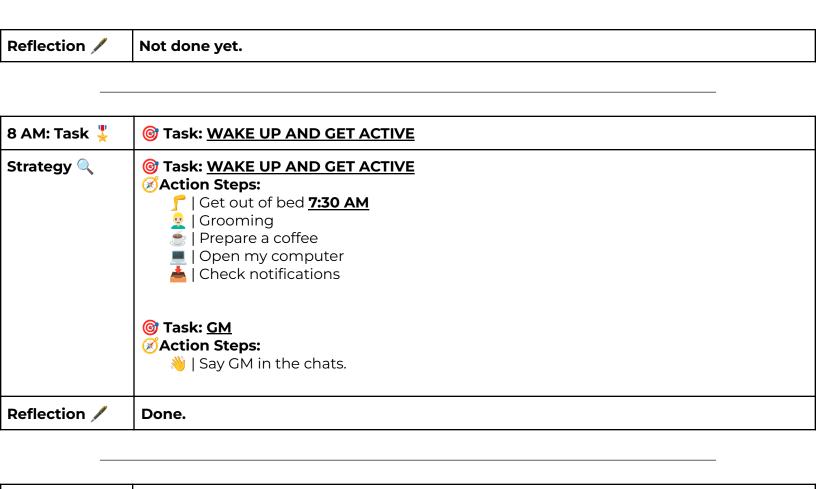
## Mourly Commitments & Reflections



Task 🖔	Task: What will I do?
Strategy Q	Strategy: How will I do it, step-by-step action?
Reflection /	Reflection: Was the task finished? If not, why & what stopped me and how will I fix it?

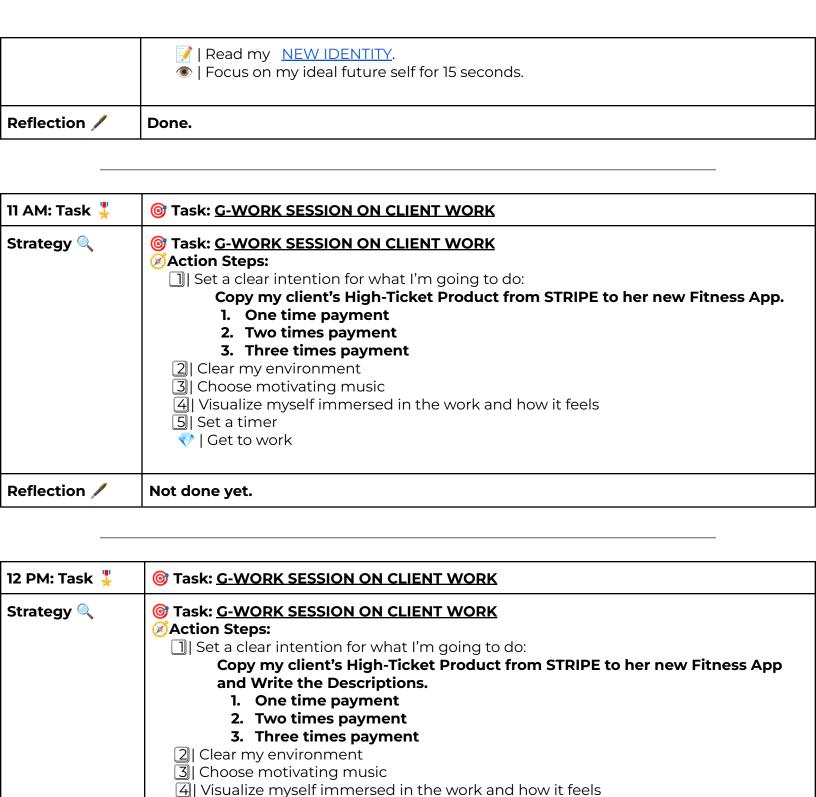
## (Fill in as you go & remove the hours you are <mark>asleep.)</mark>

7 AM: Task 辈	Task: WAKE UP AND GET ACTIVE
Strategy 🔍	Task: WAKE UP AND GET ACTIVE



9 AM: Task 💃	Here I procrastinated.
Strategy 🔍	I was talking with my brother about different stuff.
Reflection /	Tomorrow I'll simply say to him that I have to get to work as soon as possible.

10 AM: Task 💃	Task: CLARITY
Strategy 🔍	Task: CLARITY
	<ul> <li></li></ul>



Done.

Reflection /

1 PM: Task 💃	LUNCH
Strategy 🔍	LUNCH 1. Cook 2. Eat 3. Clean
Reflection /	Done.
2 PM: Task 🖐	Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)
Strategy 🔍	<ul> <li>Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (&gt; 10 min)</li> <li>Action Steps:         <ul> <li>Choose a piece of Copy/Content -or- Top Player to analyze/break down.</li> <li>30 min to find on Instagram a top player in my client's niche, and start to analyze them. <a href="https://www.instagram.com/fitwilly/">https://www.instagram.com/fitwilly/</a></li> <li>Clear my environment</li> <li>Visualize myself immersed in the work and how it feels</li> <li>Set a timer</li> <li>Take notes/or read them</li> <li>Write down insights and tactics I could use in my client's work.</li> </ul> </li> </ul>
Reflection /	Done.
3 PM: Task 💃	© Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)
Strategy 🔍	<ul> <li>Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (&gt; 10 min)</li> <li>Action Steps:         <ul> <li>Choose a piece of Copy/Content -or- Top Player to analyze/break down.</li> <li>Here I overlooked his strategy across different SM media platforms.</li> <li>Tomorrow I'll be analyzing his Instagram Strategy.</li> </ul> </li> <li>Clear my environment</li> <li>Visualize myself immersed in the work and how it feels</li> <li>Set a timer</li> <li>Take notes/or read them</li> <li>Write down insights and tactics I could use in my client's work.</li> </ul>

