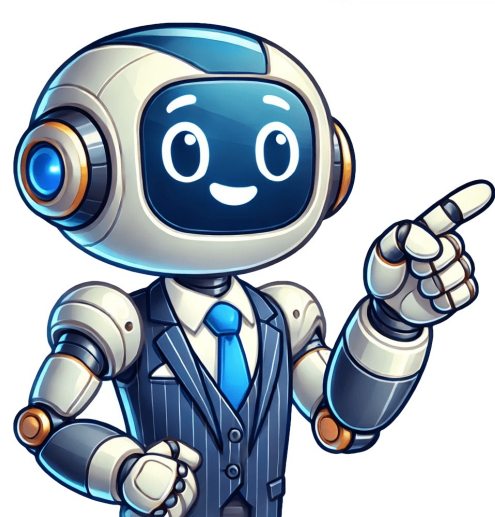


I'm not a bot



Andy frisella power list examples

The power list concept was developed by Andy Frisella and is a free and easy-to-use tool that requires only a pen and notebook. The idea is to write down five tasks that will help you grow as a human being each day, check them off as you complete them, and aim for a daily "W" (win) or "L" (loss). Once you start seeing consistent wins, your confidence grows, and you can replace completed habits with new ones. The goal is to sustain consistent growth every day. I discovered the power list through a podcast and was drawn in by its simplicity and effectiveness. Initially, I found it challenging due to unrealistic tasks, but I learned to make them smaller and more actionable. As I improved, I started to see a streak of wins and became addicted to scoring those daily "W"s. I also introduced weekly reviews to reflect on the past week's progress and set goals for the next week. The power list has been instrumental in my consistent growth, allowing me to apply its tasks to all areas of life. For instance, you can use it to improve relationships or achieve professional goals. The best part is that the power list is scalable and flexible, giving you the freedom to prioritize what matters most. With a winning streak, I've found myself motivated to keep going, knowing that breaking my streak would be detrimental. To this day, I continue to use the power list and have seen incredible results. Five tasks are enough to cover the most critical areas of life, making it an efficient tool for achieving your goals. Complete tasks within an hour to achieve consistency and success. Consistency is key to personal growth and success. The Power List tool helps in utilizing this concept on a low-entry point. Power List results benefit from consistency in planning my week and day. I have a hectic life with two young kids, a wife, a full-time job, and want to stay in top shape. I started with time management techniques, filling my calendar with fixed items like taking the kids to school, working, and dinner. This helps identify available time for other tasks. Realizing that simplifying the tool doesn't mean avoiding action, I moved on from reminders and task manager apps which took too much time to set up. The Power List is different; it's low-tech and straightforward. I actively thought about how to be a better person each day for over a year, using The Power List. It helped me identify areas of improvement and grow in all aspects of my life. Key outcomes included spending quality time with loved ones, getting into shape, phoning close friends, and becoming a more involved parent. The power of self-integrity is crucial to personal growth; doing what you promise yourself will lead to feelings of confidence. Start by committing to small tasks, which can become automatic within a week. Ingrained habits start with simple promises and commitment, leading to increased self-confidence. Holding onto tasks that no longer serve us is a sign that it's time for change. One example of this is my daily habit of reaching out to a friend or family member, something I wasn't used to doing. The Powerlist has been instrumental in shaping my life, and its importance cannot be overstated. It's an easy-to-use tool with no downsides besides the pen and notebook required. Another concept created by Andy Frisella is the #75Hard Challenge, which combines physical and mental toughness with The Powerlist. I completed the #75Hard Challenge and saw a profound impact on my life, transforming both mentally and physically. I encourage everyone to give it a try. Social media has its benefits, allowing us to share messages and connect with others easily. However, it also enables deception and manipulation through curated online images and messages. Most online personas are fake, and this distorts the entrepreneurial and personal development spaces. The idea of success is oversimplified by many who profit from selling "secrets" online. These individuals often lack personal achievements and use misleading tactics to sell their ideas. This discredits genuine entrepreneurs trying to help others achieve greatness. In reality, becoming successful requires dedication, not a hidden formula. My "secret" is The Power List, a daily strategy that involves completing five critical tasks with no exceptions. I'll share this tool and knowledge with you for free. Before sharing my story, it's essential to know who I am. Andy Frisella built a business from scratch, achieving 9-figure company valuations despite starting with nothing. My past experiences validate the effectiveness of The Power List. Two broke college students with big dreams had no other options but to work hard. We scraped together money from odd jobs to pay for our living expenses and rent upfront. I understand what it takes to build something from scratch because I've been in that situation before. My plan, called The Power List, is simple: just focus on 5 crucial tasks each day that will help you reach your goals. The Power List isn't a checklist or a list of habits; it's about completing these critical tasks daily to move closer to your dreams. If you succeed in doing all 5 tasks between waking up and bedtime, you've won the day. Consistently executing on these tasks is key to building winning habits. Think of it like this: if you win enough days, weeks, months, or years, you'll eventually achieve success. Successful people create a plan and stick to it over time. That's the core idea behind The Power List. I can provide guidance on what kinds of tasks these should be... but ultimately, they need to be tailored to your specific goals. Critical tasks are the most impactful activities that will help you attain a clear outcome. These shouldn't include mundane chores like doing dishes or taking the dog for a walk; instead, focus on actions that will move you forward in life. Determine your biggest goals and dreams first, then reverse-engineer them into daily actionable steps. Don't give me 5 random tasks to do - those would be useless. Your critical tasks are unique to you and your objectives. For example, if you want to become the best salesperson at your company, here are some possible critical tasks: calling current customers, reading relevant books, meeting new people who could benefit from your product/service, role-playing challenging customer interactions, or listening to business/sales podcasts. These might not be the perfect tasks for your goal, but they're examples of what your Power List could look like. Becoming successful hinges on completing specific daily tasks that align with your goals and current situation. To maximize the effectiveness of The Power List, there are a few key aspects to keep in mind. Firstly, it's essential to recognize that your critical tasks shouldn't become habits that you already possess. Once a task becomes habitual, you should replace it with a new one to maintain momentum and progress. Secondly, executing on The Power List daily is crucial, including weekends, as neglecting goals during this time can result in significant missed opportunities. Finally, as your goals evolve, so too should your critical tasks. Regularly re-evaluating your Power List ensures you're continually challenging yourself and pushing for more. To start building the habit of winning each day, create a Power List by writing down your critical tasks, reminders, and notes. You can also track your progress or listen to a podcast that delves deeper into the topic. Mental fortitude is the crucial skill that sets the stage for constructing the life you genuinely desire, serving as the foundation upon which other essential skills are built. Confidence, self-worth, and resilience all stem from cultivating mental toughness through consistent practice. The 75 HARD program offers a structured approach to developing these qualities by incorporating daily rigorous tasks. The program involves five critical components: 1. ****Unwavering Dietary Discipline****: Stick to your chosen diet with zero deviations or cheat meals. 2. ****Daily Physical Challenging Workouts****: Complete two 45-minute workouts every day, one of which must be done outdoors, regardless of the weather conditions. 3. ****Hydration****: Drink one gallon of plain water daily to maintain physical and mental well-being. 4. ****Intellectual Growth****: Read ten pages of a non-fiction book each day that focuses on skill development, mindset expansion, or perspective shifting. 5. ****Progress Documentation****: Take a daily progress photo to visually track your transformation. If you commit to 75 HARD with unwavering dedication and no substitutions, it promises a transformative impact that will redefine your life. It's described as the bootcamp for developing the mental toughness required to excel in every aspect of your existence. If you're unsure about which workout to do or how to go about it, don't hesitate to ask for help. The idea behind 75 HARD is quite straightforward: follow a diet, read non-fiction books, take progress photos, drink plenty of water, and complete two workouts daily - one outdoors. If you can stick to these tasks without skipping any for 75 days straight, congratulations! You've completed the program. However, if you fail on even one task during this period, you have to start from scratch. Yes, it's that rigid. But what's the purpose of all this? To develop mental toughness and unlock your true potential in life. It's not about physical transformations; although, people who complete 75 HARD often experience incredible improvements in their physical health. So, what can you gain from completing 75 HARD? For starters, it'll help you develop confidence, grit, fortitude, happiness, self-esteem, and self-worth. You'll essentially turn yourself into a winner by practicing extreme discipline. Hundreds of thousands of people have used this program to build their self-belief, confidence, and genuine happiness. Now, let's talk about the workouts. They can be as simple or complex as you want them to be - just make sure they're actual workouts. Weightlifting, running, biking, swimming, hiking, walking, rucking, interval training... there are plenty of options available. The key is to commit time to physical exercise and not label other tasks as "workouts." But what doesn't count? Physical labor or long hours at work don't qualify as 75 HARD workouts. Sorry if that's a bit disappointing for those with demanding jobs. However, many people have successfully completed the program despite their busy schedules. So, are you ready to take on the challenge and unlock your full potential? People often struggle to distinguish between their regular duties and actual workouts, which can be physically demanding. To clarify this distinction, here are some examples of activities that I wouldn't consider part of a workout regimen: mowing the lawn, yard