

DAILY DOMINATION



Today's Tasks & Steps To Success

Task: **DAILY CHECKLIST**

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.

→ 

Task: **RECOVERY**


Action Steps:

 | Lay in bed for 7-9 hours.

→ 

Task: **WAKE UP AND GET ACTIVE**


Action Steps:

 | Get out of bed

 | Grooming

 | Prepare a coffee


 | Open my computer

 | Check notifications

1. 

Task: **GM (2 min)**


Action Steps:


 | Say GM in the chats.

2. 

Task: **CLARITY (5min)**

Action Steps:

 | Write down all the tasks that need to be done that day

 | Decide which one to start with.



Today's Tasks & Steps To Success

3. 

 **Task: POWER (30 min)**


 **Action Steps:**

 | Prayer.

 | Read the [Ooda Loop](#) from the day Before to ensure I ACT on it

 | Read my [CONQUEST PLANNER](#).

 | Read my [NEW IDENTITY](#).

 | Focus on my ideal future self for 15 seconds.

4. 

 **Task: G-WORK SESSION ON CLIENT WORK (> 60 min)**

 **Action Steps:**

1 | Set a clear intention for what I'm going to do:

2 | Clear my environment

3 | Choose motivating music

4 | Visualize myself immersed in the work and how it feels

5 | Set a timer

 | Get to work

5. 

 **Task: ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)**

 **Action Steps:**

1 | Choose a piece of Copy/Content -or- Top Player to analyze/break down.

2 | Clear my environment

3 | Visualize myself immersed in the work and how it feels

4 | Set a timer

5 | Take notes/or read them

6 | Write down insights and tactics I could use in my client's work.

6. 

 **Task: MPUC (< 60 min)**

 **Action Steps:**

 | Watch the POWER-UP CALL of the day.

7. 

 **Task: TRAIN (60 - 150 min)**

 **Action Steps:**


 | TRAIN

8. 

 **Task: UPLOAD CONTENT TO [SOCIAL MEDIA](#) (??? min)**

 **Action Steps:**

 | Upload to social media - what I'm doing throughout the day.

 **Picture working** - (Instagram Story)

	Today's Tasks & Steps To Success
	Picture working out - (Instagram Story)
9.	Task: <u>LUC'S DAILY LESSONS</u> (<20 min) Action Steps: Listen and react to daily audio lessons.
10.	Task: <u>REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY</u> (60 min +/-) Action Steps: Daily Conquest. Daily Ooda Loop. Plan out my next day accordingly
11.	Task: <u>HARNESS YOUR SPEECH</u> (10 min) Action Steps: Choose a book or any other text, and read out loud for at least 10 min.

	<div> <div>Date</div> </div>
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 SUCCESSFUL AS POSSIBLE
3.	I'm grateful to have a nice working tool that'll help me achieve it.

	<div> <div>3 Priority Tasks</div> <div></div> </div> <p>(These are non-negotiable tasks and must be conquered today!)</p>
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1.	DAILY CHECKLIST
2.	PRAYER
3.	










Hourly Commitments & Reflections




Task 🏆	Task: What will I do?
Strategy 🔍	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 asleep.)




7 AM: Task 🏆	🎯 Task: <u>WAKE UP AND GET ACTIVE</u>
Strategy 🔍	🎯 Task: <u>WAKE UP AND GET ACTIVE</u> ⚙️ Action Steps: 🛏️ Get out of bed 7:30 AM 🧑 Grooming ☕ Prepare a coffee 💻 Open my computer 🔔 Check notifications










Reflection 	Not done yet.
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8 AM: Task 	🎯 Task: <u>WAKE UP AND GET ACTIVE</u>
Strategy 	🎯 Task: <u>WAKE UP AND GET ACTIVE</u> 🗺️ Action Steps:  Get out of bed 7:30 AM  Grooming  Prepare a coffee  Open my computer  Check notifications 🎯 Task: <u>GM</u> 🗺️ Action Steps:  Say GM in the chats.
Reflection 	Done.

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: <u>CLARITY</u>
Strategy 	🎯 Task: <u>CLARITY</u> 🗺️ Action Steps:  Write down all the tasks that need to be done that day  Decide which one to start with. 🎯 Task: <u>POWER</u> 🗺️ Action Steps:  Prayer.  Read the Ooda Loop from the day Before to ensure I ACT on it  Read my CONQUEST PLANNER .

	 Read my NEW IDENTITY .  Focus on my ideal future self for 15 seconds.
Reflection 	Done.


11 AM: Task 	🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u>
Strategy 	🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u> 🗨️ Action Steps: <div>  Set a clear intention for what I'm going to do: Copy my client's High-Ticket Product from STRIPE to her new Fitness App. <ol style="list-style-type: none"> One time payment Two times payment Three times payment </div> <div>  Clear my environment  Choose motivating music  Visualize myself immersed in the work and how it feels  Set a timer  Get to work </div>
Reflection 	Not done yet.

12 PM: Task 	🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u>
Strategy 	🎯 Task: <u>G-WORK SESSION ON CLIENT WORK</u> 🗨️ Action Steps: <div>  Set a clear intention for what I'm going to do: Copy my client's High-Ticket Product from STRIPE to her new Fitness App and Write the Descriptions. <ol style="list-style-type: none"> One time payment Two times payment Three times payment </div> <div>  Clear my environment  Choose motivating music  Visualize myself immersed in the work and how it feels  Set a timer  Get to work </div>
Reflection 	Done.





1 PM: Task 🏆	LUNCH
Strategy 🔍	LUNCH <ol style="list-style-type: none"> 1. Cook 2. Eat 3. Clean
Reflection ✍️	Done.


2 PM: Task 🏆	🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)</u>
Strategy 🔍	🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)</u> 🔗 Action Steps: <ol style="list-style-type: none"> 1 Choose a piece of Copy/Content -or- Top Player to analyze/break down. 30 min to find on Instagram a top player in my client's niche, and start to analyze them. https://www.instagram.com/fitwilly/ 2 Clear my environment 3 Visualize myself immersed in the work and how it feels 4 Set a timer 5 Take notes/or read them 6 Write down insights and tactics I could use in my client's work.
Reflection ✍️	Done.

3 PM: Task 🏆	🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)</u>
Strategy 🔍	🎯 Task: <u>ANALYZE COPY / TOP PLAYERS -or- REVIEW MY NOTES (> 10 min)</u> 🔗 Action Steps: <ol style="list-style-type: none"> 1 Choose a piece of Copy/Content -or- Top Player to analyze/break down. Here I overlooked his strategy across different SM media platforms. Tomorrow I'll be analyzing his Instagram Strategy. 2 Clear my environment 3 Visualize myself immersed in the work and how it feels 4 Set a timer 5 Take notes/or read them 6 Write down insights and tactics I could use in my client's work.





Reflection 	done
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4 PM: Task 	 Task: <u>MPUC</u> (< 60 min)
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Strategy 	 Task: <u>MPUC</u> (< 60 min)  Action Steps:  Watch the POWER-UP CALL of the day.
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Reflection 	done
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5 PM: Task 	 Task: <u>TRAIN</u> (60 - 150 min)
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Strategy 	 Task: <u>TRAIN</u> (60 - 150 min)  Action Steps:  TRAIN LEGS
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Reflection 	Not done yet. Started at 17:45
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6 PM: Task 	 Task: <u>TRAIN</u> (60 - 150 min)
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Strategy 	 Task: <u>TRAIN</u> (60 - 150 min)  Action Steps:  TRAIN LEGS
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Reflection 	Not done yet. Started at 17:45
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7 PM: Task 	 Task: <u>TRAIN</u> (60 - 150 min)
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Strategy 	 Task: <u>TRAIN</u> (60 - 150 min)  Action Steps:  TRAIN LEGS
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Reflection 	Not done yet. Started at 17:45

8 PM: Task 	🎯 Task: <u>TRAIN (60 - 150 min)</u> SHOWER
Strategy 	🎯 Task: <u>TRAIN (60 - 150 min)</u> 🔧 Action Steps: 👤 TRAIN LEGS SHOWER 1. Shower
Reflection 	Done. Finished at 20:15.

9 PM: Task 	DINNER 🎯 Task: <u>UPLOAD CONTENT TO SOCIAL MEDIA (??? min)</u> 🎯 Task: <u>LUC'S DAILY LESSONS (<20 min)</u>
Strategy 	DINNER 1. Cook 2. Eat 3. Clean 🎯 Task: <u>UPLOAD CONTENT TO SOCIAL MEDIA (??? min)</u> 🔧 Action Steps: 🚀 Upload to social media - what I'm doing throughout the day. 📊 Picture working - (Instagram Story) 💪 Picture working out - (Instagram Story) 🎯 Task: <u>LUC'S DAILY LESSONS (<20 min)</u> 🔧 Action Steps: 👂 Listen and react to daily audio lessons.
Reflection 	

10 PM: Task 🏆	<p>🎯 Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-)</p> <p>🎯 Task: HARNESS YOUR SPEECH (10 min)</p>
Strategy 🔍	<p>🎯 Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-)</p> <p>🔧 Action Steps:</p> <ul style="list-style-type: none"> 🛡️ Daily Conquest. 📝 Daily Ooda Loop. 📅 17 Plan out my next day accordingly <p>🎯 Task: HARNESS YOUR SPEECH (10 min)</p> <p>🔧 Action Steps:</p> <ul style="list-style-type: none"> 📖 Choose a book or any other text, and read out loud for at least 10 min.
Reflection 🖋️	Not done yet.

11 PM: Task 🏆	<p>🎯 Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-)</p>
Strategy 🔍	<p>🎯 Task: REVIEW WINS AND LOSSESS. PLAN THE NEXT DAY ACCORDINGLY (60 min +/-)</p> <p>🔧 Action Steps:</p> <ul style="list-style-type: none"> 🛡️ Daily Conquest. 📝 Daily Ooda Loop. 📅 17 Plan out my next day accordingly
Reflection 🖋️	Done.



Twilight's Review



🌟 What wins did I achieve today? 🌟

- a. Completed my NNs
 - b. Completed Daily Checklist
 - c. Prayer
 - d. High Intensity Workout.
 - e. Found Ways to Improve My FACTORY LINE.
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What lessons did I learn today?

LESSONS LEARNED

1. I NEED TO CONTROL THE INITIATIVE 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.
 - i. 1:30h in the MORNING talking with my brother
 - ii. 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?
 - i. If yes write it down.
 1. Write the action steps and get to business.

- b. If there's not.
 - i. Find some important BUT NOT URGENT tasks to do in the meantime.
 - 1. Write the action steps and get to business.

4.- ACT.

- 1. Act
- 2. Receive Feedback
- 3. Refine Strategy

 **What roadblocks did I face?** 

POOR-SELF TALK

 **How will I improve and progress tomorrow?** 

- 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.

🏆 The final assessment of the day's productivity 🏆

6

Freestyle Thoughts:

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