





























































- “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 	Research + the free value for one prospect
2.  / 	1 	Church
3.  / 	1 	Find at least 10 prospects
4.  / 	1 	Send outreaches
5.  / 	1 	Make the task list for the next day
6.  / 	1 	Keep calory deficit(2700Kcal)
7.  / 	1 	Don't eat till achieve something great
8.  / 	2 	Reviev others students copy
9.  / 	2 	Break down swip file
10.  / 	2 	Be positive
11.  / 	1 	OODA loop
12.  / 	2 	Try to reduce phone usage as much as possible
13.  / 	1 	gym
14.  / 	3 	chess
15.  / 	3 	
16.  / 	3 	
17.  / 	3 	
18.  / 	3 	
19.  / 	3 	
20.  / 	3 	

Day Number:1







Date:13/03

Start Of The Day - Time: 7:00

	 3 Things That I Am Excited To Have In The Future? 
1.	Be the man of “Arena”
2.	challenges
3.	successes

Hour-By-Hour **Tracking:**

[Track+Measure=Improve]

 Task:	 Task = Set The Task That I Intend To Complete This Hour?
 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 Though 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)**

\$ 8: Task \$	Research + the free value for one prospect
🔔 Intention 🔔	Choose a prospect and make research on their avatar, look at their funnels and decide what would be the most valuable fv for them and write
✍️ Reflection ✍️	I started a few minutes before and ended a few minutes before

\$ 9: Task \$	Church
🔔 Intention 🔔	Come closer to a God
✍️ Reflection ✍️	Church took me a little more time than I expected, but it was Worth





\$ 10: Task \$	Find at least 10 prospects Send outreaches
🔔 Intention 🔔	Find and create 10 highly personalized outreaches
✍️ Reflection ✍️	It took me a lot more time than expected, cos of a lot of personalization





\$ 11: Task \$	Review others students copy Break down swip file
🔔 Intention 🔔	Look for mistakes and principals I can use in my copy
✍ Reflection ✍	It took me a lot less time than an whole hour



\$ 12: Task \$	Educate - TRW courses
🔔 Intention 🔔	Hear Arno about
✍ Reflection ✍	It took me about 45 minutes cos of the length of videos





\$ 13: Task \$	Make the task list for the next day OODA loop my work
🔔 Intention 🔔	
✍ Reflection ✍	A bit delayed but made in less than expected

\$ 14: Task \$	Get ready for practice
🔔 Intention 🔔	
✍ Reflection ✍	

\$ 15: Task \$	Optional - find more prospects/ play chess
 Intention 	
 Reflection 	

\$ 16: Task \$	Optional - find more prospects/ play chess
 Intention 	
 Reflection 	

\$ 20: Task \$	gym
 Intention 	
 Reflection 	

\$ 22: Task \$	Watch morning power up, eat, go to sleep
 Intention 	
 Reflection 	



End-Of-The-Day Report:



 **What Did I Learn Today?** 

NEW **What Do I Plan To Do Differently Tomorrow?** NEW

NEW **What Do I Plan To Do The Same Tomorrow?** NEW

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

 **What Tasks Were Left Undone?** 

Brain Dump:

I'm glad I almost havent used phone today

I'm happy with being in the “arena”