work, skiing/snowboarding, stretching, kayaking, canoeing, golfing, baseball/softball, or leisure sports like moving into a new home. Some might find it surprising to see these listed as non-workouts, but it's essential to be clear about what constitutes physical activity. The longer individuals deceive themselves about the nature of their activities, the more they'll delay reaping the benefits of a structured workout program. Remember that you know deep down what's a workout and what isn't. Be honest with yourself to avoid missing out on the true advantages of such programs. If you're not already participating in the 75 HARD program, consider starting it now. Once you experience your full potential, you'll likely never look back. You can get started by signing up for the program or reading the accompanying book, which offers a deeper understanding of its principles and benefits. Hundreds of thousands of people have transformed their lives with this program; will you be next? Everyone faces periods of uncertainty in life, but it's crucial to recognize that these emotions are temporary. Don't make decisions that might haunt you for the rest of your life. Instead, remember that your best days lie ahead, not behind you. When feeling lost, keep the following points in mind: 1. You don't need to have everything figured out immediately; everyone is on a journey of discovery. 2. It's okay to feel uncertain - it's an opportunity to learn and grow. 3. Winners navigate through uncertainty by finding ways to improve themselves. 4. Uncertainty can be a sign that it's time to take action and get started. By embracing these principles, you'll be better equipped to handle life's challenges and make progress toward your goals. There are three essential elements for achieving your goals: grit, perseverance, and skills. Despite uncertainty and unknown variables, it's crucial not to let fear hold you back from taking action. Every successful person has had to overcome uncertainty, so don't be afraid to push through. Fear is the primary obstacle that prevents people from achieving their desired life. Most individuals are too afraid of failure, ridicule, or looking stupid, which keeps them from taking action. However, success often requires facing and overcoming fear. The truth is that 99.9% of fears are rooted in a lack of information and experience. As we learn and gain experience, our fears dissipate. Conquer your fears through action rather than dwelling on what-ifs. Instead of asking "What if I fail?", ask yourself "What if I don't pursue my goals? What will be the consequences?" Taking calculated risks is essential for success. While there's always a potential risk involved, rewards often come with uncertainty. If you don't take risks, you'll remain average. The valuable lesson you learn from failure can be used to inform future decisions and help you grow. Ultimately, nobody else has the power to grant you permission or give you the ability to succeed. You need to grant yourself permission to become great. This comes from within, not from external sources such as parents, spouses, teachers, or bosses. So, don't wait for anyone's approval - take control of your life and pursue your goals with confidence. The life you want for yourself, remember that person is YOU, nobody else. Get moving. Don't let excuses hold you back - you have one option: get started. It's easy to make up reasons why it can't work out or why you're too busy, but these are just lies you tell yourself. Everyone has excuses; the difference is some people choose to believe them while others don't. You can decide for yourself which category you fall into. When you feel lost, remember that there's always a reason not to start. But none of those reasons matter. Start doing the work and the belief will come later. Confidence, self-belief, and self-worth are all skills developed through pursuing your potential and delivering on your promises. Commit to this process and don't look back. You can only fail if you quit. If you never get started or give up, you're not going to reach your goals. Quitting means throwing in the towel on the life you could build and the person you could become. Sometimes people feel lost because they haven't decided who they want to be, what life they want to live, and what relationships they want to have. And sometimes, it's because they'll start pursuing something but quit as soon as things get hard. Don't give up; stay focused on your goals. Instead of looking at the big picture and feeling overwhelmed, focus on winning each day. Break down your large goals into smaller, daily tasks that you can accomplish to make progress and gain momentum. I call this strategy the Power List - it's simple: write down 5 critical tasks for the day and complete them all. If you succeed, you win the day; if you fail, you lose. This is how to build a life, one step at a time. Winning by accumulating consecutive victories is key to achieving success. As you secure daily wins, you progress through the week, then the month, year, and ultimately, your lifetime. For a deeper understanding of the Power List concept, tune in to my podcast episode on Real AF, available for listening. You can also acquire the Power List guide to begin constructing the habit of winning each day. Struggling to find direction? The Power List serves as a roadmap to break free from uncertainty and establish control over your life's trajectory.

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