Reflection /	done
4 PM: Task 💃	⊚ Task: <u>MPUC</u> (< 60 min)
Strategy 🔍	
Reflection /	done
<u></u> .	T
5 PM: Task 💃	⊚ Task: <u>TRAIN</u> (60 - 150 min)
Strategy 🔍	© Task: TRAIN (60 - 150 min)  ⊗ Action Steps:  ↑ TRAIN LEGS
Reflection /	Not done yet. Started at 17:45
6 PM: Task 👢	⊚ Task: <u>TRAIN</u> (60 - 150 min)
Strategy Q	© Task: TRAIN (60 - 150 min)  ⊗ Action Steps:  ↑ TRAIN LEGS
Reflection /	Not done yet. Started at 17:45
7 PM: Task 💃	⊚ Task: <u>TRAIN</u> (60 - 150 min)
Strategy 🔍	© Task: TRAIN (60 - 150 min)  ⊗ Action Steps:  ↑ TRAIN LEGS
	,

Reflection /	Not done yet. Started at 17:45
8 PM: Task 🖐	⊚ Task: <u>TRAIN</u> (60 - 150 min) SHOWER
Strategy 🔍	Task: TRAIN (60 - 150 min) Action Steps: TRAIN LEGS  SHOWER  1. Shower
Reflection /	Done. Finished at 20:15.
9 PM: Task 🖐	DINNER  ③ Task: <u>UPLOAD CONTENT TO SOCIAL MEDIA</u> (??? min)  ⑤ Task: <u>LUC'S DAILY LESSONS</u> (<20 min)
Strategy 🔍	DINNER  1. Cook 2. Eat 3. Clean  Task: UPLOAD CONTENT TO SOCIAL MEDIA (??? min) Action Steps:    Upload to social media - what I'm doing throughout the day.   Picture working - (Instagram Story)   Picture working out - (Instagram Story)
Reflection /	

10 PM: Task 💃	© Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-) © Task: HARNESS YOUR SPEECH (10 min)
Strategy Q	Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-) Action Steps: <ul> <li>□   Daily Conquest.</li> <li>□   Daily Ooda Loop.</li> <li>□   Plan out my next day accordingly</li> </ul> Task: HARNESS YOUR SPEECH (10 min)   ☑ Action Steps: □   Choose a book or any other text, and read out loud for at least 10 min.
Reflection /	Not done yet.

11 PM: Task 💃	⊚ Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u> (60 min +/-)
Strategy 🔍	Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-) ★Action Steps: <ul> <li>Daily Conquest.</li> <li>Daily Ooda Loop.</li> <li>Plan out my next day accordingly</li> </ul>
Reflection /	Done.





- a. Completed my NNs
- b. Completed Daily Checklist
- c. Prayer
- d. High Intensity Workout.
- e. Found Ways to Improve My FACTORY LINE.

### 📕 What lessons did I learn today? 📘



#### **LESSONS LEARNED**

1. I NEED TO <u>CONTROL THE INITIATIVE</u> TO IMPROVE MY SELF-TALK AND MY ABILITY TO GENERATE **ENERGY ON COMMAND** 

#### **TODAY'S OODA LOOP**

#### 1.- OBSERVE.

- 2. Wins:
  - a. Completed my NNs
  - b. Completed Daily Checklist
  - c. Prayer
  - d. High Intensity Workout.
  - e. Found Ways to Improve My FACTORY LINE.
- 3. Losses:
  - a. Procrastinated 2 HOURS.
    - 1:30h in the MORNING talking with my brother
    - Then another 30 of doing nothing while my mom was deciding which Picture she liked the most to POST.

#### 2.- ORIENT

1. To me, this seems like a problem of poor self-talk because I could have easily said to my brother that I had to get to work, and while I was waiting for my mom's response I could have been working on something else.

#### 3.- DECIDE.

### 1. CONTROL THE INITIATIVE.

- 2. The First Loss is easy to FIX.
  - a. Tomorrow as I'll get to work as soon as POSSIBLE, and I'll say to my brother that we need to stop fucking around and get some shit done.
- 2. The Second Loss is simple to fix but not as easy because it actually implies more effort. So next time I'm waiting for my mom's response on some piece of work I'll as myself:
  - a. Is there anything I can do to progress in the meantime?
    - If yes write it down.
      - 1. Write the action steps and get to business.

<ul> <li>b. If there's not.</li> <li>i. Find some important BUT NOT URGENT tasks to do in the meantime.</li> <li>1. Write the action steps and get to business.</li> </ul>
4 ACT.  1. Act 2. Receive Feedback 3. Refine Strategy
What roadblocks did I face?
POOR-SELF TALK
1. Applying the 3 DECIDE. part from today's OODA LOOP.
☑ What worked well and will be repeated? ☑
Getting the IMPORTANT AND URGENT WORK BEFORE BREAKING THE FAST.
⊠ Who are the People I need to connect with?⊠
Fellow Students.
📌 What tasks remain uncompleted 📌

NONE.	
♠ What changes do I need to make to my CONQUEST PLAN? ♠	
Refine My Goals Achieved.	
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6	

# **Freestyle Thoughts:**

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