- "28 Days To A Client" -

The Real War Mode Day Plan + Report.

	Priority Level	Task List For The Day (Set Tasks That Make Progress Towards MY Goals)
1. 🗸	1	Lesson 47 in Math
2. 🗸	1	Lesson 48 in Math
3. <mark>//</mark> /	1	Lesson 49 in Math
4. / / ×	1	Lesson 50 in Math
5. / /X	1	Lesson 51 in Math
6. <mark>//</mark> /X	1	Finish work in PT9
7. 🗸	1	Notes for Stage 13 in HU
8. 🗸	1	Stage Mission for stage 13 in HU
9. 🗸	1	Notes for Stage 14 in HU
10. 🔽	1	Stage mission for Stage 14 in HU
11. 🔽/🗙	1	Get 1st draft of final piece for portfolio complete
12. 🔽/🗙	2	SAT Practice for Math, English
13. 🔽/🗙	2	Gym:morning
14. 🔽/🗙	2	Gym: Evening
15.	3 -	Finish cleaning both the garage, house, and room.
16.	1	Organize Week 2 schedule

Day Number: 7

Date: 3/19/2023

Start Of The Day - Time: 1;00am

	🙏 3 Things That I Am Excited To Have In The Future? 🙏
1.	Drug free life
2.	Motorcycle
3.	Roles in media



[Track+Measure=Improve]

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

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!

\$ 1 am: Task \$	Gym: weights
🔔 Intention 🔔	Go, workout, warmup, max lifts, and leave by 3:00am
/ Reflection /	Had to skip today's gym workout for the morning. I am rectifying the last few days of hedonism by grinding everything I was supposed to do, today.
\$ 2 am: Task \$	Gym: weights
🔔 Intention 🔔	Go, workout, warmup, max lifts, and leave by 3:00am
/ Reflection /	Been working on my math and I can see that I will need as much time as I have to finish all 5 lessons today.
\$ 3 am: Task \$	Math Lessons
🔔 Intention 🔔	Sit and work on the list of math lessons I was supposed to have done days ago.
/ Reflection /	Working through the lessons and keeping my head down. There have been times where I have been majorly distracted by Youtube or the media.
\$ 4 am: Task \$	Math Lessons
🔔 Intention 🔔	Sit and work on the list of math lessons I was supposed to have done days ago.

/ Reflection / This hour has been productive. I filled most of the time with math and there moments where I was distracted by smaller tasks such as nature and clean	
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\$ 5 am: Task \$	Math Lessons
🔔 Intention 🔔	Sit and work on the list of math lessons I was supposed to have done days ago.
/ Reflection /	This hour was productive as well and the level of distractions were less. I wasn't able to finish all 5 lessons but I was able to complete 2 so only 3 left to go.
\$ 6 am: Task \$	PT 9
🔔 Intention 🔔	Sit and work through the problems in the PT 9 and have it all done.
/ Reflection /	These problems are hard and it is tough to figure them out.
\$ 7 am: Task \$	PT 9
🔔 Intention 🔔	Sit and work through the problems in the PT 9 and have it all done.
/ Reflection /	I was only able to complete half of the test and even some questions were unsolved. This is what I get for allowing hedonism to slow my progress.
\$ 8 am: Task \$	Notes for stage 13
🔔 Intention 🔔	Sit and complete the notes needed for Stage 13
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/ Reflection /	The work was pretty good with little to no distractions and I was able to finish the work by the end of the two hours.
\$ 9 am: Task \$	Notes for stage 13
🔔 Intention 🔔	Sit and complete the notes needed for Stage 13
/ Reflection /	That hour was good because just as the 2 hour mark was up, I had finished the notes.
\$ 10 am: Task \$	Stage 13 Mission
🔔 Intention 🔔	Complete the stage 13 mission and test
/ Reflection /	The mission was fine and then it was hard. I had two options, do the mission in the way I thought, or do it the proper way. I went with the easier of the two not only because I needed to finish the stage but I was wrought with pain on if I wanted the easy way or hard way. I almost went hard but in the end I went easy.
\$ 11 am: Task \$	Stage 13 Mission
🔔 Intention 🔔	Complete the stage 13 mission and test
/ Reflection /	
\$ 12 am: Task \$	Notes for Stage 14

🔔 Intention 🔔	Complete writing the notes for stage 14
/ Reflection /	This one was very in depth. I think I spent a straight 30 minutes hunched over writing.
\$ 1 pm: Task \$	Notes for Stage 14
🔔 Intention 🔔	Complete writing the notes for stage 14
/ Reflection /	
\$ 2 pm: Task \$	Stage 14 Mission
🔔 Intention 🔔	Finish the mission for stage 14, the test, and join a legion.
/ Reflection /	The Mission feels faster and easier. Plus with the joining of a legion coming up, it motivated me more.
\$ 3 pm: Task \$	Stage 14 Mission
🔔 Intention 🔔	Finish the mission for stage 14, the test, and join a legion.
/ Reflection /	Plus this mission came after a several hour work bender.
\$ 4 pm: Task \$	Final portfolio piece for English
🔔 Intention 🔔	Have the first draft of the final portfolio piece complete.
/ Reflection /	

\$ 5 pm: Task \$	Final portfolio piece for English
🔔 Intention 🔔	Have the first draft of the final portfolio piece complete.
/ Reflection /	
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\$ 6 pm: Task \$	Math Lessons
🔔 Intention 🔔	Continue to work on lessons for math and have it all done by the end of the day.
/ Reflection /	
\$ 7 pm: Task \$	Math Lessons
🔔 Intention 🔔	Continue to work on lessons for math and have it all done by the end of the day.
/ Reflection /	
\$ 8 pm: Task \$	SAT Math and English
🔔 Intention 🔔	Have the practice for SAT done with 10 questions total answered
/ Reflection /	
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\$ 9 pm: Task \$	Week 2 schedule
🔔 Intention 🔔	Sit and plan out the schedule for week 2
/ Reflection /	
\$ 10 pm: Task \$	Week 2 schedule
🔔 Intention 🔔	Sit and plan out the schedule for week 2
/ Reflection /	
\$ 11 pm: Task \$	Gym: cardio
🔔 Intention 🔔	Go and do normal Cardio work out
/ Reflection /	
\$ 12 pm: Task \$	Gym: cardio
🔔 Intention 🔔	Go and do normal Cardio work out



/ Reflection /

◎What Did I Learn Today? ◎
Having your work pile up is the fastest way to burnout.
™What Do I Plan To Do Differently Tomorrow?™
₩ What Do I Plan To Do The Same Tomorrow? ₩
■ Who Do I Need To Update, Contact, Ask A Question To, And Share Feedback With? া
愛What Tasks Were Left Undone?

Brain Dump: